

# Cup Me

WEEK 3

# *The Well Source*

**Whoever brings blessing will be enriched, and one who waters will himself be watered. Proverbs 11:25**

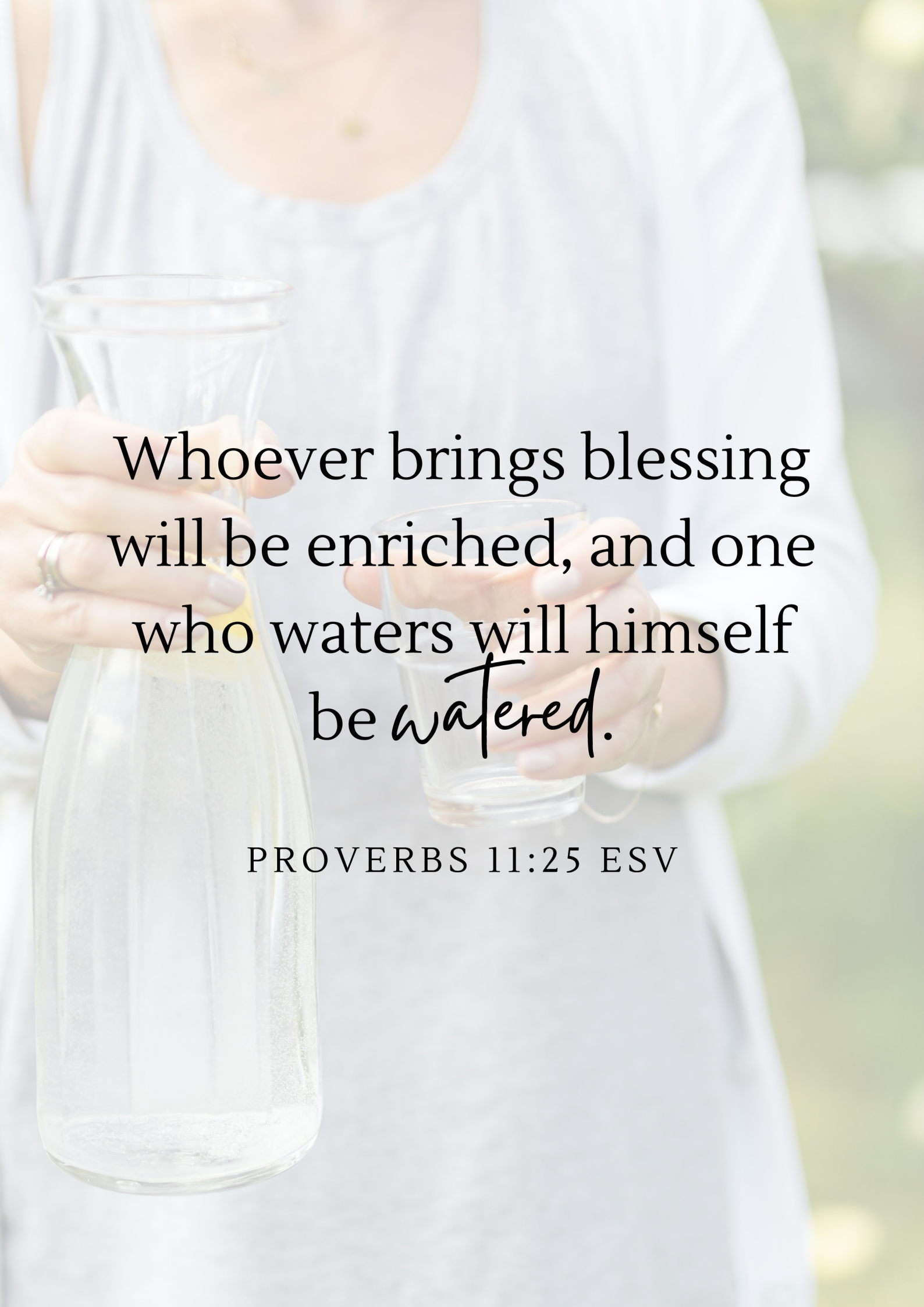
Have you ever heard that grief is a thief? It truly can rob you of many things and I understood this before losing a child, so I prayed. Because praying connects me to The Well Source from which all good things flow. Things like peace, comfort, strength, and joy. After years of living lacking, I didn't want to return to a dry wasteland. Once you have experienced the refreshing abundance of God's goodness, you are grateful and prayerfully keep your cup up.

