

## A Musical Pick from Amy

### May 7th – Fill My Cup, Lord

A story was told of a man carrying a cup of coffee. As he walked along, someone accidentally collided with him and the coffee was spilled making a colossal mess. When asked why he spilled his coffee his initial reaction was to blame the person who bumped into him. Instead, he said that it was his fault that his coffee was spilled.

However, truth be told, if he had carefully analyzed the question, he would have realized that the coffee was spilled simply because coffee was in his cup. Whatever the contents (tea, water, etc.), his cup would have spilled after any collision. The collision that took place is just like life, and whenever “life happen”, then we will be shaken. The important thing, however, is not to focus on the shake but to pay keen attention to what spills out, because only the contents of the cup can be spilled as a result of the impact of a collision.

If we think of ourselves as cups, we must ask ourselves questions. What is in my cup? What is being poured out? Are we spilling out words of love, showing patience during long lines at the register? Are we showing gentleness and kindness to our neighbours?

The song *Fill My Cup, Lord* was written by the late Rev. Richard Blanchard while he was waiting for a couple to arrive for pre-marital counselling in Florida. They were late; he was annoyed so he was going to give them 30 more minutes to arrive. Instead of becoming more frustrated, he composed the words and music to this song in about 30 minutes.

As believers, we are surrounded by people who are lost, searching, and looking for Jesus. As Christ-followers, we need to ask God daily (sometimes more often) for a refill of His characteristics. May our own souls be quenched by the Living Water and daily bread He provides. Then, as we “bump into” people such as these, may we be vessels filled - and filling continually - with the love and light of God. What a world that would be - light and love spilling out for Jesus.