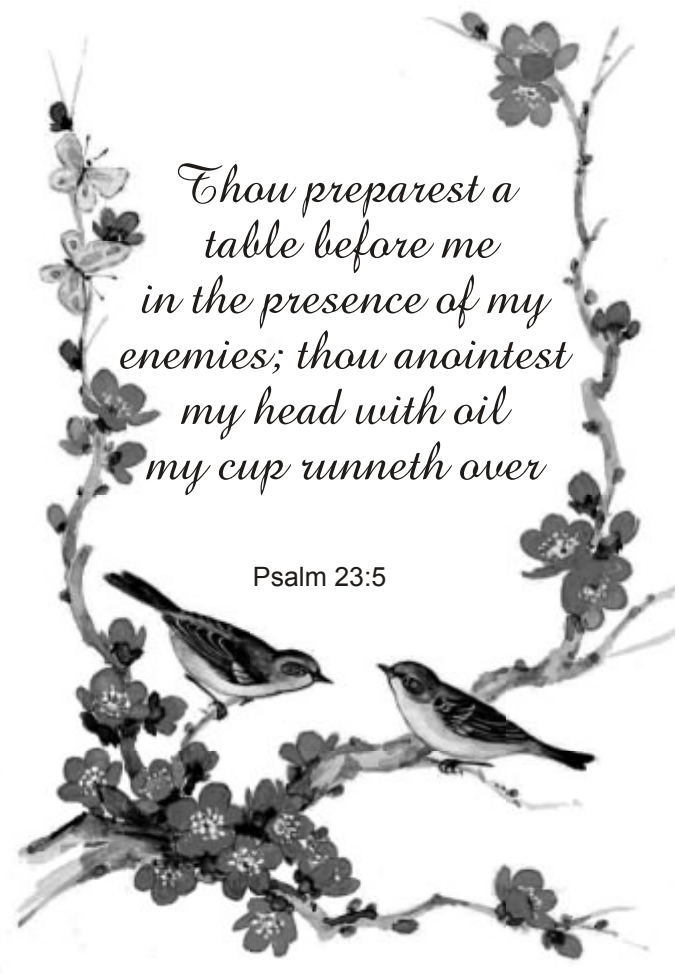


1

*My Cup  
Runneth Over*



A decorative wreath of cherry blossoms and two small birds perched on a branch. The wreath is composed of several thin, dark branches adorned with numerous small, five-petaled cherry blossoms. Two small, stylized birds are perched on the lower part of the wreath, facing each other. The entire illustration is rendered in a monochromatic, woodcut-like style.

*Thou preparest a  
table before me  
in the presence of my  
enemies; thou anointest  
my head with oil  
my cup runneth over*

Psalm 23:5

## *Countin' My Blessings*

When I count up my blessings  
and see all the stuff I've got  
They far outweigh my problems  
and things that I have not.  
I find that God is awfully good  
in looking after me  
And even overflows my cup  
when I'm tired as can be.



When I think of all my problems  
and count 'em one by one  
I make myself feel miserable  
because of what I've done.  
My attitude comes from my heart  
and it is mine to choose  
If I will keep a happy heart  
or if I'll sing the blues.

It's normal to have bad-hair days  
and times when things are tough  
But countin' blessings helps to keep  
your living up to snuff.  
So set the dial of your heart  
to thankfulness and praise  
Then you'll be living in the pink,  
enjoying all your days.

*He will love you and bless you  
Deuteronomy 7:13*

## *The Apple of His Eye*

I wonder if you realize  
How much God cares for you—  
He's not a politician,  
For what He says is true.  
His eyes run to and fro, my friend,  
Throughout the whole wide earth  
To care for those who follow Him,  
No matter place of birth.  
I guess it kinda' blows my mind  
That God loves us so much  
He watches o'er us day and night  
And gives His special touch.  
If we have given the Lord our heart  
We need not fear nor sigh,  
For in His Book He tells us  
We're the Apple of His Eye.



*Keep me as the apple  
of your eye; hide me  
in the shadow of your wings  
Psalm 17:8*

## *Stay Upbeat*

If you will think on happy stuff  
And keep your heart upbeat  
You'll be surprised how good you feel  
And that is hard to beat.  
If you can stay on top th' heap  
And smile from day to day  
You'd sure cheer up a lot of folks  
When you pass by their way.

God recommends a merry heart.  
It helps to keep you well  
So if you'd live a long, long time  
Some stories you could tell  
To future generations  
When they climb up on your knee  
And tell some wide-eyed grandkids  
The way things used to be

*This is the day that  
the Lord has made;  
Let us rejoice and  
be glad in it.  
Psalm 118:24*



## *Is Your Cup Full?*

I wonder if you thank the Lord  
your cup is not on dry  
For if it sits on empty  
there must be a reason why.  
Some folk get awful busy  
so they fail to keep in touch  
With Jesus Christ who died for them  
and loves them very much.



