



Worship & Devotional Guides

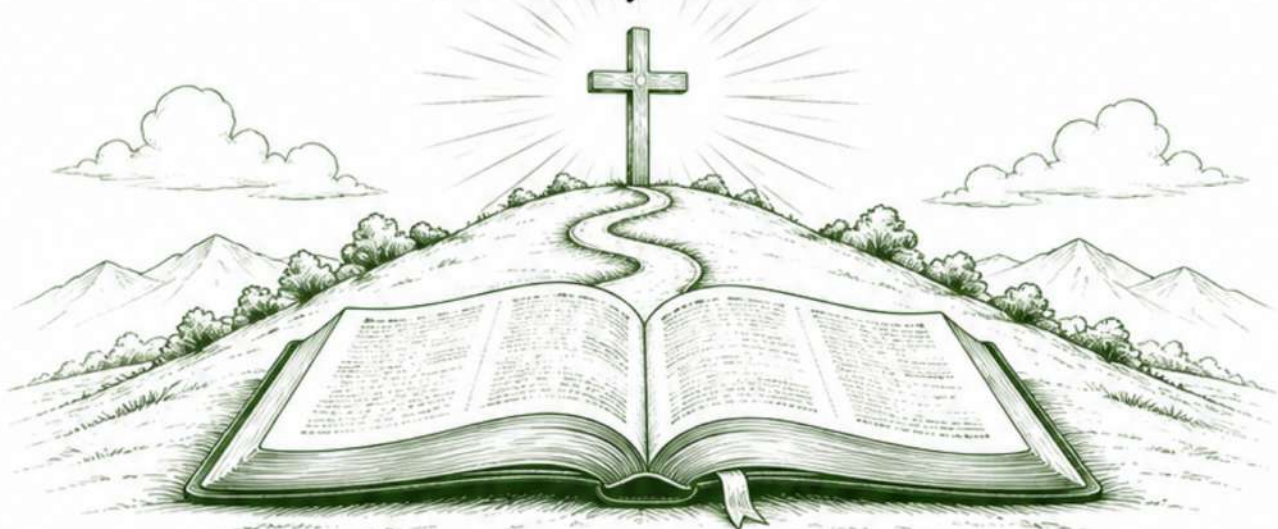
— BOOK 2 —

PRACTICAL LIVING



50 Bible Promises

with Matching Scripture Songs,
Bible Stories, True Stories,
and Family Activities



TOPICS INCLUDED:

- Spiritual Needs
- Physical Needs
- Guidance
- Strength
- Health
- Trials
- Protection
- Temptation
- Appetite
- Victory Over Sin



Precious-Promises.com

Spiritual Needs — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#51) — KJV

Psalms 63:1–5 "O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; To see thy power and thy glory, so as I have seen thee in the sanctuary. Because thy lovingkindness is better than life, my lips shall praise thee. Thus will I bless thee while I live: I will lift up my hands in thy name. My soul shall be satisfied ... and my mouth shall praise thee with joyful lips:" **Psalms 81:10** "I am the Lord thy God, which brought thee out of the land of Egypt: open thy mouth wide, and I will fill it."

💖 Apply the Promise!

The shiny things of this world can never fill our empty hearts. But when we seek God, He promises to completely satisfy our souls with His amazing love!

📖 Bible Story (Exodus 33)

After leading the Israelites out of Egypt, Moses carried a very heavy responsibility. Millions of people depended on him for leadership as they traveled through the hot wilderness. The people often complained, argued, and forgot God's goodness.

When the people continually rebelled, God told Moses He would send an angel to guide them to the Promised Land, but He would not go with them Himself.

Moses knew that a land flowing with milk and honey meant nothing without God's presence. His soul desperately thirsted for the Lord! He knew that nothing this world could offer would satisfy the deepest needs of the human heart.

So Moses set up a special tent outside the busy camp. Whenever he entered that quiet place, he spent time with the Lord in prayer. There he found wisdom, strength, peace, and courage for the difficult work before him.

As Moses drew closer to God, his desire for Him grew stronger. He prayed, "If thy presence go not with me, carry us not up hence." Moses would rather remain in the wilderness with God than enter the Promised Land without Him.

Then Moses asked for something even greater. He said, "I beseech thee, shew me thy glory." Moses was not satisfied with knowing about God—he wanted to know God Himself.

Moses teaches us what it means to truly hunger and thirst for the Lord. Toys, money, success, and earthly achievements can never satisfy our hearts. But when we seek God through prayer, His Word, and time spent with Him, He fills our souls with the peace, joy, and love we were created to enjoy.

☀️ True Story

From the time she was a child, Shawn Johnson dreamed of winning an Olympic gold medal. She spent thousands of hours practicing gymnastics, waking up early, training, and giving up many of the things other children enjoyed.

In 2008, at the Beijing Olympics, her lifelong dream finally came true. Sixteen-year-old Shawn performed a flawless routine and was officially awarded the Olympic gold medal. She stood on the highest podium listening to the national anthem with the ultimate prize hanging around her neck.

For years, Shawn had imagined that reaching the top would make her completely happy. She thought the feeling of success would finally satisfy her heart. But after the excitement faded, something unexpected happened. Shawn later shared that she felt surprisingly empty. The achievement she had worked toward for so many years did not bring the lasting fulfillment she expected.

As she thought about her life, Shawn began to realize that trophies, medals, fame, and success could never satisfy the deepest needs of the human heart. God had created people for something greater than earthly accomplishments.

Over time, Shawn drew closer to God and discovered that true peace comes from a relationship with Him. She learned that the emptiness inside could only be filled by the One who created her. Shawn's story reminds us that even the greatest achievements on earth cannot satisfy our souls. Our hearts were made for God. When we seek Him first, He fills us with a joy, peace, and purpose that lasts far longer than any medal ever could.

💬 Discussion Questions:

- What did Moses pitch far outside the busy, noisy camp so he could quietly meet with God?
- When Shawn finally won her Olympic gold medal, how did she unexpectedly feel while standing on the podium?
- When you feel sad or empty inside, what is one way you can seek God to fill your heart instead of trying to feel better with screens or toys?

🎨 Activity:

Poke a small hole in the bottom of a paper cup. Give the kids a pitcher of water and let them try to fill the cup! No matter how much water they pour in, it keeps leaking out. Explain that our hearts are just like a cup with a hole in it. If we try to fill our hearts with toys, money, or fame, it just leaks right out! Only God's love can permanently satisfy our souls.

Spiritual Needs — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#52) — KJV

Isaiah 41:17–18 "When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them. I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water."

💖 Apply the Promise!

*When our hearts feel completely dried out and empty, nothing on earth can quench that feeling.
But God promises to pour His living water into our lives and satisfy our spiritual thirst forever!*

📖 Bible Story (John 7)

During a great feast in Jerusalem, many people came to worship God. For several days, the priests carried water and poured it out as part of the celebration. The people remembered how God had cared for Israel in the wilderness.

Then, on the last day of the feast, Jesus stood and cried out, "If any man thirst, let him come unto me, and drink."

Jesus was not only talking about thirst in the body. He was speaking to hearts that felt empty, dry, guilty, lonely, or far from God. He knew that people often try to satisfy their souls with earthly things, but those things cannot truly fill the heart.

Jesus invited every thirsty soul to come to Him. He promised that those who believe in Him would receive living water. His Spirit would work inside them like a fresh, flowing stream.

This was the same lesson God had been teaching through the whole Bible. David wrote that his soul longed for God like a thirsty deer longs for water. The prophets called the Lord the fountain of living waters. God wanted His people to know that He alone could satisfy their deepest needs.

The Bible ends with the same beautiful invitation. In Revelation, John saw the pure river of the water of life flowing from the throne of God. Then the invitation was given: whoever is thirsty may take the water of life freely.

Jesus' words remind us that our hearts were made for God. When we feel empty inside, we do not need to keep trying to fill ourselves with the things of this world. We can come to Jesus, trust His love, and let His Spirit fill us with forgiveness, joy, peace, and everlasting life.

☀️ True Story

In the late 1800s, a young man named Charles Studd seemed to have everything the world says should make a person happy. He came from a wealthy British family and became one of the most famous cricket players in England.

Crowds admired him, and he had money, comfort, and success. But Charles learned that earthly things cannot satisfy the thirst of the soul. Fame could not give him lasting peace. Money could not fill the empty place in his heart.

Charles realized that wealth, trophies, and popularity would not last forever. He began asking himself an important question: What really matters when life is over?

When Charles surrendered himself fully to Jesus, he found something better than applause or riches. God's love satisfied the thirst that worldly success never could. For the first time, Charles felt that his life had a purpose greater than simply winning games and earning praise from people.

Charles was so completely satisfied by God's love that he made a shocking decision. He gave away his entire fortune to help the poor and orphans. He left his sports fame behind and moved far away to serve as a missionary!

C. T. Studd's story reminds us that money, popularity, sports, toys, and success can never quench the thirst inside our souls. We often think, "If I could just have one more thing, then I would be happy." But real joy is found in knowing Jesus. Only He can give the living water that truly satisfies, and when He fills our hearts, we become willing to use our lives to bless others.

💬 Discussion Questions:

- What did God tell Moses to strike in the dry desert to get fresh, life-saving water?
- What did the famous sports star C.T. Studd try to use to fill his empty heart before he finally met Jesus?
- C.T. Studd thought being rich and famous would make him happy, but it was like drinking salt water. What are some things we might be tempted to chase to feel important instead of reaching for God's living water?

🎨 Activity:

Give the kids a tiny taste of warm salt water (just a sip!). Ask if it makes them less thirsty or more thirsty! Explain that chasing worldly things like fame or money is exactly like drinking salt water—it never satisfies and actually makes us feel worse. Then, give them a cup of cool, fresh water to show how God's living water actually quenches our spiritual thirst!

Spiritual Needs — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#53) — KJV

Isaiah 55:1–2 "Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat... Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness."

💖 Apply the Promise!

God invites us to a wonderful spiritual feast that is completely free! We don't have to waste our time chasing things that leave us empty, because Jesus perfectly satisfies our hungry hearts.

📖 Bible Story (Luke 14)

One day, Jesus told a story about a wealthy man who prepared a great feast. Everything was ready, and he sent servants to invite many guests to come and enjoy the meal.

But one by one, the invited guests made excuses. One man said he had just bought a field and needed to inspect it. Another said he had purchased oxen and needed to test them. A third said he had recently married and could not come.

None of these things were wrong by themselves. The problem was that the guests cared more about their own plans than the generous invitation they had received. They were so busy with everyday things that they missed something far better.

When the master heard their excuses, he told his servants to go into the streets and lanes of the city and invite the poor, the crippled, the blind, and the lame. Soon the banquet hall began to fill. The people who had nothing to pay were welcomed freely because the master had already provided everything.

But there was still room. So the master sent his servants even farther away—to the highways and hedges—to urge everyone they could find to come to the feast.

Jesus told this story to teach an important lesson. God offers every person a place at His heavenly banquet, but many people become so busy chasing the things of this world that they miss His invitation. True satisfaction is not found in possessions, success, or pleasure. It is found in accepting God's invitation and enjoying a close relationship with Him.

☀️ True Story

During the 1980s and 1990s, Rich Mullins became one of the most well-known Christian musicians in America. He wrote popular songs such as *Awesome God* and traveled around the country sharing his music.

As his popularity grew, so did his income. Rich could have spent his money on expensive houses, luxury cars, and anything else he wanted. Many people thought fame, success, and wealth would make a person happy.

But Rich carefully read his Bible and realized that money and success could never satisfy the deepest needs of the human heart. He often quoted Isaiah 55, which asks why we spend our lives chasing things that cannot truly satisfy.

Because of this conviction, Rich arranged for most of his earnings to be given away. He kept only a small salary and used much of the rest to help others.

Eventually, Rich moved to a Navajo reservation in New Mexico, choosing a simple life of service instead of chasing fame and comfort.

Rich discovered something many people never learn. The things that seem most exciting in this world can still leave our hearts empty. But when we seek God first, He fills us with something far better than money or success. Rich found that true joy comes from knowing Jesus and accepting the free gift of life that only He can give.

This story reminds us that God's invitation is free. We do not have to earn it, buy it, or chase after the world's treasures. Jesus can satisfy the deepest hunger of our souls.

💬 Discussion Questions:

- In the parable Jesus told, who did the master invite to his feast after the wealthy people made excuses?
- What did the famous musician Rich Mullins do with almost all of his money?
- Isaiah says we often "spend money for that which is not bread." What is something you sometimes think will make you really happy, but it actually leaves you wanting more?

🎬 Activity:

Show the kids a beautifully wrapped, shiny present with a huge bow. Next to it, place a plain, wrinkly brown paper bag. Let them open the shiny box first—it is completely empty! Then open the plain bag to reveal a great treat. Explain that the world offers us "shiny" things that leave us empty, but God's free gift actually satisfies.

Spiritual Needs — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#54) — KJV

John 4:10, 14 "...If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water... But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

💖 Apply the Promise!

*When we try to fill our hearts with the things of this world, we will always end up thirsty again.
But Jesus gives us living water that bubbles up inside of us and satisfies our souls forever!*

📖 Bible Story (John 4)

One hot afternoon, Jesus stopped to rest beside a well in Samaria. Soon, a Samaritan woman came to draw water. She had a lonely, difficult life, and her heart was still thirsty for something this world had never been able to give her.

Jesus kindly asked her for a drink. The woman was surprised, because Jews and Samaritans usually did not speak to each other. But Jesus saw more than her nationality, her past, or her mistakes. He saw a thirsty heart.

Jesus told her about a different kind of water—living water. He said that whoever drank the water He gave would never thirst again. This water would become like a spring inside the heart, bubbling up into everlasting life.

The woman did not understand at first, but Jesus gently helped her see her need. He showed her that the empty places in her heart could never be filled by relationships, attention, or anything else on earth.

Then Jesus revealed something wonderful: He was the Messiah, the Saviour she needed.

The woman was so amazed that she left her waterpot and hurried back to the city. She told the people, "Come, see a man, which told me all things that ever I did." Many came to hear Jesus for themselves.

Her story reminds us that every heart is thirsty for something only Jesus can give. Earthly things may satisfy us for a little while, but Jesus gives living water that fills the soul with forgiveness, joy, peace, and eternal life.

☀️ True Story

Deion Sanders was one of the most famous athletes in the entire world. He was so incredibly talented that he played professional football and baseball at the same time! He won championships, earned millions of dollars, and became known for his massive success. From the outside, it looked as if Deion had everything a person could ever want.

Crowds cheered his name, cameras followed him everywhere, and he owned very expensive things. Many people thought that fame, money, and winning the Super Bowl in 1995 would make someone completely happy. But after reaching the very top of his career, Deion realized something was missing. The trophies, attention, and success had not satisfied the deepest part of his heart. He felt completely empty inside.

For a while, Deion tried to fill that emptiness with the shiny things of this world. But chasing after those things was exactly like drinking ordinary water—no matter how much he had, he kept becoming thirsty again. Eventually, in 1997, Deion realized what he actually needed and completely surrendered his life to Jesus Christ. He began reading the Bible and finally found the real peace and joy he had been searching for.

Deion's story reminds us that success, money, and popularity cannot satisfy the soul. Only Jesus can give the living water our hearts truly need. When we come to Him, He fills the empty places with His love and gives us life that never runs dry.

💬 Discussion Questions:

- When Jesus sat by the well, what kind of special water did He offer to the lonely Samaritan woman?
- When Deion Sanders reached the very top of his sports career, how did he feel inside?
- The Samaritan woman tried to find happiness in relationships, and Deion tried to find it in sports and money. When you are feeling unhappy or empty, how can you remember to turn to Jesus first?

🎨 Activity:

Go outside and blow soap bubbles with the kids. Watch how beautiful and shiny they are as they float, but point out how quickly they pop and disappear! Explain that earthly happiness is exactly like a bubble—it looks amazing for a short time, but it never lasts. God's living water is completely different because it is a fountain of joy that never, ever pops or goes away!

