

“My Cup Overflows”

Excerpt from *Tea Lovers’ Devotions to Go*

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“...You anoint my head with oil; my cup overflows.” Psalm 23b (NIV)

When the English began manufacturing tea cups they imitated the Chinese style of small bowls without handles. Around the mid 1700’s, handles were added so that women wouldn’t burn their fingers. Saucers, originally small plates to hold sauce, eventually became part of the cup and saucer set. At the end of the Victorian era and the beginning of Edwardian days, people often poured the tea from their cups into their saucers to cool the beverage before sipping it. It was an acceptable practice then, but definitely gauche now.

Our immediate and extended families live several hours away, so spontaneously gathering for a meal together or visiting for a day is out of the question. We have to travel and intentionally plan to get together for several days and it doesn’t occur too often. When we do, my family knows the words I say when I look at everyone seated around the table, “My cup runs over.” Yes, I drink from my saucer when my family is all under one roof and it isn’t a faux pas.

The Psalmist David knew what an overflowing cup meant. Although Psalm 23 is often thought of as a Psalm of comfort at death, it is very much a Psalm of life. As I read it, I see pictures of refreshment for my soul--the offer of rest near green pastures beside a running brook. I read with confidence that my Guide has followed me as I look back on my life. He continues to faithfully walk with me wherever I go and has scouted the path ahead of me, clearing and marking the places of safety and hazard. My Shepherd holds the itinerary and it is marked with goodness and love. Yes, I drink from my saucer when my family gathers. I drink from it when my tea group meets monthly too, and we can all drink from it daily. Whether we are celebrating or struggling, David says in Psalm 16:11, “Lord, you have assigned me my portion and my cup; you have made my lot secure.” My cup is filled with my Shepherd’s loving security and His love and faithfulness overflow. The only way to respond is to drink from my saucer to catch all that He has for me.

Prayer for serene-tea: You are my Shepherd, one who loves me and walks with me on every path that I take. Thank you for your faithfulness to me. My cup does overflow and I am grateful. In Jesus’ name, Amen.

Opportuni-tea for reflection: Read Psalm 23. In your reflections, record the verses that remind you where you have walked in the past. What applies to where you are now? Which can you apply confidently to your future?

Reflections: