

# RELIGION | The Bent Cup



## Meditation & Reflection

Sometimes a theme will emerge in our lives and invite reflection. Certain seasons of the liturgical year, major life transitions, and other events may focus our attention on a particular theme such as birth, rebirth, grief, creativity, and relationship. Such themes can provide a focus for theological reflection. This particular design is built around the theme of brokenness.



1. Take a paper cup and bend it in half. Set the cup in front of you and sit quietly looking at it. Describe the bent cup.

- How is it broken?
- What can or can't be done with it?
- How is a bent cup usually regarded?
- What happens to bent cups?

2. Close your eyes and breathe deeply. Moving through your life experience, find times when you were a "bent cup." Briefly note one from your childhood, one from your young adulthood, one from the past year. Explore each of these situations.

- What were your key thoughts and feelings?
- How were you broken?
- What did you find yourself able and unable to do?
- How do you think others regarded you and treated you?
- What happened in each situation?

Write a paragraph that begins: "When I am a bent cup I..."

3. Go back to the image-bent cup- and let it lead you into the Christian tradition. What situations, people, passages, from Scripture and Christian his story are captured by the image? Brainstorm. Pick one and explore it.

- What thoughts and feelings are in the passage?
- What is the brokenness?
- What are people able and unable to do in the story?
- How are the broken ones treated?
- What happens in the situation?

Write a paragraph, which begins: "In Scripture Christian history a bent cup."



4. Compare and contrast the experience of and perspectives on being a bent cup from your own lived narrative, the Christian heritage, and common attitudes toward brokenness in our culture. From this comparison and contrast, what do you now believe about being a bent cup? Write a statement about bent-cup experiences that you are willing to claim as your own.

5. What do you want to remember or do differently the next time you find yourself in the position or situation of a bent cup?