



Reflections by the Lake  
Devotions for an Unordinary Time

June 10, 2020

Cup Half Empty??? Cup Half Full???

Cassandra Baker

Cup half empty??? Cup half full???

Over the years, how many times have we heard the expression, "cup half empty or cup half full"? What do these terms mean to us and especially to us as Christians? *Wikipedia* states that **“half empty or half full?”** is a common expression generally used to indicate that a particular situation could be a cause for pessimism (half empty) or optimism (half full).

Right now, June 2020, in this time of pandemic, many people all over the world just might say that life is half empty. This feeling easily relates to health, front line workers, economy, education, food, housing, childcare, (un)employment, social well-being, loneliness, fear, and \_\_\_\_\_????\_\_\_\_\_ on and on—it is easy to fill in the blank with our personal situations.

Recently I was in the kitchen preparing some of that over-bought chicken and ground beef to freeze for later if the food chain might really break. I had the television on the *Today with Hoda and Jenna* show. I was not really watching but just listening as I dealt with the meat. Suddenly, I realized I heard music—and words—and passion—as Jason Mraz, a Grammy award winning song writer and singer sang his new release titled, “Look for The Good.” I learned that this song will be part of a new 12-song album to be released next month with same title—*Look for The Good*.

Here are the words to the song. I am also including a link for you to hear Mraz express his passion as he sings the song in reggae style on his ukulele and you read the words.

Jason Mraz—“Look for The Good” (lyric video)—YouTube

[www.youtube.com/watch?v=H9owkOAXa70](https://www.youtube.com/watch?v=H9owkOAXa70)

“Look for The Good” by Jason Mraz

Look for the good in everything  
Look for the people who will set your soul free  
It always seems impossible until it's done  
Look for the good in everyone

People done gone crazy, people done gone mad  
People done forgot the superpowers we all have  
We were born to love, not hate  
We can decide our fate  
And look for the good in everyone  
And celebrate all our mistakes  
If there's a silver lining (silver lining)  
You still have to find it, find it, find it

Look for the good in everything  
Look for the people who will set your soul free  
It always seems impossible until it's done  
Look for the good in everyone

Everyone needs sunshine, everyone needs rain  
Everyone is carrying around some kind of pain  
I see who you are, you're just like me  
I see you're searching for a purpose, guided by a dream  
I see who you are, I'm just like you  
I get lost sometimes and I forget what I came here to do  
I keep on trying (keep on trying)  
When it gets frightening

Look for the good in everything  
Look for the people who will set your soul free  
It always seems impossible until it's done  
Look for the good, Look for the good  
Look for the good in everyone

Everyone is nature, everyone is God  
Everyone is love and light and vibration  
Look for the good, look for the good  
Everyone gets mad sometimes and maybe they should  
Look for the good, Look for the good  
Yeah, look out for all the heroes in your neighborhood  
Look for the good, Look for the good  
Life sure would be sweeter if everybody would  
Look for the good in everything  
Look for the people who will set your soul free  
It always seems impossible until it's done  
Look for the good, Look for the good  
Look for the good in everyone

I also found the following words that Mraz speaks about the positive message of his new song. He says, "I never imagined when I wrote this song how timely its message would be today. Regardless of a pandemic, people around the globe need constant hope. Period. I believe that can be self-generated by seeing good in everything, especially in the midst of tragedy and fear. I've always been an optimist in my life and in my music, and my hope with this album is that it inspires others to look at these dark times and witness the good that human beings are doing for their families and for each other. To look for the good is to practice gratitude." (No, I am not his agent, but I am impressed with the message this young musician sends!)

Back to our cups—half empty or half full? Pessimist or Optimist? Whether we see our cups as half empty or half full, let's take this time to practice gratitude to God by refilling them to overflowing to find good in all of life's situations. The words to this song speak to me as a prayer to God for such guidance.

Philippians 4:12—Gratitude in Plenty and in Want

*"I know how to be brought low, and I know how to abound.*

*In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me."*