

Cup Me

scripture journal

summer scripture challenge journal

**developed for the Faithfully Following Ministries
online community**

We've developed this journal as a Scripture study tool you can use in your quiet time to help with verse memorization. It's designed to be used as you write, journal, and pray the Word.

Our hope is that your cup will be filled to overflowing as you spend time at the table with Jesus.

Original Artwork by artist, Beth Bierbauer, included within; not be used outside of this journal without permission.

Connect with us:

Facebook: [faithfullyfollowingministries](#)

Instagram: [faithful2follow](#)

Blog: [faithfullyfollowingministries.org](#)

He Prepares a table for you!

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

Thoughts run through my head as I think about how much I like to prepare a table for those I love, especially when it comes to a dining table where we will gather to talk, laugh, cry, pray, and eat. Yes, let's not forget the eating. Pretty napkins, fun dishes (old and new), flowers, and little notes are some of things I like to use to say, "I love you. I am so glad you are here."


The Bible says that the Lord prepares a table for us. Can you envision how grand a place setting the King has laid out for his daughters? Oh, the beauty. Perhaps we cannot imagine all the splendor but be assured of this, with Jesus, His presence is more than enough. The table is prepared, and the invitation extended. Will we come and have our cup filled?

Often, I respond "yes" and eagerly sit with Jesus to "taste and see" but, regrettably there are those times that I let the opportunity slip away. Busyness interferes and I find myself depleted, lacking strength, peace, patience, kindness, and contentment. All these I know to be gifts from above.

In Psalm 23 the Psalmist proclaims, "my cup overflows" because of the Lord's blessings. This overflowing comes from time intimately spent with God while being guided in the best possible way by Him. **Overflowing is an abundance. An amount sufficient to fill the Psalmist's cup with more remaining!**

It occurs to me that his cup could only spill over after intentionally lingering at the table prepared by God. A table prepared in the presence of enemies. Every day, the enemy lurks to distract us, to steal from our hearts what the Lord richly supplies. Jesus himself acknowledges this in John 10:10, reminding us that "the thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." Let's come and take time to sit with God, digest His Word, and store His promises in our hearts!

blessings, jodie b



The thief comes only to
steal and kill and destroy;
I have come that they may
have life, and have it to
the *full*.

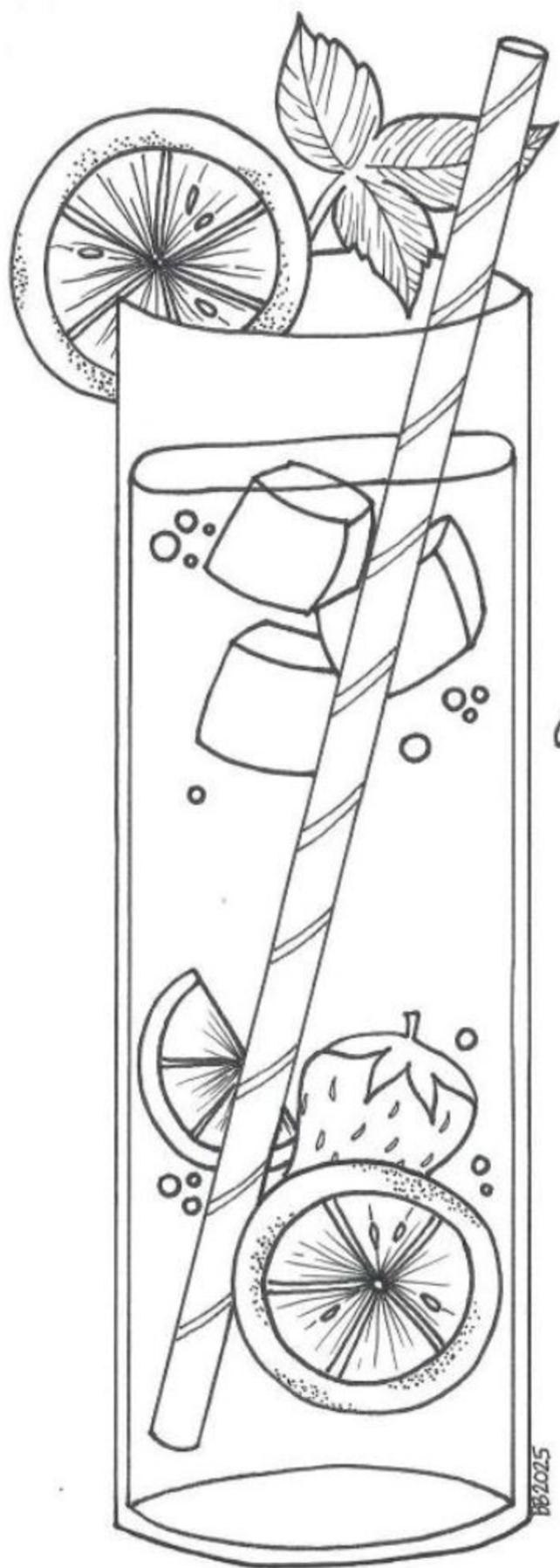
JOHN 10:10 NIV

Writing practice

Handwriting practice lines consisting of multiple sets of solid top and bottom lines with a dashed midline.

Choose your favorite translation & write it out!





The thief comes
ONLY to
steal and
kill and
destroy;

I have come
that they may
have **LIFE**
& have it
to the
full.

JOHN 10:10 NIV

STUDY POINT

"in all its fullness"

The phrase "in all its fullness" suggests abundance and completeness, indicating that the life Jesus offers is rich and satisfying. This fullness is not limited to material prosperity but includes spiritual blessings and a deep relationship with God. The idea of abundant life resonates with the promises of the Old Testament, where God assures His people of blessings when they follow His ways (Deuteronomy 28:1-14). In the New Testament, this fullness is further explained as the indwelling of the Holy Spirit, who empowers believers to live fruitful lives (Galatians 5:22-23). Jesus, as the Good Shepherd, provides not only for the needs of His sheep but also ensures their well-being and flourishing.



The Thief

comes only to steal

and kill and destroy;

I have come

that they may have life

and have it to the full.

John 10:10

Slowly journal your thoughts about each section of the scripture.



