

**Reflection for Easter 4A**, May 3, 2020, St. Andrew's, Des Moines © Georgia Humphrey<sup>1</sup>

Is your cup half-full or half-empty?

These times make us wonder! Life is not the same and we want our lives to be as we see them. We want what we want what we want.

These readings are some of our favorites, particularly Psalm 23. Over the years I have found it to be the first psalm we turn to at the time of loss. It brings us comfort and peace.

With the Virus causing discomfort in a variety of ways, Psalm 23 is more of a challenge than comfort. As we read the words we are challenged to see to see that our cup runs over. True we cannot have everything that we want and go everywhere that we wish. However, we can do and see things differently. We can see and do things differently. We can we accept the challenge of the Spirit to live in a way that brings God's love to everyone.

Recently I heard a news story of a young single woman with a small child who was furloughed and struggling. When people heard of her situation, they responded by giving small donations, which amounted to \$500.00. The young mother was thankful and showed her gratitude in a different way. She made meals for those around her who are struggling and then shopped for herself. She believes in Psalm 23 and our passage from Acts.

I find this time difficult and hard to deal with, but this story reminds me that there are other ways to live and respond. I can give thanks for the people in my life; listen to the world as it springs forth; do more thoughtful things for everyone whose path crosses mine and be slow to judge and quick to care.

The Shepherd is leading us. Jesus goes before us showing us a new Way. It may be different than expected. It may be different than we wish. It may cause us pain and difficulty, but living with the Psalm and faithfulness will give us the courage to live fully with God and each other.

Maybe the question is not emptiness or fullness of the cup. Maybe the question is how can I live faithfully and use God's grace to everyone and everything with care and gratitude.

<sup>1</sup> "I am a retired priest, teacher, and traveler. I became a priest in 1993 and have served several parishes in St. Louis, Denver, and Des Moines." – The Rev. Dr. Georgia Humphrey