

Finding *Renewal* in the Love of God

Unit 4: Discovering Renewal through Committing to Obedience

Experience 4: Success, Perfection, and the Full Cup

This week, look for a day to perform a silly experiment that will help you give some practical thought to the idea of how you deal with sin in your life. You will need about half a day. Most definitely, go on with your life and your chores—with just one caveat: you will have a constant assignment to which you must tend for at least three hours. If you feel you must adjust this exercise, at least take the time to work through the follow-up questions that pertain to your non-experience. Over all, the longer you do it, the more you will learn about yourself in the process.

Fill a cup—like a tea cup—with water. Fill it *all the way* to the brim. You **must** carry that cup with you for three hours (when I did it, I carried it for six, so don't get testy! ☺). You may put it down only when you sit down or lie down, but every time you move, even when you must drive in your car, that cup must go with you (of course, since you will be seated as you drive, you *may* put the cup down). Your goal: don't spill it!

After you have completed the time with the cup of water, sit down for a few moments of contemplation. Use the questions attached to the next email (or in the sealed envelope) to help you work through your experience. Remember, even if you decided *not* to do the exercise, there are questions for you to answer.

Happy day!
Karen