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Megan Fate Marshman is a leading voice for this generation. Megan is a teaching pastor at Willow Creek Community Church and an internationally renowned speaker and author.

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Any good thing that happens to us is never meant to stop with us. In fact, it's always meant to go through us and overflow into the lives of others.

REACT

It seems outlandish to lay a cup on its side and expect it to be filled. But often, we point our “cup of value” sideways towards our accomplishments, friends, or even strangers on social media and expect it to be filled.

That is not how cups are designed to work and that is not how God has created you to be filled with joy, purpose, confidence, and peace. You are God’s creation, made in his image, and everything you need to be whole comes from him.

“There is one God, the Father, by whom all things were created, and for whom we live.
And there is one Lord, Jesus Christ, through whom all things were created, and through whom we live.”
—1 Corinthians 8:6

REFLECT

Take a moment to read about the declaration that God made after he created us and the rest of creation.

“So God created human beings in his own image. In the image of God he created them; male and female he created them. Then God looked over all he had made, and he saw that it was very good!” —Genesis 1:27,31





THINK ABOUT HOW YOU LIVE YOUR LIFE. DO YOUR WORDS AND ACTIONS CAUSE PEOPLE TO WANT TO KNOW MORE ABOUT GOD?

So, what happened? Why is there so much sin and brokenness in our world now?

Adam and Eve's disobedience plunged them into a world filled with death, pain, and fear. Today, our disobedience has the same devastating impact on our lives. Sin causes us to experience shame, blame, hiding, fear, and anxiety.

But despite their disobedience, God moved toward Adam and Eve. Today, he moves toward each of us too. He gives us the promise of hope, forgiveness, and the chance to be restored and reconciled. He promises to fill our cups.

RESPOND

Are there areas of your life where your cup is sideways? Do you compare yourself to others or look to receive your identity or sense of value from sources other than God? Have you allowed the lies of the enemy to tip your cup away from God's love and convince you that you are no longer worthy?

Today, commit to righting your cup and life as you place yourself squarely and completely in line with God. Instead of settling for occasional splashes of love from the world that quickly dry, imagine love like Niagara Falls filling you so completely that you overflow as a blessing to everyone around you.

"May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God." —Ephesians 3:19

REVIEW

- Our value comes from God alone because he is the one who created us in his image and declared his creation "very good."
- When we look for our value in the opinions of others, we will never be satisfied. When we are in right relationship with God, we can pour out his blessings on those around us.
- When our sin has us hiding in shame and fear, we can respond in faith that his love will cover us.



MEMORIZE

"FOR EVERYTHING COMES FROM HIM AND EXISTS BY HIS POWER AND IS INTENDED FOR HIS GLORY. ALL GLORY TO HIM FOREVER! AMEN." —ROMANS 11:36

ACTION STEPS

- Identify three ways you look to something other than God for your sense of value.
- Begin each day by reminding yourself that God loves and accepts you.
- Ask God to fill you to overflow so that you can pour out his love on those around you.