

Mid-Week Ponderings for May 13, 2020

Every single time my cup has run empty, God has filled it with exactly what I needed.

~ Unknown

Matthew Williams submitted this quote. This metaphor could be talking about hope — it is a good reminder for us during this difficult time.

How are you feeling about “your” cup? Is it half-empty, half-full, or does it feel empty? How are you finding ways to keep it filled up? I am sure you have heard that if your cup is not filled, then you can’t fill anyone else’s. It is so important to take care of yourself.

My message throughout this stay-at-home period has been that God is with you; and I still stand by that. However, sometimes this can be hard to believe, especially during the difficult times. It is hard, but we need to pay attention to our needs and care for ourselves. We need to find ways to fill our cups with hope. Figuring out what we need is our responsibility.

If you are struggling to keep your cup filled, it is okay to ask for what you need. I know, I know, people can’t come over and give you that hug you need. But can you call that person and tell them how much you really need a hug from them? I know you really just want a casual conversation with someone as you sit at Panera and drink your coffee. Coffee, Tea, and Pastor B — virtual edition — is coming in June. Do you need to find a counselor who is doing tele-health to help you deal with those overwhelming feelings?

I know this is a difficult time and I know each of you are doing your best to get through the days. God is with you.

What are you going to do to fill up your cup in the next few days? The weather is going to get warmer — even if it’s going to rain — so find some way to fill your cup. I have no doubt God will be pleased and will be right alongside you.

Blessings,
Pastor Brooke