## TABLE OF CONTENTS

Foreword
Introduction
PART 1—General Principles
TART 1—General Timelpies
1. But God Prepared a Worm—Why?
2. Why? Doesn't God Love Us?
3. How Can We Prepare before Troubles Come? 47
4. How Can We Handle Problems When They Come?
PART 2—Specific Problems
5. The Cup of Petty Annoyances
6. The Cup of Feeling Inadequate
7. The Cup of Unjust Criticism
8. The Cup of Indifference
9. The Cup of Unfaithful Children
10. The Cup of Loneliness
11. The Cup of Sickness
12. The Cup of Death—a Loved One 171
13. The Cup of Death—Our Own
Conclusion