

West Valley Church  
10/16/11

## **Brewed Awakening** **Part Three: Water**

Coffee. Caffeine was first discovered by the Chinese in 2737 BC., and they used it for medicinal purposes. Ethiopians took the raw beans that grew in the wild and chewed them. When the Ethiopian Queen Makeda (whom we know as the Queen of Sheba) visited King Solomon (the story is in the Bible), she brought numerous gifts—some scholars say including coffee beans.

Coffee use later expanded from medicinal to spiritual, when Sufi mystics extracted what they called the “wine of the bean” by brewing it. They said it stimulated their spiritual awareness and helped keep them awake for their all-night spiritual dances. Later coffee became the Muslim alternative to alcohol. What was called the “wine of Islam” became commonplace in the Middle East and became a lucrative part of the trade industry around 1200 AD. Egyptians and Syrians opened coffeehouses in the sixteenth century (you thought Starbucks was the first when they opened in 1971!). In 1650 a Lebanese man named Jacob opened the first Western European coffeehouse on a college campus called Oxford, from there they spread across Europe. Coffee was the drink of men; tea was for women. Maybe that’s where the saying comes from: “coffee will put hair on your chest.”

Coffee has always held religious, social, and medicinal significance. Most religions have had some kind of sacred drink. Christians and Jews have wine, Buddhists have tea, Hindus have milk (from sacred cows) and Muslims had coffee.

Coffee is not just a beverage, either. It has had an enormous impact on the development of societies. Consider this: in the dark ages of Europe, wine was the common drink. Alcoholism had an immensely strong grip on society. The senses of European culture were dulled and deadened due to alcohol. That’s why it’s called the dark ages; very little good came out of those times. At the same time, artistic, philosophical, and scientific discoveries were coming out of Islamic countries. They discovered trigonometry, astronomy, advanced medicine and surgeries. It wasn’t until the Europeans began drinking coffee that they sobered up and began to catch up, which happened during the renaissance and the age of reason.

Long before there was internet, most mass communication was shared over coffee at Europe and America’s coffee houses. Even while newspapers were still fledgling, information and ideas were forged and passed along over coffee; so much so that in the late 1600’s King Charles tried to ban coffee houses to keep people from becoming independent thinkers. It is difficult to overestimate the influence of coffee on society.

([The Gospel According to Starbucks](#), Leonard Sweet, 2007, Waterbrook Press, pgs 157-162)

Today, coffee certainly contributes to our society. It is a social drink, it stimulates thinking, and it is certainly a mainstay and enormous contributor to our economy. I don't know that I'd say it's a spiritual drink, but I sure enjoy doing my Bible reading and prayer time with a cup nearby, and I sure enjoy having spiritual conversations with friends over a cup of it.

Nothing beats pure, rich coffee; its aroma can fill a room and its flavor satisfies. Coffee has reached its fulfillment when it's savored by the brewing consumer. People, too, are meant to be pure and rich, a fragrant aroma and a satisfying flavor to the world around us. In fact, we are at our very best when we are in relationship with the God who made us. It is then that we are most fulfilled and are the greatest blessing to those around us.

Today we are in the last of a three-part series called "Brewed Awakening" - to explore how complete our lives can be when we are living to the fullest extent that we were designed to live. Coffee is our parable for this. Christians, more than anyone, ought to be living the most meaningful, fulfilled, purposeful lives of anyone on the planet. We have a God and Creator who loves us, who gave the life of His Son in exchange for us. He promises to free us of all the internal barriers and obstacles and sins that hinder our growth, and He gives us His Holy Spirit so that we can be empowered to reach our fullest potential and be a creative and redemptive force in this world—to make it a better place. That's living a *great* life! Jesus Himself said, "I have come in order that you might have life---life in all its fullness." (John 10:10)

So wouldn't it be great if there was some way you could be reminded of that abundant life every day? Maybe every time you have a cup of coffee, you could be reminded that God has an abundant, meaningful, fulfilled life for you!

We're exploring that meaningful life and we're helping you to have that reminder with this series—coffee as a parable, or metaphor, for the Christian life. That's why this place is set up to look like a coffee shop.

Today we are talking about the water.

Ninety eight percent of coffee is water. Most of the time we don't consider how important a part of coffee the water is; after all, we call it a cup of *coffee*, not water. Water does more than add moisture. The hardness of the water can greatly affect the flavor of the coffee. Magnesium, calcium, sodium, potassium, bicarbonate, sulfate, and chloride all exist in varying amounts depending on where you get your water from and what you do with your water before you use it to brew coffee. Water can slow down or speed up the extraction process, causing the coffee to taste differently or too bitter. At our house we use water that's been run through a water softener and a Brita water filter.