Spiritual Needs — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#55) — KJV

John 7:37–38 "... If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water." **John 6:35** "... I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst." **Jeremiah 2:13** "For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water."

💖 Apply the Promise!

Trying to find true happiness in the things of this world is like trying to drink from a broken cup that leaks. Only Jesus can permanently satisfy our hungry hearts.

📖 Bible Story (John 6)

Jesus and His disciples crossed the Sea of Galilee to find a quiet place to rest. But a huge crowd followed Him. They had seen His miracles and wanted to hear Him teach.

As the day grew late, the people became hungry. There were thousands of them, and there was no store nearby where they could buy food. A boy had brought five small barley loaves and two little fish, but that was not nearly enough for such a large crowd.

Jesus took the small lunch, thanked His Father, and began giving the food to the people. The disciples passed it out, and it kept multiplying! Everyone ate until they were full, and twelve baskets of leftovers were gathered.

The next day, the people came looking for Jesus again. But Jesus knew many of them were mostly thinking about more bread. They wanted their stomachs filled, but Jesus wanted to give them something much greater.

He told them, "I am the bread of life." Just as bread gives strength to the body, Jesus gives life to the soul. Food can satisfy hunger for a little while, but only Jesus can satisfy the deepest needs of the heart.

Jesus was teaching that our souls need Him even more than our bodies need food. When we come to Him, believe His words, and let Him live in our hearts, He gives us the life, peace, and love that nothing in this world can provide.

This story reminds us not to spend our lives chasing things that leave us hungry again. Jesus is the true Bread from heaven that can satisfy our hearts forever.

☀️ True Story

Dr. Horst Mueller is a physician who made a fascinating discovery about how human beings are designed to live. As Dr. Mueller spent time talking with the tired, stressed-out patients who came to his clinic, he realized that many of them shared a very specific problem: a deep spiritual emptiness.

Just like the prophet Jeremiah warned in the Old Testament, these patients were desperately trying to drink from "broken cisterns." Instead of letting God be their main source of love and peace, they tried to fill the huge void in their hearts by constantly seeking human approval, overworking to feel important, or holding onto bitter anger. Dr. Mueller discovered that frantically chasing the world's approval leaves a person's heart completely exhausted and heavily burdened.

He realized that human beings are literally designed by the Creator to run on the overflowing "living water" of God's love! When we expect other people to make us perfectly happy, it is like trying to get water from a broken cup that constantly leaks.

Dr. Mueller began teaching his patients a beautiful truth called the "Law of Life." He explained that when we stop demanding that the world fill our empty hearts, and instead fully surrender our spiritual thirst to Jesus, our souls finally find true rest. Dr. Mueller's work shows that the world's broken cisterns will always leave us spiritually exhausted, but letting God be our ultimate source of love brings perfect, lasting peace!

💬 Discussion Questions:

- How many loaves of bread and fish did Jesus miraculously multiply to feed the massive crowd?
- What did Dr. Horst Mueller discover was actually causing many of his patients to become physically sick?
- When we hold onto worry or anger, it leaves us exhausted. What is one worry or frustrating feeling you need to give to Jesus today so He can fill you with His peace instead?

🎬 Activity:

Give everyone an empty cup. Have the children walk around and ask each other to fill their cup with water. Since everyone's cup is completely empty, no one can share! Next, have them bring their cups to the parent or teacher (who represents God) holding a full pitcher to finally get a drink. Explain that we cannot expect other empty people or worldly things to fill our hearts; we must go directly to God!

Physical Needs — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#56) — KJV

Psalm 37:4–5 "Delight thyself also in the LORD; and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass."

💖 Apply the Promise!

When we truly love God and trust Him with our whole lives, we do not have to be afraid about our needs. He knows how to care for us, and sometimes He even gives us the special desires of our hearts.

📖 Bible Story (1 Kings 17)

Elijah had obeyed God and delivered a difficult message to King Ahab: there would be no rain or dew in the land. Without rain, the crops would wither, the streams would shrink, and food would become hard to find. A famine was coming.

Then God told Elijah to leave and hide by the Brook Cherith, near the Jordan River. Elijah obeyed. There were no fields of grain, no fruit trees, no market, and no friendly house where he could ask for a meal. If God did not provide for him, Elijah would have nothing.

But the Lord already knew exactly where Elijah was and what he needed. God said, "I have commanded the ravens to feed thee there." Ravens were wild birds, not gentle pets, but when God commands, even the birds obey Him.

Morning came, and Elijah waited by the brook. Soon ravens flew down and brought him bread and meat. That evening, they came again with another meal. Day after day, while many people were hungry because of the famine, God sent Elijah food at just the right time.

Elijah could not see tomorrow's meal waiting beside him. Every morning and every evening, he had to trust God again. At last, even the brook dried because there had been no rain. But Elijah did not need to be afraid. The same God who had fed him by the ravens already knew the next step.

Elijah's story teaches us that God sees His children even in lonely places and hard times. When we commit our way to the Lord and trust Him, He knows how to provide for our needs at the right time and in the right way.

☀️ True Story

During World War II, a young missionary named Darlene Deibler Rose was taken prisoner and locked inside a guarded camp. She was far from home, weak from sickness, and often hungry. Most days, the prisoners were given only a small bowl of plain rice porridge.

One day, Darlene saw another woman sneak a single piece of fruit into the camp. Darlene's mouth watered, and she suddenly had an overwhelming, desperate desire for just one fresh banana. She bowed her head and prayed a very specific prayer: "Lord, I know there is a terrible war going on, but could You please just send me one single banana?"

As soon as she prayed, Darlene felt silly. She knew there was absolutely no way to get fresh fruit inside the thick, heavily guarded prison walls. But she had committed her needs to the Lord, knowing He owned the fullness of the entire world.

The very next day, the strict camp commander suddenly walked into Darlene's cell. He didn't speak a word, but he completely shocked her by dropping a massive, heavy bundle right at her feet. Darlene carefully opened the bundle and burst into joyful tears. It wasn't just one banana. God had moved the strict commander's heart to bring her exactly ninety-two fresh, perfectly ripe bananas!

God didn't just supply her physical need for nutrition ; He opened His generous hand and miraculously multiplied the exact desire of her heart in due season! Darlene's story reminds us that God sees His children in every place. He knows our needs, hears our prayers, and sometimes gives more kindly and tenderly than we even dared to ask.

💬 Discussion Questions:

- Where did God tell Elijah to hide, and what kind of food did the ravens miraculously bring him?
- When Darlene prayed for just one piece of fresh fruit in the prison camp, how many bananas did God send her?
- God provided bread for Elijah and ninety-two bananas for Darlene. What is one specific physical need or special desire you can trust God with today?

🎨 Activity:

Have the children pretend to be God's "ravens" for the day. Give them a small treat, note, flower, or helpful item, and let them secretly deliver it to someone in the family. Or prepare a simple card with a small gift, some food, or a little money inside. With a parent's or a teacher's help, deliver it kindly to someone in town, at church, or in your neighborhood. Talk about how God can use ordinary people to quietly answer someone's prayer.

Physical Needs — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#57) — KJV

Psalm 145:15–16 "The eyes of all wait upon thee; and thou givest them their meat in due season. Thou openest thine hand, and satisfiest the desire of every living thing." **Psalm 50:10, 12** "For every beast of the forest is mine, and the cattle upon a thousand hills... If I were hungry, I would not tell thee: for the world is mine, and the fulness thereof." **Psalm 34:9–10** "O fear the LORD, ye his saints: for there is no want to them that fear him. The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing."

💖 Apply the Promise!

God owns everything in the world, and He knows exactly what His children need. When the time is right, He can open His hand and provide daily bread in ways we never expected.

📖 Bible Story (Exodus 16)

After God brought the Israelites out of Egypt, they traveled through a dry wilderness. There were no gardens, no wheat fields, and no stores where they could buy food. Thousands of men, women, and children needed something to eat every day.

Soon the food they had brought with them was gone. Instead of remembering how God had delivered them from slavery and opened the Red Sea, many of the people began to complain. They were frightened and hungry, and they wondered how they could survive in the desert.

