



## My Cup Overflows with Gratefulness

*"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 26 in the series "The Lord is My Shepherd"

This scripture speaks of being grateful for God's provision in the midst of our enemies. The devil is the enemy of every believer. John 10:10 (NIV) tells us, *"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."* Daily the enemy tries to steal, kill, and destroy our faith and trust in God. He tries to destroy us with temptations. He tries to destroy our families and our health, even our lives. He tries to steal, kill, and destroy our peace and joy.

One of our greatest weapons with which to fight the devil is gratefulness. No matter how many painful situations we have in our lives, we should have cups, which are our lives, overflowing with gratefulness to God for His daily provision. Psalm 116:1-2 (NIV) reads, *"I love the LORD, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live."* Verses 12 and 13 (NIV) read, *"How can I repay the LORD for all his goodness to me? I will lift up the cup of salvation and call on the name of the LORD."*

Beloved, in the midst of our tests, trials, and temptations, we have our cup of salvation from which to drink. Whenever I think of how bad my life was before I trusted Christ as my Savior, my cup overflows with gratefulness to Him. How well I remember March 30, 1976, when I cried out to the Lord to help me, to save my soul. My life was in ruins, and my marriage on the brink of divorce. Jesus washed the dirty cup of my life in His precious blood and filled it with mercy, love,

peace, joy, forgiveness, and healing. As I daily prayed and read the Bible, Jesus filled the cup of my life with His wisdom for each situation I had to handle. Daily Jesus filled the cup of my life with the power of the Holy Spirit and His amazing grace to obey the Bible, follow Jesus, and resist temptation.

I want to repeat Psalm 116:12 (NIV) which reads, *"How can I repay the LORD for all his goodness to me?"* Salvation is a free gift; however, the greatest way that I can repay or show my appreciation to Jesus for all His goodness to me is to daily spend time with Him, reading and obeying the Bible and living a life that brings glory to Him. My cup overflows with gratefulness to Jesus for restoring my marriage and setting me free from the bondage of sin. My cup overflows with gratefulness to Jesus for His faithfulness, patience, and lovingkindness toward me. He constantly opens doors for me to teach His Word in churches of all denominations throughout the U.S. and into other countries, where I can tell of His love.

Beloved believer, does your cup overflow with gratefulness to Jesus? I know there may be great sorrow and great suffering in your life, but God is faithful. And if you keep your heart grateful, He will deliver you from the enemy.

— *Janice McBride*

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