How you use the water is important as well. The aromatic oils in coffee are released in water at 205 degrees, which is just below boiling. If you allow it to get to the boiling point, it releases the bitter acids, which cause it to taste bad. Coffee can be brewed by boiling, steeping, or being filtered, which is the most common—that's your drip coffee maker or percolator. The next most common way to make coffee is by forcing water through the ground coffee at high pressure; that's what espresso is. Water is brought to between 195 and 204 degrees, then forced under pressure of 116-220 psi through what's called a "puck" - a lightly packed amount of finely ground coffee. It is the most concentrated form of coffee, and has a distinctive flavor provided by what's called the "crema" - which is a layer of emulsified oils that form into a colloidal foam that floats on the top. You usually don't see the crema, because it's mixed in with your steamed milk and flavorings in your white Starbucks cup with a lid on it.

Fresh water is one of the cornerstones of making good coffee. If the water's not right, the coffee can't be. So what does water have to do with us being able to attain and live the most abundant life possible? What does it have to do with our life in Christ?

First let's review. Remember that we talked about how you can't make coffee from Lima beans; you need coffee beans, right? And we can't achieve abundant life unless we are Christians. A person who is not a Christian is not going to be able to reach their fullest potential without a relationship with the God who made them. Then last week we talked about how different grinds of coffee are much like what happens in the Christian life.

*(Give away Starbucks cards)* What was the first point? That difficulties in life are one way that we grow in our Christian life. We all face them. What was the second point? The discipline of the Lord is God's way of teaching and correcting us. It's not punishment or judgment; it is discipline because he loves us. And the third point? Denial of self—that the hardest grind is to deny ourselves so that Christ can live completely in us. I'd encourage you to go online if you weren't with us, but for now take out your notes and keep track, or use your phone or ipad to go to our website and download the notes from our sermons page, [westvalleychurch.com](http://westvalleychurch.com).

So you can have beans, and you can grind them, but you still don't have coffee, right? What do you need to add? Water. And here's the metaphor: you can become a Christian, and allow God to grind and refine you, but you still need to add the critical element of the Holy Spirit. The Holy Spirit is that third person of the Trinity: God the Father who created you and created the plan to redeem you. God the Son gave his life for you by dying on the cross, and then rose from the dead to be the King of Life. God the Holy Spirit then fills the life of the surrendered believer, empowering us to live the abundant life God promises.

In the Bible, water often represents the Holy Spirit. "I will give water to the thirsty land and make streams flow on the dry ground. I will pour out my spirit on your children and my blessing on your descendants." (Isaiah 44:3, GNB)

After Jesus had risen from the dead and just before he ascended into heaven, he left his disciples with these last words: "John baptized you with water, but in a few days you will be baptized by the Holy Spirit . . . you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." (Acts 1:5-8, NIV)

Do you see the correlation between water and the Holy Spirit? This fits our metaphor well, because there are some similarities between what water does for coffee and what the Holy Spirit does in us. So let's look at those. When it comes to coffee, water is

### 1. The ***Prime*** ingredient.

If you don't have water, you don't have coffee. You have beans that have been ground. But it won't be coffee; you've got to add the water to those ground beans. Without the Holy Spirit, you have a Christian who has been ground, but that Christian is still not going to achieve his or her potential until he or she is immersed in the Holy Spirit. That's why God says, "Afterward I will pour out my Spirit on everyone: your sons and daughters will proclaim my message; your old people will have dreams, and your young people will see visions. At that time I will pour out my Spirit even on servants, both men and women." (Joel 2:28-29, GNB) Like water poured over dry coffee grounds, God intends to pour his Spirit over the dry grounds of the believer's life.

If you were to ask people what the prime ingredients of coffee are, most would say the coffee grounds, some would say maybe cream or sugar or flavoring, but most people don't stop to think about the prime ingredient of water. Yet it takes 2% coffee and 98% water.

If you were to ask Christians what the prime ingredients of the abundant life are, they would say it takes a person who has been made new and alive by Christ. Which is true, but most would forget to mention the prime ingredient; the water of the Holy Spirit.

Wouldn't you agree that it is our inbred tendency to sin that keeps us from living in the abundant life that God has for us? It's sin that holds us back; it's sin that results in death, the Bible says, and we want to have life. So it stands to reason then that to really live we have to *remove* sin—not just the guilt of past sin but the current *act* of it. Let me show you what the Bible says:

"So then, just as sin ruled by means of death, so also God's grace rules by means of righteousness (pay attention to that word: it means that we would be righteous, or do

the right things, or, in other words, that we would obey God, which is to be holy) So then, just as sin ruled by means of death, so also God's grace rules by means of righteousness, leading us to eternal life (which is the abundant life that Jesus promised us) through Jesus Christ our Lord.” (Romans 5:21 GNB)

So, to have abundant life, we must have the power to *stop sinning*, because sin leads to death and we want abundant life, right? - the opposite of death. That's where the Spirit comes in. When He's poured out into our lives, it's his power in us that can allow us to resist temptation and sin. Listen to what God says through the prophet Ezekiel:

“I will put my spirit in you and move you to keep my decrees and be careful to keep my laws.” (Ezekiel 36:27, NIV)

For coffee to achieve its fullest flavor it will take the prime ingredient of water. For the believer in Jesus to reach their fullest potential, it will take the prime ingredient of the Holy Spirit.

