

**AN ENCOURAGING WORD FOR TROUBLING TIMES #107** (by Rev. Dr. Alice Wolfe, 8/7/20)

**“What’s in your cup?”**

*[Jesus said] “What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them... Don't you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person's mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.”(Matthew 15:11, 17-20, NIV)*

*(I don't know who originally wrote the following post; I copied it from a post on Facebook.)*

I love this analogy!

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.

Why did you spill the coffee?

"Because someone bumped into me!!!"

Wrong answer.

You spilled the coffee because there was coffee in your cup.

Had there been tea in the cup, you would have spilled tea.

*\*Whatever is inside the cup is what will spill out.\**

Therefore, when life comes along and shakes you (which WILL happen), whatever is inside you will come out. It's easy to fake it, until you get rattled.

*\*So we have to ask ourselves... “what's in my cup?”\**

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

Anger, bitterness, harsh words and reactions?

Life provides the cup, YOU choose how to fill it.

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation; and kindness, gentleness and love for others.

**PRAYER:**

Holy God, fill my heart so full of you that my “cup” overflows with only you and your love. Amen.

**LIVE IT!**

Take time every day to let God fill your heart so that when something rattles or shakes you, the only thing that comes out is God and his love!