

# Spilling Your Coffee

Those who know me well (or maybe even casually) understand that I have a love of coffee.

When a server in a restaurant asks for a drink order, my first question is, “Is your coffee fresh?” If it is, I will order it just plain black, no cream or sugar, thank you.

Starbucks is one of my favorite places. But so are Dunkin’ Donuts, Chick-fil-A, McDonald’s and Panera Bread (they all have good coffee!). Well, you get the picture.

At the office, I’m generally in charge of seeing that the coffee pot in the kitchen is full and fresh. Which leads me to a little incident recently.

I was just leaving the kitchen with a cup-full of freshly made coffee. As I exited through the kitchen door, I bumped into an associate who was coming into the kitchen, and – you guessed it – some of the coffee spilled out.



My speculation is that this has happened at one time or another to all of you who are coffee drinkers. Somebody bumps into you, and the coffee spills.

As in my case, you didn’t spill tea. You didn’t spill grape juice or a soft drink. You spilled coffee because coffee is what was in your cup. If you’d had tea in your cup, it would have been tea that spilled out.

The point is: Whatever is inside your cup is what will spill out of your cup if you are bumped or shaken.

Here is the spiritual application ...

We are each a vessel, not unlike a cup. Looking from the outside, no one can know what we “contain.” But when events of life bump up against us or shake us up, whatever is inside will likely come spilling out.

So we must ask ourselves, “What’s in my cup?” Is it love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? Or is it anger, bitterness, anxiety, impatience, mean-spiritedness, ill will, faithlessness, harshness and lack of discipline?

(more)



We might present to the world that we are full of one thing when really we are filled with another. It's easy to fake it when nothing is bumping into us or shaking us up. But bring on a little trial, a little temptation, irritation, conflict, inconvenience, etc., and what's inside our heart of hearts will come spilling out.

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law (Galatians 5:22-23 ESV).*

So let us fill ourselves with the fruits of the Spirit so that the goodness and light within us will spill out onto others as a testimony of the transformative power of Jesus Christ in our lives.

– Beecher Hunter