God heard their cries and promised to send bread from heaven. The next morning, when the dew lifted, the ground was covered with small white flakes. The people had never seen anything like it. They asked, "What is it?" Moses told them, "This is the bread which the Lord hath given you to eat."

God gave careful instructions. Each family was to gather only what they needed for that day. If they greedily saved extra overnight, it spoiled. But on the sixth day, they gathered twice as much, and God kept it fresh for the Sabbath.

Every morning, the Israelites had to trust God again. They could not fill barns with manna for months ahead. They had to wake up, go outside, and receive the food God sent for that day.

The manna taught them that God could provide in the wilderness. He did not forget His hungry people. He opened His hand and gave them their food "in due season," just as He promises to care for His children today.

☀️ True Story

In 1939, a severe drought brought hunger to a Christian mission station in Namba, Angola. The crops had failed, food was almost gone, and the mission was far from any town where supplies could easily be bought.

While the mission director was away visiting other schools, his wife gathered the people together to pray. She read Bible promises to them and reminded them how God had fed Israel with manna in the wilderness. Then the hungry people bowed their heads and asked God to provide food.

After the prayer meeting, the director's little five-year-old daughter went outside. Soon she came back with her hands full of a white food that she was eating. When her mother asked what it was, the child said that men in white had told her, "The Lord has answered your prayer and has sent you manna."

When the adults rushed outside, the men in white were gone, but the ground was completely covered in a strange white substance. It looked exactly like tiny coriander seeds and tasted sweet, just like biblical manna!

The people joyfully gathered the food and ate. When the mission director returned, he even packed a sample in a box and mailed it to scientists in Cape Town, where it was confirmed to be highly nutritious!

The story from Namba reminds us that the God who fed Israel in the wilderness still hears the prayers of hungry people. He may not always provide in the same way, but He knows every need and can open His hand at the right time.

💬 Discussion Questions:

- What did God miraculously send from heaven every morning to feed the hungry Israelites in the desert?
- During the terrible drought in Angola, who did the little five-year-old girl see standing outside handing out food?
- If your favorite food rained from the sky every morning, what would it be? How does gathering fresh manna every day teach us to trust God without worrying?

🎨 Activity:

Hide small, round crackers or vanilla wafers all over the living room before the children enter. Give them each a bowl and tell them they have exactly one minute to gather their "manna" for the day! Afterward, enjoy the snack together and remind the children that God promises to open His hand and provide our daily food just as faithfully as He did in the Bible.

Physical Needs — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#58) — NKJV

Matthew 6:25, 32–34 "...do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?... For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things...."

💖 Apply the Promise!

God knows exactly what we need to survive. Instead of panicking about tomorrow, we can put God first today and completely trust Him to take perfect care of our physical needs!

📖 Bible Story (1 Kings 17)

During the famine in Israel, God told Elijah to go to Zarephath. God said that a widow there would feed him. But when Elijah reached the town gate, the woman he saw did not look like someone with extra food to share.

She was gathering sticks to make one last fire. When Elijah asked her for water and a little bread, she explained that she had only a handful of flour in a barrel and a little oil in a jar. She was preparing one final meal for herself and her son. After that, she expected they would die.

Elijah kindly told her not to be afraid. He asked her to make him a small cake first, and then make food for herself and her son. Then he gave her God's promise: "The barrel of meal shall not waste, neither shall the cruse of oil fail," until the Lord sent rain again. It must have taken great faith for the widow to use the last of her food before she could see the miracle.

The widow had to make a choice. She could hold tightly to the little she had, or she could trust God's word and put Him first. By faith, she used her last flour and oil to feed Elijah. As she poured out the oil and reached again into the barrel, she saw that God's promise was true.

Then God did exactly what He had promised. The barrel did not run empty, and the oil did not fail. Day after day, there was enough food for Elijah, the widow, and her son.

The widow's story teaches us that God sees our needs in hard times. When we put Him first and trust His promise, He knows how to provide for today and tomorrow.

☀️ True Story

In 2017, at a church in South Dakota, several women were helping prepare food for a funeral dinner. They thought other people were bringing the main dishes, so they were surprised when they realized they had only four pans of lasagna, some bread, and desserts.

More and more people arrived. The helpers counted eighty, then ninety, then one hundred guests. Their hearts sank. There was no way four pans of lasagna should be enough to feed so many people.

The women stopped in the kitchen and prayed. They asked God to bless the food and make it enough. Then the guests began coming through the line, and the helpers started serving.

Plate after plate was filled with lasagna. The workers kept watching the pans, expecting them to run empty at any moment. Near the end, when many people were still waiting, one helper checked the kitchen and came back amazed. She had found another full pan of lasagna.

They prayed again and kept serving. At last, everyone had eaten. When the helpers looked at the pan, there was still lasagna left. What had seemed far too small in their hands had become enough in God's hands.

This story reminds us that God can take what looks too small and make it enough. Just as He multiplied the widow's flour and oil, He still knows how to provide when His children pray, trust Him, and put Him first.

💬 Discussion Questions:

- What two ingredients did the poor widow have left in her containers before Elijah arrived?
- When the women at the church realized they didn't have enough food for the funeral dinner, what did they do before they started serving?
- The widow only had a little, yet she shared first. Have you ever felt like you didn't have enough of something (like time, toys, or snacks) to share with someone else?

🎨 Activity:

Grab a small jar or bowl and put just a tiny handful of a favorite snack inside (like crackers, raisins, or chocolate chips). Have the children try to figure out how to split that tiny handful to feed your entire family, plus 100 imaginary guests! Explain how impossible it is for us to stretch our resources that far, but how incredibly easy it is for God to multiply what we give Him.

Physical Needs — Day 4



 Listen to
Scripture Song:



Today's Promise (#59) — KJV

Matthew 6:26, 28–29 "Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?... And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these."

Apply the Promise!

God carefully feeds the little birds and clothes the wildflowers in beauty. Since we are His precious children, we do not need to worry. Our Father knows our needs and will care for us.

Bible Story (Matthew 6)

One day, Jesus sat on a hillside teaching a large crowd of people. Many of them were poor. Some worried about how they would get enough food, and others wondered how they would find clothing for their families.

Jesus wanted them to understand the loving care of their heavenly Father, so he pointed up to the sky at the little brown sparrows were flying around, chirping happily. He reminded the crowd that birds do not plant seeds, harvest crops, or store food inside big barns. Yet, they never starve because the Heavenly Father faithfully feeds them every single day!

Then Jesus pointed to the wild lilies growing in the fields. They did not sew, spin thread, or make clothing for themselves. Yet God dressed them in colors so beautiful that even King Solomon, with all his riches and royal robes, was not arrayed like one of them.

Jesus was not saying that people should be lazy or careless. He was teaching them not to be anxious and afraid. If God cared for tiny birds and short-lived flowers, surely He would care for the children He loved.

Then Jesus asked a question that went straight to their hearts: "Are ye not much better than they?" Every bird in the sky and every flower in the field was a reminder that their Father saw them, loved them, and knew exactly what they needed.

Jesus' words still comfort us today. When we are tempted to worry about food, clothing, or tomorrow's needs, we can look at the birds and flowers and remember that our heavenly Father cares for us even more.

True Story

In the 1800s, a famous preacher named Charles Spurgeon ran a large orphanage in London, England. He was responsible for taking care of hundreds of boys who had no family and no money.

One freezing winter, a problem arose. The growing boys desperately needed new, warm boots to wear in the snow and ice, but the orphanage's bank account was completely empty.

Charles had a strict rule for his ministry: he would never beg other people for money. Instead, he taught his staff that they would only ask God to supply their needs.

Charles went into his office, got down on his knees, and prayed. He asked the Lord to clothe the orphan boys, trusting that the Heavenly Father knew exactly what they needed before the winter storms arrived.

While he was still praying, there was a knock at the door. A stranger that Charles had never met walked into the office. The man explained that he had suddenly felt a strong impression from God to bring a donation for the orphans.

When Charles counted the money, he was absolutely amazed. It was the exact amount needed to buy all the winter boots!