God is kind and generous, pouring out each of His gifts abundantly. This was never more apparent in my life than while I was walking in the early stages of grief. God poured strength, peace, comfort, and joy into my aching heart as I sat silently with Him in His word each day. He supplied all I needed and often met my needs through the generosity of others. Days after our son was killed our mailbox began to overflow with cards reminding me that others were thinking of us and praying for us. Even when I couldn't read the letters, the sight of them ministered to my heart. Even as tears fell, God was using others to fill my heart with comfort.

"Lord, rain my tears back over me," became my frequent petition. I knew (and trusted) refreshment from above was all that could replenish my weary soul. When tragedy empties our cup, we can trust that there is One who can fill it and often He uses the generosity of others to supply what we are lacking.

Proverbs 11:25 was a favorite verse of mine prior to losing our son, but the meaning of verse came alive as I held my broken cup up to Jesus and His goodness flowed freely from the hands and hearts of His people. As you study this week, I pray you consider all that flows freely from the Wellspring and stand ready to receive and spill out into others generously. Trust the wise words of Solomon, "Whoever brings blessing will be enriched, and one who waters will himself be watered."

*blessings, jodie b*

A person wearing a white long-sleeved shirt is shown from the chest down, pouring water from a clear glass carafe into a clear glass. The person's hands are visible, and they are wearing a ring on their left hand. The background is a soft, out-of-focus green and white, suggesting an outdoor setting. The text is overlaid on the image.

Whoever brings blessing  
will be enriched, and one  
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be *watered*.

