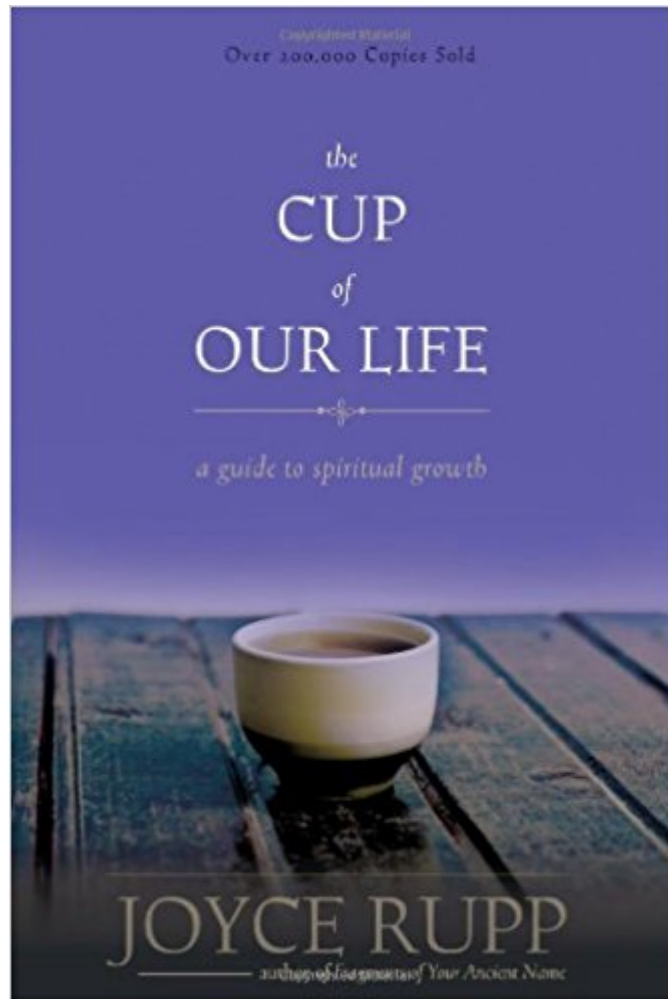


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# The Cup Of Our Life: A Guide To Spiritual Growth



## 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

Paperback: 192 pages

Publisher: Ave Maria Press; Revised edition (April 30, 2012)

Language: English

ISBN-10: 1933495316

ISBN-13: 978-1933495316

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (57 customer reviews)

Best Sellers Rank: #44,829 in Books (See Top 100 in Books) #77 in [Books > Religion & Spirituality > Worship & Devotion > Meditations](#) #87 in [Books > Religion & Spirituality > Worship & Devotion > Prayer](#) #147 in [Books > Christian Books & Bibles > Worship & Devotion > Meditations](#)

## Customer Reviews

"*The Cup of Our Life: A Guide to Spiritual Growth*" by Joyce Rupp was originally published twenty years ago, but having sold over 200,000 copies, it has reached "classic" status and has been reprinted by Sorin Books. Designed to be a six-week experience, with a week being as long as one needs, this book can be used by both individuals and groups. The cup is used as a symbol for one's life. As Rupp states, "The ordinariness of the cup reminds me that my personal transformation occurs in the common crevices of each day. The cup is an apt image for the inner process of growth." Each participant is encouraged to choose a cup that speaks to him or her to use as a visual and tactile tool throughout the experience. The six weeks focus on the following ideas: The Cup of

Life, The Open Cup, The Chipped Cup, The Broken Cup, The Cup of Compassion, and The Blessing Cup. In turn, each week offers six reflections with one day (a Sabbath day) for integration and review. Each day offers tasks to complete. "The Broken Cup" is perhaps the most powerful chapter. Each one of us at one time or another has experienced deep pain. "The broken cup reminds me of those times when hurts, wounds, pains, and adversities of all sorts invade our lives and change us forever." "The Cup of Compassion" also spoke loudly to me. Rupp speaks to our need to always try to do something for another who is hurting. Sometimes, however, there is nothing to be done. Sometimes, we need to simply be with the other in her hour of need. "We may feel better if we do something like give a book to read, make a meal, or buy a gift, but maybe what they really long for is someone to simply sit and listen to their concerns.

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