

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it, until you get rattled. So, we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

The picture conveys a good point: When you are upset, what's in you will come out, so choose positive attitudes and actions. Question: How do you make sure that what is in you is something worthwhile and where to begin?

The Answer is...

Matthew 5 (World English Bible)

- 1 Seeing the multitudes, he went up onto the mountain. When he had sat down, his disciples came to him.
- 2 He opened his mouth and taught them, saying,
- 3 "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven.
- 4 Blessed are those who mourn, for they shall be comforted.
- 5 Blessed are the gentle, for they shall inherit the earth.
- 6 Blessed are those who hunger and thirst after righteousness, for they shall be filled.
- 7 Blessed are the merciful, for they shall obtain mercy.
- 8 Blessed are the pure in heart, for they shall see God.
- 9 Blessed are the peacemakers, for they shall be called children of God.
- 10 Blessed are those who have been persecuted for righteousness' sake, for theirs is the Kingdom of Heaven.
- 11 "Blessed are you when people reproach you, persecute you, and say all kinds of evil against you falsely, for my sake.
- 12 Rejoice, and be exceedingly glad, for great is your reward in heaven. For that is how they persecuted the prophets who were before you.

- 3** “You are the salt of the earth, but if the salt has lost its flavor, with what will it be salted? It is then good for nothing, but to be cast out and trodden under the feet of men.
- 14** You are the light of the world. A city located on a hill can’t be hidden.
- 15** Neither do you light a lamp, and put it under a measuring basket, but on a stand; and it shines to all who are in the house.
- 16** Even so, let your light shine before men; that they may see your good works, and glorify your Father who is in heaven.

The principles in Jesus’ beatitudes, if applied to your life, will make you a better person. So, apply them and when you are upset, they will be revealed. And these are just beginning principles; imagine trying to apply all the teachings of the Bible in your life? What a lofty goal! Start today!