*(Grind, add grounds, pour water, turn on coffee maker)*

Okay, so water's the prime ingredient. But any coffee brewer or barista will tell you that, as important as water is to brewing good coffee, it's also the ingredient that

## **2. We have no Power over (water).**

There are minerals and other elements in water that the coffee brewer has little control over; we can try to take some of those things out with filters or add other things to the water that will help bring out the coffee flavors, but ultimately it's very difficult to control. When it comes to the Holy Spirit in our lives, we often try to filter him out or add other things to Him. But what works for coffee doesn't work for the Christian. You have no power over the Holy Spirit; He is His own person and personality and power. You can no more control the Holy Spirit than you can control the wind. That's why Jesus said, “The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit.” (John 3:8, NIV) You can harness the winds power but you can't control it. So it is with the believer; the Spirit's power can be harnessed in your life but you can't control him. That is exactly why the Bible describes the arrival of the Holy Spirit into the lives of the disciples as a powerful wind:

“Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting . . . all of them were filled with the Holy Spirit . . .” (Acts 2:2-4, NIV)

The Holy Spirit is God. You cannot control God. You cannot tame Him. You can only obey Him. Here's the point when it comes to the Holy Spirit (I want you to write it down): We don't control Him. He controls us. Got it? We don't control Him. He controls us. If you want to reach your greatest potential, if you want to live

life to the very fullest, then you must be a believer in Jesus and you must give up control to the Holy Spirit and let your life be immersed in the Spirit. You don't become a Christian so that you can control God in *your* life. You become a Christian so that God can control you in *this* life. This is exactly the point of what Jesus said: "whoever wants to save his life will lose it, but whoever loses his life for my sake will save it." Here's how The Message translates it: "Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self." (Matthew 16:25, The Message)

Jesus is quoted saying the same thing in the Gospel of Luke: "If you grasp and cling to life on your terms, you'll lose it, but if you let that life go, you'll get life on God's terms." (Luke 17:33, The Message)

Can I say it any more clearly than this Christian: For you to reach your greatest potential, to become all that you were created to become, you and I must give the Holy Spirit complete control of our lives. Only when His power is living in total control of us will we be able to experience abundant life. Does he have control of your life? The Holy Spirit is the Prime ingredient, and we don't have power over him—he has power over us. But I want us to see

### 3. The Product of water

In other words, the results of water. One of the things that water does is bring oxygen to the coffee, which pulls out the rich flavor during the brewing process. That's exactly what the Holy Spirit does for believers, too. Look at what Jesus did with His disciples: "With that, (Jesus) breathed on them and said, 'receive the Holy Spirit'." (John 20:22, NIV) When you allow Jesus to breathe the oxygen of the Holy Spirit into your life, then he will pull out the rich flavor of real life in you.

There's something else that good water does, too. Good water takes good care of the machine. It will keep the espresso machine running smoothly and keep calcium and other deposits from building up that will ruin the machine. The Holy Spirit also keeps your life running smoothly and keeps the deposits of sin from building up that will ruin your life. Listen to how the Bible describes the Christian's life in the Spirit: "So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under law. The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus

have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:16-25 (NIV)

Life in the Holy Spirit keeps sin and it’s harmful effects away from our lives!

So water brings oxygen, it protects the machine, and lastly it brings out the full *flavor*. God has a life of full, rich, flavor for you. Listen to what God’s Word says about what the Spirit will bring to your life:

“God is wonderful and glorious. I pray that his Spirit will make you become strong followers and that Christ will live in your hearts because of your faith. Stand firm and be deeply rooted in his love. I pray that you and all of God's people will understand what is called wide or long or high or deep. I want you to know all about Christ's love, although it is too wonderful to be measured. Then your lives will be filled with all that God is.” (Ephesians 3:16-19, CEV)

I want you to hear the point of this entire series: God sent His Son Jesus Christ to die on a cross to allow us, in faith, to be made new. He did that so that we could be forgiven of past sin. When we let him teach us through difficulties and discipline, and we deny ourselves, the Holy Spirit can move into our lives. Jesus was explaining the fact that he would be crucified, would die and be buried, then would rise to life and go away into heaven. He said it was necessary for that to happen so that the Holy Spirit could come next. This is what Jesus said: “But I tell you that I am going to do what is best for you. That is why I am going away. The Holy Spirit cannot come to help you until I leave. But after I am gone, I will send the Spirit to you. The Spirit shows what is true and will come and guide you into the full truth. The Spirit doesn't speak on his own. He will tell you only what he has heard from me, and he will let you know what is going to happen.” (John 16:7, 13, CEV)

The Holy Spirit is God’s own presence, poured into your life, bringing with Himself the abundant, fulfilled life that you were created for. He is the 98% to your 2% that makes your life a rich, flavorful, satisfying life. Will you let him have control?

*Pray*