Spurgeon's orphanage reminds us of Jesus' words in Matthew 6. The God who feeds the birds and clothes the flowers also sees every child. He knows our needs and can provide through loving hands at just the right time.

Discussion Questions:

- What two things in nature did Jesus point to when He taught the people not to worry about food and clothes?
- When the orphan boys desperately needed winter boots, what did Charles Spurgeon do instead of begging people for money?
- How can looking at birds and flowers remind us to trust God with our needs?

Activity:

Take a walk outside and find the smallest, most simple flower or weed you can. Look at it closely and notice how perfectly designed and beautiful it is, even though it doesn't "worry" or work! Remind the children that if God puts that much detail into a tiny flower that fades away, He cares infinitely more about their daily needs.

Physical Needs — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#60) — KJV

Philippians 4:19 "But my God shall supply all your need according to his riches in glory by Christ Jesus."

💖 Apply the Promise!

God's heavenly bank account never runs dry! When we are facing a massive problem or need, God promises to supply exactly what we need out of His wonderful riches.

📖 Bible Story (2 Kings 4)

After her husband died, a poor widow came to the prophet Elisha with a terrible problem. Her husband had left behind a large, overwhelming debt that she could not afford to pay.

In those ancient days, if you could not pay your debts, your children were taken away to work as slaves. The cruel creditors were coming to take her two beloved sons, and she was desperate.

She ran to the prophet Elisha and cried out for help. Elisha asked her what she had in her house. The widow sadly replied that she had absolutely nothing left, except for one tiny, single pot of oil.

Then Elisha gave her unusual instructions. He told her to borrow empty vessels from all her neighbors—not just a few. Then she was to go inside her house with her sons, shut the door, and pour her little pot of oil into the empty vessels.

The widow might have wondered how one little pot of oil could fill so many empty jars. But she chose to obey before she could see how God would answer.

Her sons brought vessel after vessel, and she kept pouring. The oil should have run out quickly, but it kept flowing. One jar filled. Then another. Then another. At last, every vessel was full. Only then did the oil stop. Elisha told the widow to sell the oil, pay her debt, and live on what was left.

God had seen the widow's fear, her debt, and her love for her sons. He supplied exactly what she needed, and He gave enough for the days ahead.

☀️ True Story

In the 1900's, Rees Howells and his wife were faithful missionaries who lived their entire lives by faith. They trusted God to supply their every physical need out of His heavenly bank account.

When the time came for them to leave for their mission work in Africa, they packed their bags and headed to the busy railway station. They desperately needed to buy their train tickets to begin the long journey.

But there was a huge problem. They had absolutely no money to pay the fare! They did not have the funds to buy the tickets, but they believed God would provide.

Rees did not tell everyone about the problem. He wanted to trust God to supply the need. When he came to the station, he still did not have the money, but he stood in the ticket line as though God had already answered his prayer.

The line moved forward one person at a time. Rees watched the people ahead of him buy their tickets. Soon it would be his turn, and he still had no money to pay.

Just then, a man stepped up and gave him what he needed. The help came at the last possible moment, but it came in time. Rees could buy the tickets and continue the journey God had called him to make.

Rees Howells' story reminds us that God knows exactly what we need. When we follow His leading and trust His promise, He can provide at the right time—even when the answer seems impossible.

💬 Discussion Questions:

- What did the prophet Elisha tell the widow to borrow from all of her neighbors?
- When Rees Howells and his wife didn't have any money for their train tickets, what did they do instead of panicking?
- Elisha told the widow to borrow a lot of empty jars, not just a few. If God told you He was going to completely fill up whatever you brought Him, what is the biggest, craziest need you would ask Him to fix right now?

🎨 Activity:

Fill a large, clear jar to the top with something fun (M&Ms, Legos, or jellybeans). Do not tell anyone how many are inside! Have everyone in the family study the jar and write down their best guess for the exact number. Count them out together to see who got closest. Explain that while we can only guess, God knew the exact number of dollars the mother needed, and He knows the exact number of hairs on our heads.

Guidance — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#61) — KJV

Psalms 32:8 "I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye."

💖 Apply the Promise!

God promises to be our personal teacher. When we ask Him for wisdom, He watches over us with loving care and guides our steps in the way He wants us to go.

📖 Bible Story (Exodus 13)

When God brought the Israelites out of Egypt, they faced a frightening journey. Thousands of men, women, children, and animals had to travel through the wilderness, but there were no road signs, no maps, and no clear path to follow.

God did not leave them to find the way alone. He gave them a wonderful guide that everyone could see. By day, a pillar of cloud went before them, shading them from the hot desert sun. By night, the same pillar became a shining fire, lighting the dark wilderness around them.

When the cloud moved, the people packed their tents and followed. When the cloud stopped, they stopped too. They did not have to guess which way to go, because God Himself was leading them step by step.

Sometimes the way may have seemed strange. God did not always lead them by the shortest road. But He knew the safest path, and He could see dangers they could not see.

The pillar of cloud and fire reminded Israel that God's eye was always upon them. He was not far away. He was guiding, protecting, and teaching them the way they should go.

Today, God does not usually guide us with a visible cloud or fire in the sky, but He still promises to lead His children. He guides us through His Word, through prayer, through the Holy Spirit speaking to our hearts, and through wise counsel from godly people. As we choose to obey what He has already shown us, He teaches us the next step. We can trust Him to instruct us, watch over us, and guide us one step at a time.

☀️ True Story

George Washington Carver was a brilliant scientist who wanted to help poor farmers. The problems he faced were massive. The soil in the South was completely ruined from years of over-farming, bugs were eating the crops, and families were going hungry. George knew he couldn't fix the problems on his own. He needed God's guidance.

Carver had a quiet habit. Early in the morning, before the world was busy, he would walk outside and pray. He watched the plants, listened to the birds, studied the soil, and asked God to guide his thoughts. He called this his "listening time." He would walk among the trees, look at the plants, and pray. He didn't ask for money or fame; he simply asked God to guide his mind.

George later told his friends, "All my life, I have risen regularly at four o'clock and have gone into the woods and talked with God. There He gives me my orders for the day."

During those quiet walks, God instructed his mind. Because he followed God's guidance, George went into his laboratory and discovered hundreds of brand-new uses for the humble peanut and the sweet potato, saving thousands of struggling farms! He transformed these simple plants into valuable, everyday items like cooking oils, fresh flour, and soap, giving the poor farmers a brand-new way to make a living.

George proved that the greatest scientific discoveries start by simply waking up and asking the Creator for directions. When we ask Him for wisdom and take time to listen, He can teach us how to use our gifts to help others.

💬 Discussion Questions:

- When the Israelites were wandering in the massive, trackless desert, what two miraculous things did God use to guide them during the day and the night?
- What did George ask God for while he was walking in the dark woods?
- What is a quiet time during your day when you can stop and ask God for His guidance?

🎨 Activity:

George Washington Carver went into nature to ask for God's instructions! Take a short walk outside with the children, but make a special rule: no talking for the first three minutes! Just walk quietly and listen to the birds, the wind, and the sounds of nature. Talk about how we have to turn off the noisy distractions in our lives to hear God's gentle guidance.

Guidance — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#62) — KJV

Proverbs 3:5–7, 11 "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. My son, despise not the chastening of the LORD; neither be weary of his correction:"

💖 Apply the Promise!

God does not want us to guess what He wants us to do. When we face a confusing choice, we can trust Him, pray for wisdom, and follow the light He gives one step at a time.

📖 Bible Story (Judges 6)

The Israelites were living in fear. A cruel army called the Midianites kept raiding their land, destroying their crops, and taking their animals. Many of God's people hid in caves and secret places just to survive.

One day, God sent an angel to a frightened man named Gideon. Gideon was hiding as he threshed wheat, trying to keep the food safe from the Midianites. But God had a much bigger plan for him: Gideon was chosen to help deliver Israel.

Gideon felt small and unqualified, and the mission seemed far too big for him. But God promised, "Surely I will be with thee." Gideon did not need to trust his own strength—he needed to trust God's word.