If your cup keeps running over  
and your heart is filled with song  
No doubt you are a blessing  
as you travel all day long.  
It's great to mingle with the folks  
who love the Lord a lot--  
It helps us stay on top th' heap  
and keep the friends we've got.

So count the blessings  
that you have  
and have a glorious day,  
It makes God very happy  
if you choose to live that way.  
So if your cup runs over  
and your saucer is full, too,  
Ask God what you can do for Him.  
He'll tell you what to do.

*Taste and see that the Lord is good;  
Blessed is the man that takes refuge  
in Him. Psalm 34:8*

*Enjoy  
Today*



Enjoy today.

It's all you've got.

Just one day at a time.

If you are holding God's big Hand

He'll help with hills you climb.

The Bible says He feeds the birds

So don't just sit and stew

Remember that He loves you much

So keeps His Eyes on you.

So talk to God throughout the day

And hear His joyful sound

And join the other happy folks

Who have what you have found.

God gave us lots of blessings

That He wants us to enjoy,

And best of all He wants to fill

Our hearts with love and joy.

*However many years a man may live;  
let him enjoy them all. Ecclesiastes 11:8*

I  
Wander . . .



I wonder what you're doing  
In your corner of the earth--  
Are you sowing seeds of kindness  
And doing things of worth?  
Do people kinda' seek you out  
To pass the time of day  
Because they think that you're upbeat  
And like the things you say?

If you are loving folks a lot  
And living up to snuff  
No doubt you are a blessing  
To someone whose life is tough.  
God needs some happy folks around  
To spread a bit of cheer  
For good news and encouragement  
Are what folks like to hear.

So don't report some gossip  
Or don't even criticize  
For sometimes what is hearsay  
Might be a pack of lies.  
If you see someone down and out  
Just try to lift him up  
And angels might smile down on you  
While Jesus fills your cup.

*But encourage one another daily  
Hebrews 3:13*



## Where God Lives



God has two places  
    where He lives--  
One's up in Heaven above,  
The other place is here on earth  
Where hearts are filled with love.  
I'm sure that keeps Him busy  
Watching over Heaven and all  
But He is such an awesome God  
He will hear us when we call.

I know folks worship money  
And the things that it can buy  
But money will not love them back  
When life has gone awry.  
There's nothing like the touch of God  
To help a fella' then  
For He knows what has happened  
No matter where or when.

So put your hand in God's big hand,  
He has good news for you.  
And if you're on a long detour  
He'll help you safely through.  
He knows where all the speed bumps are  
And knows what lies ahead  
And He can give you peace and joy  
Just like the Bible said.

*I live in a high and holy place, but also with him  
that is contrite and lowly in spirit, to revive the  
spirit of the lowly Isaiah 57:15*

## Heart Song

Do you have something  
in your heart  
that makes you want to sing?  
There's Someone who's available  
to make the joy bells ring.  
A lot of folks have found out how  
and gone straight to the Source,  
Make no mistake about it, friend,  
its Jesus Christ, of course.



The folk who give their heart to Him  
feel like they've been set free,  
And if that life sounds good to you,  
just try it and you'll see.  
Don't get entangled in this life  
with things that are not good  
For if you do you'll soon find out  
you won't feel like you should.

So get in touch with Jesus Christ,  
He'll change your heart today  
Then you can have a song down deep  
today and every day.

*He put a new song in my mouth,  
a hymn of praise to our God.  
Psalm 40:3*



## *Wrinkles*

Some faces may show wrinkles  
when years pile up, ya' know,  
And they are hard to camouflage  
and fix so they won't show.  
But that's not what's important,  
if you keep your spirit sweet  
You'll still have friends  
who love you  
and that is hard to beat.

But if your soul gets wrinkled  
and you feel like giving up  
Don't wait another minute, friend,  
to let God fill your cup.  
He has some stuff for you to do  
for we're His hands and feet--  
You might find someone  
needs your help  
who lives just down the street.

God wants your soul in tiptop shape  
to keep you going strong  
And He would like to take your hand  
and give your soul a song.  
So if you've wrinkles on your face  
just add to them a smile  
And keep a twinkle in your eye  
as you walk mile on mile.

*I will be glad and rejoice in your love;  
Psalms 31:7*

## *All the Same*

If you would go to China,  
Taiwan, or Timbaktu,  
Or even to Siberia,  
Manila or Peru,  
One thing we have in common,  
though we cannot with them talk,  
We all smile in the same language  
if we're there and take a walk.  
So practice smiling every day  
so you will be in tune  
In case you take a trip somewhere  
and go there kinda' soon.  
Another reason you should smile  
and sorta' practice up--  
It just might brighten someone's day  
and help to fill their cup.



*I will change my expression  
and smile Job 9:17*

*The Dial  
of  
Your Heart*



When you get up in the morning  
And get started on your day  
Do you set the dial of your heart  
In just a certain way  
So you will hear some happy stuff  
If whispered in your ear  
And if you think on it a bit  
You might feel God is near.

