

Week 8: Fill My Cup Lord

Day 1

Dear Friends,

Lyrics to a song I have sung a million times growing up in a Catholic School. *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.* We would sing this song in church on many occasions. And all these years later the words are on the tip of my tongue just ready to spill out. I have never sang these words, in need of these words, like I am right now. Over the last several months I have been struggling with a change in my life. The change, although hard to accept and navigate through, is drawing me closer to God. As He has promised, He is turning what seems impossible into something that can grow me. Through this journey I am realizing that I often turn to people to fill me up instead of God.

Over the years I got into the habit of relying on a good friend for acceptance and forgot that I am accepted by a God who loves me unconditionally and is there for me when others cannot be. Yes, I always knew this promise and often shared it with everyone else, encouraging others. And when things were going well with my friend, when we had plenty of time spent together, this promise stuck with me and I knew I was good enough for anything. But the moment things started changing in my friendship my first thoughts were that I wasn't accepted anymore. Satan would tell me I was being needy, that I talked too much or that I should back off and give my friend some space. She was busy with work and life and who was I to expect time from her?



We all have a longing to fit in someplace. We have been created with a yearning for something more. We desire to be loved and accepted but there is only one place that we will ever truly fill our cups. And so even though I know where I need to look, I have no idea what it will look like in my life. And I fear how difficult it might be.

Signed, A GFF

Can you identify with any of the same struggles? Do you feel you just don't measure up? Highlight words or key phrases. Spend a few moments asking the Holy Spirit to lead you in areas where you need truth spoken over the lies that try to define you.



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Day 2

The world says our worth and acceptance come from how many friends we have or how big our house is or in what kind of car we drive, but God says that no matter what we are accepted by Him. We are His people and children who He adores and even if we don't seem to have anyone on our side we will always Have God. When we long to know Him and we are open to searching Him with all our heart He is faithful to be found.

Today's Readings:

Oh God, you are my God, and I long for you. My whole being desires you; like a dry, worn-out, and waterless land, my soul is thirsty for you. Let me see you in the sanctuary; let me see how mighty and glorious you are. Your constant love is better than life itself, and so I will praise you. I will give you thanks as long as I live; I will raise my hands to you in prayer. My soul will feast and be satisfied, and I will sing glad songs of praise to you. -Psalm 63:1-4 GNT

I am the Lord your God, who brought you out of Egypt. Open your mouth, and I will feed you. -Psalm 81:10 GNT

Fill us each morning with your constant love, so that we may sing and be glad all our life. -Psalm 90:14 GNT



You have shown me the paths that lead to life, and your presence will fill me with joy.
-Acts 2:28 GNT

You prepare a banquet for me, where all my enemies can see me; you welcome me as
an honored guest and fill my cup to the brim. -Psalm 23:5 GNT



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Day 3

Though we never want our friendships to fill a void that is intended to be filled by God alone, friendship is of such delight in the sight of God. Friendships strengthen us, bring laughter and joy to our souls, reach out as the physical hands of Jesus, and keep us accountable. A true friendship, as designed by God, is a gift that helps to fill our cup! God values friendships!

In order to keep God first, above our friendships, let us consider these things:

Do you run to God first when you get good news?

When you face a trial do you seek God first or phone a friend?

Does your friend help you make decisions that are in line with God's word?

Today's Readings:

A friend loves at all times, and a brother is born for a time of adversity.

-Proverbs 17:17

Wounds from a friend can be trusted, but an enemy multiplies kisses. -Proverbs 27:6

Just as lotions and fragrance give sensual delight, a sweet friendship refreshes the soul.

-Proverbs 27:9

Two are better than one, because they have a good return for their labor.

-Ecclesiastes 4:9

As iron sharpens iron so one person sharpens another. -Proverbs 27:17



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Day 4

As mentioned yesterday, friendships are a gift from God. A healthy friendship is one way God can fill us up. The problem arises when we come to expect that friend to take the place of God in our life. When we take our eyes off of God and keep him out of our relationships then we don't see that it is He who speaks to us and loves us through others. It is important to let the kind words of others, and the encouragement they bring, warm your heart, but when you don't get that you must not forget that God accepts you always. This is where our friend ran into trouble.....when she wasn't getting attention from her friend she began to think it was something she did wrong. She began doubting herself and had feelings of being unaccepted and inadequate. But God would never talk to her that way and God would never forget about her. AND thankfully her friend probably didn't either. Most likely God had encouragement for her but for that moment in time, her friend's encouragement wasn't in His plan. So we learn to focus our eyes on Jesus. We focus on God's love for us and stop taking for granted the great friendships He gifts us. We take the encouragement that a friend gives us, or the time she sacrifices to be with us, as a gift from God. And when those gifts don't come, especially in the form we expect, we must focus on God in our life. Instead of worrying what we didn't get, and thinking we failed in some way, or that our friend is being mean, we should be looking to what God has for us. Sometimes that will come from another person, a song, or a beautiful landscape, and other times that will come from His Word.

But God, dear Lord, I only have eyes for you. Since I've run for dear life to you, take good care of me. -Psalm 141:8 MSG



For we fix our attention, not on things that are seen, but on things that are unseen.
What can be seen lasts only for a time, but what cannot be seen lasts forever.
-2 Corinthians 4:18 GNT

Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. He did not give up because of the cross! On the contrary, because of the joy that was waiting for him, he thought nothing of the disgrace of dying on the cross, and he is now seated at the right side of God's throne. -Hebrews 12: 2 GNT

Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest.
-Hebrews 3:1 NIV

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!
-Psalm 26:3 NLT



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Day 5

It is a gift to find a friend who is truly loyal. One who holds you accountable to God's standards and isn't afraid to correct you. A friend who encourages you and is there for you in difficult times. A friend who mirrors Jesus' character and unconditionally loves you and makes sacrifices for you. But none of that changes the fact that God is your source of identity. You are His and He is yours and your worth comes from that fact alone. He is your creator and sustainer of life and you are so very special because you are His daughter.

Dear God,

Thank you for your promise to love me and take care of my needs. When I seek attention and seek approval let it be that I come to you instead of friends and material things. You are my God and I desire to be close to you and know you intimately. Fill my cup and make me whole! In Jesus' Name, Amen

What was your favorite discovery this week? What information can you take with you and make a part of your life? Take the time to summarize God's Word to your heart and plant it there. Copy scripture that affects you and take it with you today.

