

September 14, 2026

# When the Cup Got Heavy

FOLLOW US:  @godssongwithin  God's Song Within

▶ VIDEO COMPANION

## When the Cup Got Heavy

<https://www.youtube.com/watch?v=ulTz2aMFJvE>

*I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.*

EPHESIANS 3:16

We sat around her dining room table, eight of us, wondering why there were bowls of rocks in front of us.

My friend, Carrie, has a beautiful way of helping us understand God's love. We were excited because tonight after our potluck dinner, we'd trek to Carrie's garage to watch a movie together on the big screen, popcorn, candy and all.

But first, we prayed, and listened. In front of us a plastic cup with a long string attached.

As we sat quietly together, Carrie talked about the things that weigh us down. Things that make everyday tasks harder and create a sense of strain.

Anger, anxiety, bitterness, grief, unforgiveness, loneliness, guilt, shame, regret...and the list goes on and on.

1 Peter 5:7 says, "Cast all your cares on him because he cares for you."

The word "cast" means to throw off or place a heavy burden onto someone else, much like putting down a heavy load you were carrying. God invites this because He genuinely cares for you and wants to carry your worries.

It reminds believers to rely on God's strength rather than trying to handle life's pressures all by themselves.

As we placed the corded cup around our neck, we grabbed a rock for each burden read. Soon our cups were heavy, weighted down emotionally as well as physically.

Ephesians 3:16 states, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."

It means God gives power from His own endless supply, not from our own human effort.

Happily dumping the rocks back into the bowl before dinner, we finally understood what "cast your care upon Him" meant.

Brandon Lake so beautifully pictures the goodness of God in today's song, How Good God Is. He paints the reality of darkness being a place we battle through.

"I didn't know the Healer 'til I needed healing. I didn't need a Savior or some kind of anchor 'til I lost my way...You took my hurting and gave it purpose."

Closing

As I thought about those rocks sitting in our cups, I realized how easily we can become accustomed to carrying burdens God never asked us to carry alone. Some burdens may be part of our story, but they don't have to remain our load.

We can bring them to the One who cares deeply for us, who strengthens us from within, and who can take our hurting and give it purpose.

I'm reminded: God never promised we would have no burdens. He promised we would never have to carry them alone.

So what are you carrying today? Perhaps it's time to cast it on Him.

*Karen Good*

## Find Us Online



**INSTAGRAM**

@godssongwithin



**FACEBOOK**

God's Song Within