

Pitchers and Straws

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." (Mark 6:31)

We are all as limited as a kitchen tumbler, only able to pour out and refresh others to the extent that we have been filled up ourselves. When you are feeling overwhelmed, exhausted or empty, you won't be able to minister effectively to those around you. That's when you need to look around for a 'pitcher,' for those things God has given you to refresh you, to fill you back up to capacity. How well do you know yourself? Do you know which things are your pitchers and which are your straws? **Add to the image below** (or do your own artwork), **and label** the things, circumstances, people, etc. which draw strength and love out of you (**straws**) and the things which fill you back up (**pitchers**).



