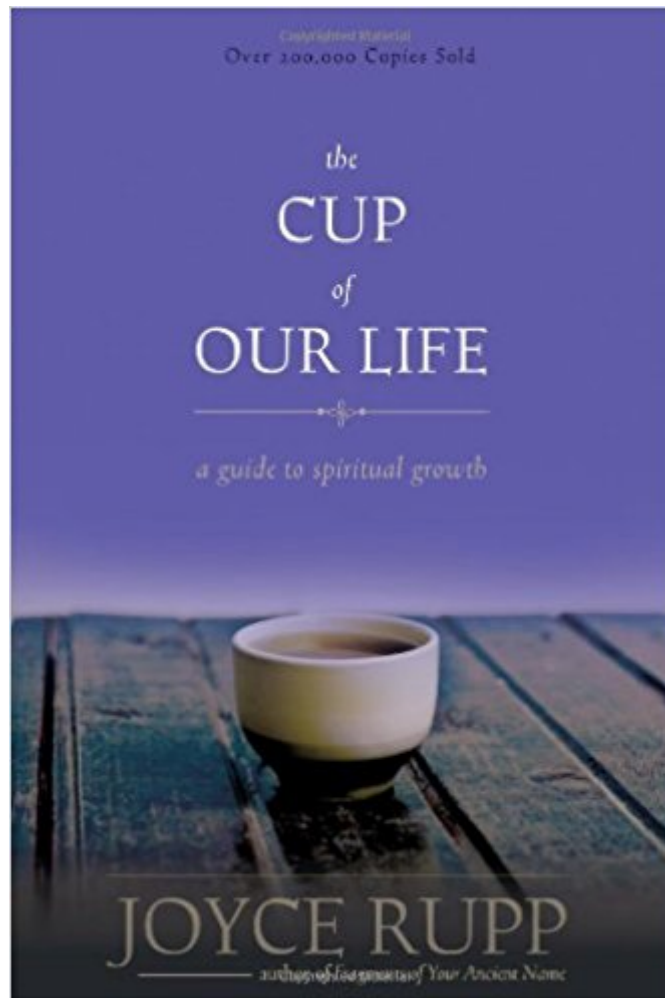




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# The Cup Of Our Life: A Guide To Spiritual Growth



## Synopsis

Joyce Rupp's bestselling contemporary classic has sold over 200,000 copies. This new edition continues a fifteen-year tradition of helping individuals and groups pray. Now with a new preface and fresh design, *The Cup of Our Life* is available to anyone seeking a more intimate and disciplined life of prayer. Joyce Rupp, the bestselling Catholic woman writer today, illustrates how the ordinary cups used each day can become sacred vessels that connect readers with life and bring them into closer union with the Divine. She explores how the cup is a rich symbol of life, with its emptiness and fullness, its brokenness and flaws, and its many blessings. With daily devotions for six weeks, this book is ideal for individual usage as well as group usage in parish settings, religious communities, and small Christian communities.

## Book Information

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## Customer Reviews

"Joyce Rupp is one of the best Christian spiritual guides writing today." James Martin, S.J., Author of *My Life with the Saints*

"Joyce Rupp's value as a guide for the spiritual journey is without question." Paula D'Arcy, Author of *Sacred Threshold*

"Joyce Rupp reminds us that images in our daily lives have much to say about our spiritual and emotional longings, if we make the time to listen." --Rita Larivee, S.S.A., Publisher of *National Catholic Reporter and Celebration*

Joyce Rupp is well known for her work as a writer, spiritual "midwife," international retreat leader, and conference speaker. She is a member of the Servite (Servants of Mary) community and the

author of numerous bestselling books, including *Open the Door* and *Fragments of Your Ancient Name*.

In *The Cup of Our Life*, Joyce Rupp, OSM, offers practical suggestions and meaningful content to aide the spiritual pilgrim in developing a deeper and more intimate relationship with God. Once again, she draws on her own lived experience in offering insight, prayer practices, and meditations that will help the reader connect the routine of her/his life to a growing communion with a loving God. Organized on a daily basis, Rupp's book encourages the reader to use an ordinary cup (or mug) to invite God more closely into one's pain, suffering, joys, hopes and struggles. She explores six major themes in the spiritual life, each one followed by prayer suggestions including litanies, creative writing, ideas for reflection and journal-keeping, and a celebratory ritual. Throughout, the author manifests a profound trust in the transformative power of the in-dwelling God, and in the dailiness of God's presence with all those who seek with a genuine heart. Rupp's style is informal, accessible, poetic and, at times, profoundly moving. She is a fine writer and spiritual guide, sharing her experiential insights with great freedom, clarity and lyric simplicity. This is a book I have returned to more than once for its prayerful sensitivity, poetic language and wisdom. I recommend it highly.

This is a wonderful spiritual book, which I will read over and over. Using your every day coffee cup to assist you in praying is a great idea. One of our area churches used this book in a prayer study class. I learned as much from the group sessions as I did from the book. I plan to take the class again, next time it is offered.

Great study book. I bought it to share with an older woman living in a nursing home to give her something positive to think about. She says it has been so helpful to her.

WOW--I love and appreciate Joyce Rupp sooooo much. She always shares herself and other stories to help me look more deeply, and this book gives so many tools for spirituality and fellowship in a group. I am in a group of women who meet once a week with 2 wonderful facilitators who also share their own experiences. Introducing ourselves and our cups of choice from our own homes helped us to immediately know each other better and set up an eagerness to grow and trust the process in this book. Today I look forward to gathering again with my group--a week between sessions seems very long. Thanks for asking, Love to all on your journey, Peggy

This book is interesting and informative. It is also a good meditation broken up into weeks. I really like it. It is like going on a personal retreat. There are questions to think about after every chapter. You can use your cup to empty it or fill it up as the stories suggest. It will take me awhile to read all the chapters because I like to meditate on them.

Good reading makes you think

Just started it, but am loving this book so far.

Although I have not finished the book and working through the exercises, I do like the book very much. The cup is the perfect symbol for so much in our lives, and I would never have been able to think up all the applications on my own. It is a good Lenten practice.

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