Later, Gideon was still afraid and asked God to help him know that He was truly leading. He placed a fleece of wool on the ground and asked that the wool be wet with dew in the morning while the ground stayed dry.

God patiently answered. The next morning, Gideon squeezed a bowl of water from the fleece while the ground was dry. Then Gideon asked once more, and God answered again—the fleece stayed dry while the ground was wet.

Gideon's fleece does not mean we should ask God for signs instead of obeying His Word. God had already spoken to Gideon, and He patiently helped him trust and take the next step. This story teaches us that when God's Word clearly shows us what is right, we should obey. But when we truly need wisdom, we can pray, listen to Scripture, ask godly counsel, and trust God to guide us one step at a time.

☀️ True Story

In 2007, a young woman named Lori had her own perfect plans. She was temporarily working as a Bible teacher in sunny Florida before beginning her nursing career. When her leader invited her to move with the team to Idaho to keep teaching, she immediately said no!

Lori thought Idaho was much too cold and too far away. Plus, her old car had just broken down, so she had no way to travel. She didn't even pray about the decision because her mind was firmly made up.

A few weeks later, a friend named Julie called and said the team truly believed God wanted Lori in Idaho. Lori thought, *Surely that cannot be true*. But while still on the phone, she finally prayed, "Lord, if You really want me to go, I am willing. But You will have to make it very clear—and I will need a car."

Less than thirty minutes later, Lori's phone rang again. It was her mother! Her great-aunt had just decided she was too old to drive and was giving Lori a beautiful, incredibly reliable car with only 27,000 miles on it!

Instead of being excited, Lori panicked. For three whole days, she wrestled with the clear answer, terrified of moving to a freezing new state. She felt no peace until she finally surrendered her own plans and prayed, "Okay, God, I will go."

Looking back today, Lori shudders to think how entirely different her life would be if she had not gone. Her ministry partner and future husband was waiting for her right there in Idaho! Her story proves that when we trust the Lord instead of our own understanding, He beautifully directs our paths!

💬 Discussion Questions:

- What did Gideon ask God to do to the piece of wool on the very first night?
- When Lori prayed for God to make her path to Idaho clear, what amazing gift did she receive less than thirty minutes later?
- If you aren't sure whether you should do something, who are some wise people God has given you to ask for guidance?

🎨 Activity:

Give each child a crayon and a piece of paper. Ask them to hold the crayon, but tell them to make their arm completely limp and relaxed. Gently hold their hand and guide it to draw a simple picture (like a heart or a car). Afterward, explain that if they had stiffened their arm and tried to draw their "own" way, the picture would have been messy. When we surrender control to God, He draws a beautiful path for our lives!

Guidance — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#63) — NKJV

Isaiah 30:18, 19, 21 "...For the Lord is a God of justice; Blessed are all those who wait for Him...You shall weep no more. He will be very gracious to you at the sound of your cry; When He hears it, He will answer you...Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand Or whenever you turn to the left."

💖 Apply the Promise!

God promises that when we cry out to Him, He will answer us. He will guide our steps, acting like a gentle voice behind us, telling us exactly which way to turn so we stay safely on the right path.

📖 Bible Story (1 Samuel 3)

During the days when Eli served at the tabernacle, a young boy named Samuel lived there and helped with God's work. Samuel was still learning to recognize the Lord's voice, and messages from God were rare in those days.

One night, while Samuel was lying down, he heard someone call his name. "Samuel!" Thinking Eli needed help, Samuel quickly ran to him and said, "Here am I."

Eli looked confused and told the boy he hadn't said a word, sending him back to bed. But as soon as Samuel lay down, the voice called out again! This confusing cycle happened three complete times before the elderly priest realized what was happening. It wasn't a human voice at all; the Lord was trying to speak directly to the boy! Samuel must have felt surprised and maybe a little nervous. He was only a child, but God knew his name and wanted him to listen.

Eli told Samuel what to do. If the voice called again, Samuel was to answer, "Speak, LORD; for thy servant heareth." So Samuel went back and waited.

The Lord called again, "Samuel, Samuel." This time, Samuel listened and answered just as Eli had taught him. God gave Samuel an important message, and from that time forward, Samuel grew as a faithful prophet of the Lord.

Samuel's story reminds us that God wants His children to listen. We may not hear an audible voice like Samuel did, but God still guides us through His Word, prayer, the Holy Spirit, and wise counsel. When He shows us the right way, we should answer with willing hearts.

☀️ True Story

One dark, foggy night in Scotland, a young man named Peter Marshall was walking home across the moors. He thought he knew the way, but the fog was so thick that he could barely see in front of him.

As he walked through the darkness, he suddenly heard a voice call his name: "Peter!" He stopped and looked around, but no one was there. Everything was quiet except the wind.

Peter started forward again. Then the voice came a second time, urgent and clear: "Peter, stop!" This time he froze. Something about the warning made him obey at once.

Carefully, Peter dropped to his knees and reached one hand forward into the darkness. Instead of touching solid ground, his hand felt only empty air. He was kneeling at the edge of an old stone quarry. One more step could have sent him falling into the pit below.

Peter never forgot that night. God had seen the danger hidden in the darkness and had stopped him at exactly the right moment.

Most of the time, God does not guide us with an audible voice. He guides us through the Bible, prayer, wise counsel, and quiet impressions that agree with His Word. But Peter's story reminds us that when God shows us the next right step, we should listen and obey.

This story reminds us that God can guide His children one step at a time. We may not always see the danger ahead, but He does. When His Word, His Spirit, or wise counsel shows us the way, we should listen and obey.

💬 Discussion Questions:

- Who did Samuel think was calling his name in the middle of the night?
- Why did Peter Marshall need to stop walking, even though he could not see the danger ahead?
- God's voice usually sounds like a quiet "thought" or "feeling" in our hearts. Have you ever felt like you should do something kind for someone else out of nowhere?

🎬 Activity:

Have one child sit in the middle of the room and close their eyes tightly. Have the rest of the family or classmates quietly scatter around the room. Point to one person at a time to whisper the child's name. The child has to keep their eyes closed, point in the direction of the voice, and guess exactly who called them! Explain that Samuel had to learn how to recognize God's voice, and as we read the Bible, we learn to recognize it, too!

Guidance — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#64) — KJV

Isaiah 42:16 I will bring the blind by a way they did not know; I will lead them in paths they have not known. I will make darkness light before them, And crooked places straight. These things I will do for them, And not forsake them.

💖 Apply the Promise!

Even when we feel completely blind to what the future holds, God promises to take us by the hand. He will safely guide our steps down unknown paths and make our crooked, confusing roads straight!

📖 Bible Story (Mark 8)

When Jesus and His disciples arrived in Bethsaida, a group of faithful friends brought a blind man to Him. They begged the Lord to touch him and heal his sight.

Because the man could not see a single thing, the bustling town with its loud voices and crowded streets was a confusing and disorienting place. Jesus wanted to heal the man, but He did not just snap His fingers or shout a quick healing command in the middle of the chaotic crowd.

Instead, He did something incredibly gentle and personal. Jesus reached out, took the blind man by the hand, and began to walk. The man could not see the road ahead, the obstacles in his way, or even the face of the Man leading him.

But he willingly allowed Jesus to guide him, step by step, through the twisting streets and out of the town until they reached a quiet, peaceful place. The blind man had to trust his Guide to lead him safely down an unknown path.

Once they were alone, Jesus did something highly unusual. He spit on the man's eyes, placed His hands on him, and asked if he could see anything. The man looked up and replied that he could see people, but they looked blurry, like walking trees. So, Jesus placed His hands on the man's eyes a second time.

Suddenly, the darkness completely vanished! His sight was restored, allowing him to see everything clearly. This story shows us that Jesus is a patient Guide. Sometimes we do not understand everything at once, but we can trust Him to take us by the hand, lead us carefully, and finish the work He has begun in us.

💬 Discussion Questions:

- In the Bible story, where did Jesus safely lead the blind man before He finally healed his eyes?
- What specific object did the mountain guide tie to his backpack so Erik could hear exactly which way to go?
- Erik had to focus completely on the sound of the bell to know where to step next. When we feel confused and can't see the future, what are some ways we can 'listen' to our Guide so we know which step to take?

