

Cups

When I was in the Sunday School we used to sing a chorus 'Running over, my cup is full and running over' and I want to think of us as being cups. Whatever the cup holds must eventually be emptied out, so that it can be filled again. It's the natural way of life - emptying and filling, giving and receiving, accepting and letting go.

Matthew 10:42 says 'And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward.' This cup can be the cup of life as we call water the 'water of life.'

At home we often have a favourite cup, it may be stained, quite old but it's ours and it's functional, ready to receive the drink. Our lives are like the cup, ordinary yet special, it is filled then emptied, and if the cup gets stained it can soon be washed. The emptying of the cup must come before the filling, so we can only be filled with God's Spirit if we clear out all that is not of Him.

Sometimes we have to use paper cups, at a take-away for example, it is not sturdy and is thrown away and sometimes we feel like a paper cup - used, unattractive, and lifeless. It's then that God speaks; He reminds us that we are truly valued.

We all experience the cup of sorrow at some time or another, pain is difficult whether it be physical, emotional or spiritual, whether it is our pain or the pain of someone close to us. As we think about our lives and the lives of those close to us let us remember that Christ is always with us. He will never leave us or forsake us; for we are His precious children.

The cup overflowing, Psalm 23 says 'thou anointest my head with oil; my cup runneth over.' KJV So we come back to the beginning, God's love is indeed like having a bottomless cup. The more we drink from His abundance, the more love there always seems to be to receive from Him, indeed as the old song says we have 'showers of blessing'.

May today be a day of refreshment, may it be a day when we empty all, realising our nothingness before God; then be ready for, and receptive to, His glorious infilling of abundant love and receive those showers of blessings