

**Holy Trinity Sunningdale**  
**Sunday June 28, 2026 – 4th Sunday after Trinity**  
**Readings – Psalm 89:8-18 & Matthew 10:40-end**  
**The Power of a Cup of Cold Water**

Watch Video

In our gospel reading, I think Jesus is teaching stress management to his disciples. Slightly different from what the psychologist in the video was doing but similar in some ways. It's about what we do with a cup of water. The psychologist spoke about holding on to the cup of water as representing holding on to our stresses for too long and she said to remember to put the glass down.

Jesus speaks about the power of giving a cup of water to people in need of it. In a way, Jesus also says – don't hold on to it, give it to someone who needs it. Instead of the cup of water symbolising our stresses, Jesus focuses on what we do with our material possessions – are we generous in sharing with others or do we hold on to it while acquiring more and more?

The news on Friday 12<sup>th</sup> of June announced Elon Musk becoming the first trillionaire in the world! Just think of the many zeros in writing a trillion! For me, that is holding on to the cup for far too long and every part of him including his mental faculties or his mind becoming totally fried!

So what lessons about stress management can we learn from Jesus.

**Psalm 89:15 (NLT)**, "Happy are those who hear the joyful call to worship, for they will walk in the light of your presence, LORD." This verse calls us to a deeper walk with God, in order to experience the joy of his presence, and to live transformed lives by his light.

Billy Graham described being a Christian as more than just an instantaneous conversion. It is a daily process to grow to be more and more like Christ. Hearing the joyful call to worship and walking in the light of God's presence compels us to live out our faith in tangible ways. As believers, we are called to live in a way that our good deeds are visible to others. These deeds should point people not to ourselves, but to God, leading them to glorify him.

Think about Jesus saying in Matthew 25, "For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you took me in, naked, and you clothed me. I was ill and you looked after me, I was in prison and you visited me." "Whatever you did for one of these brothers and sisters of mine, you did for me." Amazing!!!

Jesus is sending out his disciples to proclaim the message of the kingdom of God. He warns them of the challenges and persecution they will face, but also assures them of the rewards awaiting those who receive them hospitably. In this context, the act of giving a cup of cold water takes on deep symbolic and practical meaning for living out our faith in tangible ways.

1. In the arid climate of the ancient Middle East, a cup of cold water was not merely a refreshing drink but a vital necessity. By offering this basic necessity and caring for others, we reflect the love and compassion of Christ. It teaches us to see the dignity and worth of every person and to extend kindness and care to those in need, regardless of their status or background.

2. A rich person surely has enough to drink, so giving a cup of cold water represents compassion and empathy towards those in need. Jesus emphasizes the importance of caring for the marginalized and vulnerable members of society. By extending kindness to such individuals, we emulate the love and compassion of Christ. Our interactions with others are deeply intertwined with our relationship with God. Every act of kindness becomes an act of worship and service to God.
3. Giving a cup of cold water exemplifies the principle of solidarity with fellow believers. Jesus declares that by welcoming his disciples, people are in fact welcoming him and the Father who sent him. This underscores the interconnectedness of the Christian community and the importance of supporting one another in faith.
4. Jesus promises a reward for those who engage in acts of kindness and hospitality. While this reward may not necessarily be material or immediate, it reflects the assurance of God's favour and blessing upon those who faithfully serve others in his name.

So, How Do We Become a Joyous Giver?

First, we hold material things loosely. Generosity rooted in contentment allows us to say with Job, "Naked I came from my mother's womb and naked I shall return there".

Second, we keep our essential needs to a minimum. Essentials form a very short list. When we mix up luxuries with essentials, joy eludes us.

Third, we withstand the appealing allure of greed as Paul warned in 1 Timothy that those who want to get rich fall into temptation. Please understand, money itself is not the problem, the problem is our infatuation with it.

Fourth and finally, we cultivate a truly thankful and joyful lifestyle. We view our possessions as items on loan from God to us for his glory and for our enjoyment. Yes, our enjoyment. God is the ever-gracious pleasure-provider. He wants us to realize that it is only in him we have true, lasting joy.

In summary, giving a cup of cold water teaches us:

1. the importance of hospitality
2. identification with Christ in serving others especially those in need.
3. recognition of other peoples' worth and value as being made in the image of God
4. the promise of reward for acts of kindness

These lessons encourage us to live lives of compassion, generosity, and service, reflecting the love of Christ to those around us.

May we recognise every act of kindness as an act of worship and service to God. Amen.

**Dolapo Ogunbawo, 28 June 2026**