

FAITH NOTES

Church Family and Friends,

I love hymns, you will find that easy to believe. As I have said before, music speaks to me! As I read this analogy shared by one of Jamie's friends on Facebook, I immediately thought of the beautiful song, "Fill my cup Lord!" The following lines are a prayer that should be on all our lips:

"Fill my cup, Lord- I lift it up, Lord- Come and quench this thirsting of my soul- Bread of Heaven, feed me 'til I want no more- Fill my cup, fill it up and make me whole"

You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, causing you to spill your coffee everywhere. Why did you spill the coffee? ""Because someone bumped into me!!!" No. 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 will spill out.

So...when life shakes you (and it WILL), whatever is inside you will come out. The big question is ... ""What's in MY cup?"" When life gets tough, what spills over? Joy, appreciation, love, acceptance? Hostility, anger, judgment, harsh words and exhaustion? Life provides the cup, YOU choose how to fill it. Especially right now, it's so important to make sure we fill our cups with the good stuff - forgiveness, joy, words of affirmation; and kindness and love for others.

The second verse of the song says: "There are millions in this world- Who are craving- The pleasures, earthly things of gold- But none can match the wondrous treasure- That I find in Jesus Christ my Lord!"

The key is LIFTING your cup (your heart, your life) to the Lord and having Him fill you with Him. So He is what spills onto others when you are bumped into. Jesus said it this way — "A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart the mouth speaks" (Luke 6:45).

Please don't go around with an empty cup, or a cup filled with anger, depression, greed, hatred, contention and the like. Instead, like the woman at the well, bring yourself to the One who fills with Living Water, that "well that never shall run dry!"

So you are then filled with the Spirit. Full of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self control.

In Christ,
Rev. Daniel

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