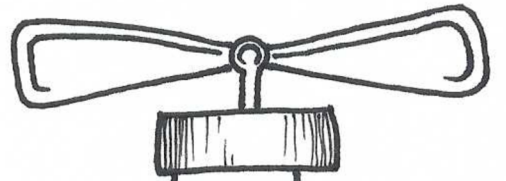
PROVERBS 11:25 ESV

# Writing practice

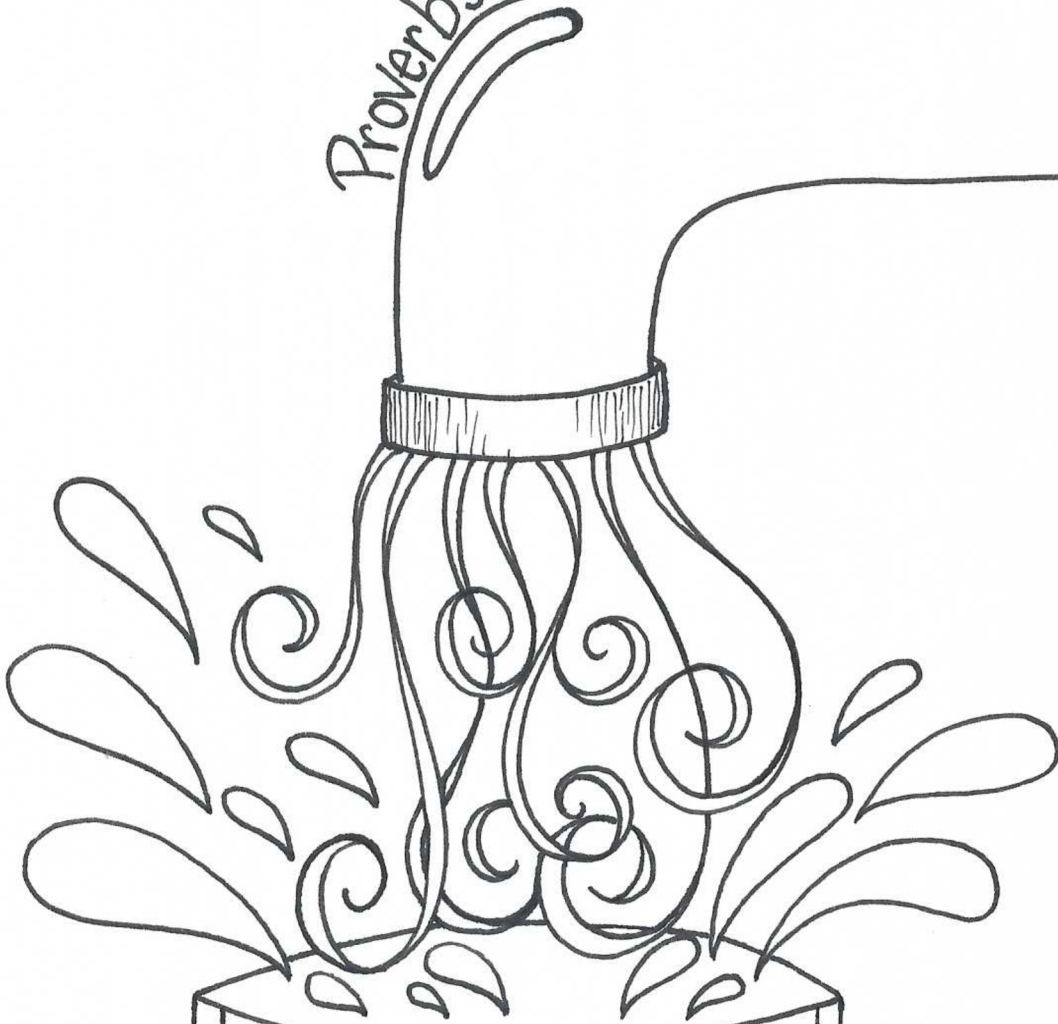
Handwriting practice lines consisting of 18 sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line.

Choose your favorite translation & write it out!





Proverbs 11:25 ESV



Whoever brings blessing  
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B82025

## WEEK 3

# Refreshing Others

The act of refreshing others can be understood as providing support, encouragement, or resources to those in need. In ancient Israel, hospitality was a crucial cultural value, often involving providing food, shelter, and rest to travelers and the needy. This practice is seen in the story of Abraham in Genesis 18, where he refreshes the three visitors. The concept of refreshing others is also echoed in the New Testament, where Paul speaks of Onesiphorus refreshing him in 2 Timothy 1:16.

This promise of reciprocal refreshment suggests a divine principle of sowing and reaping, as seen in Galatians 6:7-9. The idea is that God rewards those who selflessly care for others. This reflects the character of Christ, who came not to be served but to serve (Mark 10:45). at their acts of kindness will not go unnoticed.

**Whoever brings blessing**

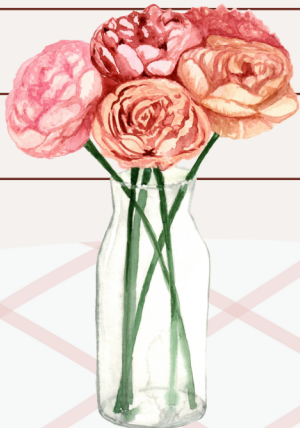
Slowly journal your thoughts about each section of the scripture.



**will be enriched,**

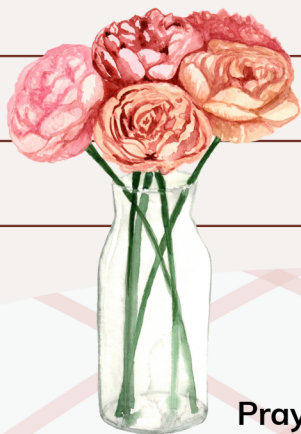
**and one who waters**

**will himself be watered**



**Proverbs 11:25**

Fill my cup, Lord.



Prayer idea:

Thank God for times that He has filled your cup. Ask Him to give you a generous heart and guide you in ways that are a blessing to others.