



My Cup Overflows

*“You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.” Psalm 23:5 (NIV)*

Number 23 in the series “The Lord is My Shepherd”

Before I put my trust in Jesus as my Savior, my cup—which is my life—was constantly filled to overflowing with anger, bitterness, self-pity, pride, self-righteousness, bad attitudes, gossip, criticism, resentment, greed and foolish talk. Sin done to me and sin that I had committed, the books I read, TV I watched, friends I spent time with, places I went, and things I did all filled my cup—my life. Whatever I put in is what overflowed.

After I became a Christian, I found that as I would daily pray and read and obey the Bible, God’s amazing grace and the power of the Holy Spirit started to empty my cup as I forgave everyone who had sinned against me and as I repented of all sin that I had done against God and others. I am so grateful to Jesus for dying to pay the price of my sins, for forgiving me, and for cleansing me in His blood. I am so grateful to Him for healing me and restoring my marriage, which was on the brink of divorce for several years.

Beloved believer, what is in a cup is what will come out when it is shaken. Tests, trials, pain, and suffering come into every life. For some people it seems like their entire life is a cup full of suffering in one form or another. That is why it is so important that we daily surrender our lives to Jesus our Good Shepherd. Nothing catches Him by surprise. He never sleeps. He is never too busy to care for us. No problem we have is too big, too small, or too complicated for Him. We can call out to Him in prayer any-time day or night.

Psalm 18:6 (NASB) reads, *“In my distress I called upon the LORD, and cried to my God for help; He heard my voice out of His temple, and my cry for help before Him came into His ears.”* Beloved, we can be confident that when we call upon the Lord for help, He always answers His phone. A mechanical voice will not tell us, “All lines are busy,” and put us on hold, waiting for the next available operator. A mechanical voice will not tell us which button to press according to our need or tell us to call back because the office is closed. We will not hear Jesus’ voice telling us to leave our name and phone number on His answering machine, and He will call us back, and may even forget.

Jeremiah 33:3 (NASB) reads, *“Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.”* In the midst of trials, pain, and temptations, as I read the Bible and obey it daily, Jesus fills the cup of my life with His comfort, peace, joy, and love so that that is what is overflowing to other people with whom I come in contact. He wants to do the same for you. Now may I address the unbeliever: God wants to love and comfort you. Surrender your life to Him today.

— *Janice McBride*

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