Sometimes we keep so busy  
That we fail to realize  
That God may use a still, small Voice  
To whisper from the skies.  
So try to calm your pounding heart  
Or even take a rest  
For when we're kinda' quiet, folks,  
We may hear God the best.

*Be still and know that I am God;  
Psalm 46:10*

## *Just Forgive 'em*

If someone is unkind to you  
And kinda' gets your goat  
You're 'sposed to love your enemies  
To keep your life afloat.  
If you blast off and say some stuff  
That ought not to be said  
You may find out you've lost your song  
When you crawl into bed.

Sometimes it's hard to handle stuff  
That comes across our way  
And so we need to think a bit  
About the words we say.  
The Bible says forgiveness  
Is the way to play it smart  
And then you won't get ulcers  
Plus it will heal your heart.

*We also forgive  
everyone who  
sins against us  
Luke 11:4*



## *Doing Your Math*

When you wake up in the morning  
do you think to do your math?  
Do you count the many blessings  
God has strewn across your path?

If you tell the Lord you're thankful  
for all the stuff you've got  
It may help you not to worry  
'bout some things that you have not.

Take time to count your blessings  
when you're starting out your day,  
You'll find it makes a difference  
in the things you do and say.



*Were I to count them,  
they would outnumber the grains of sand  
Psalm 139:18.*



## *Rocking Chairs*

I know some folks can hardly wait  
until they can retire,  
They visualize a rocking chair  
before an open fire.  
I will admit that sounds right nice  
when days are mean and tough  
But sitting in a rocking chair  
sometimes is not enough  
To keep a fella' satisfied  
with gladness in his soul  
Because his life seems meaningless  
without a worthy goal.  
But I've observed some folks I know  
who do that very thing,  
They've sorta' lost their grip on life  
and seldom ever sing.  
It seems the happiest folks I know  
keep going day by day  
And try to help out other folks  
whose skies have turned to gray.  
Now as I dwell on this a bit  
I'm sure you'd feel the same--  
The happy folks still work and sing  
'til Jesus calls their name.





## *The Cup-Filler*

If you do an act of kindness  
And bless some hurting soul  
They may remember it for years  
And helped to make them whole.  
The love you give away, my friend,  
Won't die and fade away  
But it gets planted in their heart  
And grows from day to day.

The folks who spread their love around  
And hum and sing and smile  
Will find the happiness they want  
Is never out of style.  
God watches us both day and night  
And wants us to look up  
Because He's passing good stuff out  
And wants to fill our cup.

*for you yourselves have been taught by God  
to love each other. 1 Thessalonians 4:9*



*Your  
Cup*

When your cup is runnin' over  
you can smile and you can sing  
And thank the Lord for all you've got  
with thanks for everything.  
God really likes those Thank You prayers  
ascending to the sky  
And when I think on it a bit  
I know the reason why.

God gets a lot of messages  
when folks call 911  
These frantic calls from folks down here  
keep angels on the run.  
So when God hears a loving heart  
not asking for some things  
My guess is that He listens hard  
and maybe even sings.

God made us in His Image  
so He has feelings, too,  
So talk to Him as your best Friend.  
He'll love it if you do.

*Then God said: "Let us make man in our  
image, in our likeness" Genesis 1:29*

*you have filled my  
heart with greater joy  
Psalm 4:7*

## *Suspicious Folks?*



If you kinda' sing and hum a tune  
and smile an awful lot  
Folks may become suspicious  
and wonder what you've got  
That makes your heart so happy  
and fills your soul with joy  
And things that well could rankle you  
does not your peace destroy.

Now if they question you a bit  
about your state of mind  
Just tell them God lives in your heart  
and that they, too, can find  
The peace and love that you enjoy  
and gives your heart a song  
If they will let the Lord on board  
and love Him all day long.

Our God does not discriminate  
against the black or white  
For He is fair and loving  
and always does things right.  
He'd really like for everyone  
to open his heart's door  
So He could put a song inside  
like they've not had before.

*Old  
Love*



We like to go to weddings  
And see the groom and bride  
All gussied up and smiling big  
As they stand side by side,  
Just waitin' for the preacher  
To pronounce them man and wife  
Then rush off on their honeymoon  
And start a brand new life.

We also like to celebrate  
Some older folks, you know,  
Who've lived together time on end  
Like fifty years or so.  
Their love has not eroded  
But has grown throughout the years,  
They've learned to stay on top th' heap  
Through sunshine or through tears.

I think God likes the young folks  
But smiles on oldsters, too,  
I guess God planned it just that way—  
So we'd know what to do.  
It seems we need each other—  
Whether young or old and gray  
And we'll continue to hold hands  
Till God takes us away.

*Love never fails. 1 Corinthians 13:8*