☀️ True Story

Erik was a very active, adventurous boy, but when he was thirteen years old, a rare disease caused him to lose his eyesight completely. Suddenly, his entire world was plunged into permanent darkness.

Many people assumed Erik would have to stay inside and live a very quiet, limited life. But Erik decided he wasn't going to let his blindness stop him from doing the things he loved. He trained hard, learned how to rock climb by feeling the stone with his hands, and set a goal to climb Mount Everest.

Mount Everest is the tallest mountain on earth. The path to the top is very dangerous, filled with massive cliffs and terrifying, crooked drop-offs. One wrong step can be deadly.

Because Erik couldn't see a single thing, navigating this treacherous path on his own was completely impossible. He needed a guide he could trust with his life. During the climb, Erik's climbing partner walked just a few steps ahead of him.

The guide tied a single, small brass bell to the back of his backpack. As the guide walked, the bell jingled. Erik locked all of his focus onto the sound of that ringing bell. When his guide said, "Step up high to the right," Erik immediately stepped up to the right.

Erik didn't try to guess where the path was, and he didn't panic about the dark. He simply listened to his guide's voice and followed the bell. Because he completely trusted his guide, Erik successfully reached the summit of Mount Everest, becoming the first blind person in history to stand on the top of the world!

🎬 Activity:

If you have a set of stairs (or just an obstacle course of pillows in the living room), this is perfect! Blindfold the kids and act as their "mountain guide." Tie a small bell (or just shake your keys) right in front of them, and give them very specific, step-by-step instructions on how to climb the stairs or step over the pillows. Experience what it feels like to completely trust a guide!

Guidance — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#65) — KJV

James 1:2–7 "My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing. If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord."

💖 Apply the Promise!

If we ask God for wisdom in faith—without doubting or wavering back and forth—He promises to gladly give us the exact brilliant ideas and guidance we need!

📖 Bible Story (Daniel 2)

King Nebuchadnezzar had a frightening dream that troubled him deeply. When he woke up, he could not remember the dream, but he knew it was important.

The king called his wise men, astrologers, and magicians. He demanded that they tell him both the dream and its meaning. The wise men were terrified. No human being could know what another person had dreamed.

In anger, the king commanded that all the wise men in Babylon be destroyed. Daniel and his friends were included in that terrible order, even though they had done nothing wrong.

Daniel did not panic. He respectfully asked for time, then gathered his friends and urged them to pray. Together, they asked the God of heaven to show them the secret.

That night, God answered Daniel's prayer in a vision. Daniel praised God, saying that wisdom and might belong to Him. Daniel knew the answer had not come from his own cleverness, but from the Lord.

The next day, Daniel stood before the king. He explained that no wise man could reveal the secret, "but there is a God in heaven that revealeth secrets." Then Daniel told the king the dream and its meaning.

Daniel's story teaches us that when we lack wisdom, we can ask God in faith. He knows what we cannot know, sees what we cannot see, and can give wisdom at exactly the time we need it.

☀️ True Story

In the 1980's, a police officer named Jamie Winship was working on a sad case. A young boy had been kidnapped, and the police were desperately searching for him.

Jamie parked his police cruiser about a mile away from the bus stop where the boy had been taken. Sitting in his car, he was feeling angry and sad about the terrible situation.

He realized that people often ask God questions but forget to pay close attention to the answer. So, he decided to pray and specifically ask God for help. He asked God to find the kid and direct his steps to the right place.

After asking for wisdom, Jamie stayed very quiet and paid close attention. A few moments later, a car drove slowly down the street at 25 miles an hour. As the car got even with him, Jamie looked at the driver, and the driver looked at him.

Suddenly, Jamie felt a very sick feeling in his stomach. Because he had just asked God for direction and was paying attention, he decided to trust that feeling. He immediately stepped out of his police cruiser and walked up to the car.

Jamie confidently commanded the driver to get out and open his trunk. To everyone's shock, the missing kid was right inside the trunk.

Jamie later told this story as one of the times God taught him to listen instead of depending only on his own understanding. This story reminds us that God still gives wisdom to those who ask Him in faith. Whether our problem is large or small, we can stop, pray, listen, and trust Him to show us the next right step.

💬 Discussion Questions:

- What did King Nebuchadnezzar threaten to do to his wise men when they could not tell him what his dream was?
- When Jamie asked God to direct him to the missing boy, how did God guide him when the slow car drove by?
- Have you ever felt like a tossing wave, changing your mind back and forth because you doubted God would answer your prayer?

🎨 Activity:

Give one person a piece of paper and have them draw the craziest, weirdest dream they can imagine. Without showing anyone the paper, have the other people try to guess exactly what they drew! Show them how absolutely impossible it was for the wise men to guess the king's dream without God giving them supernatural wisdom.

Strength — Day 1



Listen to
Scripture Song:



Today's Promise (#66) — KJV

Deuteronomy 33:25 "And as thy days, so shall thy strength be." **Nehemiah 8:10** "For the joy of the LORD is your strength." **1 Thessalonians 5:24** "Faithful is he that calleth you, who also will do it." **Philippians 4:13** "I can do all things through Christ which strengtheneth me."

Apply the Promise!

God promises that He will give us the exact amount of strength we need for every single day. When we feel completely weak, His joy and power will fill us so we can accomplish impossible things!

Bible Story (1 Kings 18)

For three and a half years, a terrible drought had devastated the land of Israel. The prophet Elijah had just experienced an incredibly long, exhausting day on top of Mount Carmel.

He had faced down hundreds of wicked, false prophets in a spiritual battle, built a heavy stone altar by himself, and prayed until God miraculously sent fire down from the sky!

After this victory, Elijah warned King Ahab to get in his royal chariot and hurry home before the rain stopped him. Ahab's chariot was pulled by some of the fastest, strongest horses in the entire kingdom. The king snapped the reins, and the horses took off galloping toward the city of Jezreel, which was over sixteen miles away.

Elijah was just a normal man. He was on foot, he was already physically drained from the intense events of the day, and a powerful, blinding rainstorm was quickly rolling in. Humanly speaking, it was impossible for a tired man on foot to outrun a team of fresh, galloping chariot horses.

But the Bible says that the hand of the Lord came upon Elijah! God filled the exhausted prophet with supernatural, superhuman strength. Elijah tucked his long cloak into his belt so he could move freely, and he began to sprint.

His feet flew across the muddy ground with such incredible, divine power that he passed the king's galloping horses.

Elijah's story reminds us that God can give strength for hard things. When He calls us to do something, He can give us the courage, energy, and power we need at the right time.

True Story

Angela Cavallo was a completely normal, middle-aged mother living in Georgia. One afternoon, her teenage son, Tony, was outside working on his heavy 1964 Chevy Impala. He had jacked the car up in the driveway and crawled underneath to fix the suspension.

Suddenly, the jack slipped out of place. With a terrifying crash, the car collapsed, pinning Tony tightly underneath the heavy steel frame. Angela heard the noise and sprinted outside. When she saw her son trapped and struggling to breathe, she screamed for a neighbor to call for help.

However, Angela knew she could not just stand there and wait for the rescue squad. Tony was running out of time. Angela was not a weightlifter; she was just a regular mom who could never dream of lifting a car. But in that desperate moment, she needed strength that was completely beyond her own human ability.

As she rushed to the car, she was shouting for help, but deep inside, she had a frantic, continuous prayer in her heart, asking God to save her son. Suddenly, a rush of incredible, supernatural strength surged through her arms and legs! She pulled up with all of her might, and the two-ton car actually lifted off the ground! Angela miraculously held the weight of the car up in the air for several minutes until neighbors ran over and pulled Tony safely out from underneath.

Angela's story reminds us that God knows what we need in each moment. He may not always give us physical strength to lift something heavy, but He can give us courage, endurance, and help at exactly the right time.

