



Devotional & Article Writing Starters

Topic: "Cup"

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Take the ideas and build upon them to make them your own. Add in your own points, illustrations, explanations, and relating Bible verses.

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What's your "handle"?

- Each person handles things differently.
- What pours into our lives is very different.
- Look at the woman at the well (John 4).
- Jesus knew all she went through.
- He knew about all of her many husbands.

"Saucer" Drippings

- Are there things that have spilled over into our lives that we are holding on to?
- God wants to take care of those things and hold on to our worries and burdens
for us.

Get a "grip"

- Are we allowing the Lord to hold our cup?
- Do we submit to the grip?
- Do we allow the Lord to have complete control and allow His working in our lives?

Say "whoa"

- Do we say "whoa" when our cup is filled to the right level?
- We all have intake in our lives.
- What's pouring in?
- What do we need to say no to?
- We have got to leave room for the good stuff.
- Leave room for the things that the Bible says are important

Cup of Fruit

- Galatians 5 (Fruit of the Spirit)
 - A cup of Love
 - A cup of Joy
 - A cup of Peace
 - A cup of Longsuffering (patience)
 - A cup of Gentleness
 - A cup of Goodness
 - A cup of Faith
 - A cup of Meekness (gentleness)
 - A cup of Temperance (self-control)

Sharing a Cup of Water

- Mark 9:35-50
- Key verse 41

*For whosoever shall give you a **cup of water** to drink in my name, because ye belong to Christ, verily I say unto you, he shall not lose his reward. Mark 9:41 (KJV)*

Overfilled Cups

- Too much whipped cream in your cup?
- Are you allowing yourself to be overwhelmed?
- Sometimes things that are sweet or even "good" can exhaust us.
- We all want to show kindness and serve the Lord but saying "yes" all the time to everything can leave us drained, depleted, and empty.
- We must learn to make priorities.
- Nobody is at their best when they are run down, tired, and overworked.
- We must learn to draw lines in the sand when it comes to our time and efforts.
- Burnout doesn't do anyone any good.
- We must give ourselves permission to refresh and recharge.
- Psalm 46:10
- Psalm 61:2

Permission Details for "Starters" & Writing Prompts:

You may not reproduce the "starters" or writing prompts as is. You must add and contribute to the content and make your own devotional/article with them before sharing. The end result should be your own thoughts done with your own words. The "starters" and writing prompts are offered as an outline/skeleton base to build upon with your own writing on top of the "starter". Think of them as a "starter" for bread. Your loaf will always turn out a little differently even if others use the same starter as you. Be creative and bake your own loaf!