Discussion Questions:

- What was pulling King Ahab's chariot that Elijah miraculously outran on foot?
- When the jack slipped, what did Angela Cavallo miraculously lift into the air to save her son?
- If God gave you superhuman physical strength for exactly sixty seconds—just like Elijah and Angela—what is the craziest, heaviest thing you would try to pick up, throw, or outrun?

Activity:

Have the biggest, strongest adult (or an older teenager) lie flat on their back on the floor, pretending to be the stuck "Heavy Chevy." Have the younger kids try to "lift the car" by picking up the adult's arms and legs! They will quickly realize they aren't strong enough. Then, have the adult suddenly help them by using their own core strength to pop up, showing how God's massive strength partners with our weakness to get the heavy lifting done!

Strength — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#67) — KJV

Isaiah 40:29–31 "He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

💖 Apply the Promise!

Even the strongest people eventually get tired. But when we trust God and wait on Him, He promises to renew our strength and help us keep going when we feel weak.

📖 Bible Story (Joshua 14)

Forty-five years after the Israelites first came to the border of Canaan, Caleb was still trusting God's promise. Many years before, he and Joshua had believed God could give Israel the land, even when the other spies were afraid.

Now Caleb was eighty-five years old. Most people his age would have wanted a quiet place to rest, but Caleb had not forgotten what God had promised him. He came to Joshua and asked for the mountain land where the giants lived.

Caleb was not bragging in his own strength. He said, "As my strength was then, even so is my strength now." He knew God had kept him alive and strong through many long years in the wilderness. Caleb's body was older, but his faith in God had not grown weak.

The land Caleb asked for was not easy. It had strong cities, steep mountains, and powerful enemies. Other men might have looked at the giants and felt afraid, but Caleb looked at God's promise instead. He still believed the Lord could help him conquer it.

God honored Caleb's faith. The old warrior went forward, trusting that the God who had strengthened him for forty-five years would strengthen him still. He did not ask for the easiest place; he asked for the place God had promised. With God's help, Caleb drove out the giants and received his inheritance.

Caleb's story teaches us that God's strength does not run out. Whether we are young or old, weak or tired, He can give us strength to do the work He calls us to do.

☀️ True Story

In 1938, war reached the part of China where a small, brave missionary named Gladys Aylward lived. Enemy soldiers were coming closer, bombs were falling, and the town was no longer safe. Gladys knew she had to flee quickly to save the lives of nearly one hundred Chinese orphans.

The only way to reach safety was a dangerous, one-hundred-mile march across treacherous mountains. Gladys and the children set off on foot. They had almost no food and very little warm clothing. The terrain was steep and rocky, and there was no easy way out.

For twenty-seven grueling days, they walked until their feet bled and their muscles ached. They crossed steep mountain paths and waded through cold, rushing rivers. At night, they had to rest wherever they could find shelter.

Eventually, the long journey took a severe physical toll on Gladys. She became exhausted, starving, and very ill. She did not feel strong enough to take another step, but she cried out in prayer, trusting God for strength one step at a time.

Sometimes the children sang as they walked, but other times, Gladys had to urge the weakest ones onward. She could not carry them all, so she kept pointing them forward.

At last, the group reached the safe city. Gladys was so sick she immediately needed medical care, but every single child was alive. Gladys did not finish that journey because she felt strong. She finished because God strengthened her when her own strength was gone. God may not make every hard path short, but He can give strength for every step.

💬 Discussion Questions:

- How old was Caleb when he marched right up to Joshua and boldly asked to fight the giants on the mountain?
- How many orphans did Gladys Aylward have to lead across the steep, rocky mountains to safety?
- Waiting on the Lord is like plugging a dead battery into a charger. When your patience feels totally drained—like you are just too tired to do a hard chore—what is one way you can "plug into God" to recharge your spiritual strength?

🎨 Activity:

Set a timer for exactly 85 seconds. Challenge the kids to do an intense exercise (like jumping jacks, high knees, or burpees) for the entire time without stopping once! When their legs are burning and they want to quit, talk about how human strength always runs out. Caleb had to wait 85 years for his promise, but God's strength never fades!



Today's Promise (#68) — KJV

2 Corinthians 12:9 "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

💖 Apply the Promise!

God does not need us to be perfectly strong, healthy, or talented to use us. When we feel weak and unable, His grace is enough, and His strength can shine through our weakness.

📖 Bible Story (2 Corinthians 12)

The apostle Paul worked hard for Jesus, but his life was not easy. He traveled from place to place, preached the gospel, and helped many churches. Yet Paul also carried a painful weakness that troubled him deeply.

The Bible calls this weakness a "thorn in the flesh." We do not know exactly what this terrible problem was. It might have been a painful physical sickness, a severe problem with his eyesight, or intense persecution from his enemies.

Whatever it was, it caused Paul agony and made him feel incredibly weak. Paul did not want to carry this heavy burden. He pleaded with God three different times, desperately asking for healing and relief from the intense pain.

God did not answer Paul in the way Paul expected. Instead of removing the problem, the Lord gave him a promise: "My grace is sufficient for thee: for my strength is made perfect in weakness."

Paul began to understand that his weakness did not make him useless. It helped him depend more completely on Christ. When Paul was weak, God's power could be seen more clearly.

After that, Paul did not have to be ashamed of his weakness. He could say, "Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

Paul's story teaches us that God can work through people who feel weak, limited, or unable. His grace is enough for every trial, and His strength is strongest when we know we cannot do it alone.

☀️ True Story

When David Ring was born in 1953, he was deprived of oxygen for eighteen minutes. The doctors revived him, but the severe lack of oxygen caused brain and motor damage, leaving David with a condition called cerebral palsy.

Because of this condition, David's physical body was incredibly weak. He struggled to coordinate his steps to walk, his hands shook wildly, and his speech was very difficult for people to understand.

Growing up, David was relentlessly bullied by other kids. They mocked the way he walked and laughed at the way he talked. David felt broken, helpless, and embarrassed by his intense physical weakness. He was a teenager who desperately wanted to just be "normal."

However, when David gave his life to Jesus, his perspective changed. He realized that God did not make a mistake when He created him. David decided to stop hiding his weakness and actually started preaching in front of crowds!

When he stood on stage, his body shook and his words were hard to form, but thousands of people listened in absolute awe. His weakness made God's message more powerful.

David became an internationally famous evangelist, famous for limping up to the microphone, looking at the audience, and boldly saying his signature catchphrase: "I have cerebral palsy... what's your excuse?" David's life shows that weakness does not stop God. The Lord can take the very thing that makes us feel helpless and use it to show His strength, courage, and grace.

💬 Discussion Questions:

- How many different times did Paul desperately beg God to take away his "thorn in the flesh"?
- What physical condition did David Ring have that made it very difficult for him to walk and talk?
- What is one area in your life right now where you feel "weak" and need God's strength to help you?

🎨 Activity:

Give everyone a piece of paper and a marker. Have them draw a picture of a house or write their full name, but they are only allowed to use their non-dominant hand! When their drawings come out looking silly and messy, talk about how frustrating it is to feel physically weak or uncoordinated. Remind them that God actually loves to use us when we feel like we aren't perfectly put together!

Strength — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#69) — KJV

Ephesians 3:20 "Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us."

Matthew 19:26 "...With men this is impossible; but with God all things are possible."

💖 Apply the Promise!

When a problem seems impossible, we do not have to give up. God is able to do far more than we can imagine, and He can give strength for the work He calls us to do.

📖 Bible Story (Joshua 6)

The city of Jericho was a towering, terrifying fortress. It was surrounded by thick, high stone walls that seemed impossible to break through. The gates were tightly shut, and no one was allowed to go in or come out.

Joshua and the Israelite army needed to conquer the city to enter the Promised Land, but they did not have giant battering rams or explosive weapons to destroy the walls. Humanly speaking, defeating Jericho was impossible.

But God gave Joshua a very unusual battle plan. He commanded the Israelites to quietly march around the outside of the high walls one time every single day for six days. The soldiers were ordered to stay silent while seven priests blew loudly on rams' horns. To the people inside the city, this quiet marching probably looked ridiculous.

On the seventh day, God changed the instructions. He told the army to march around the city seven times. On the final lap, the priests blew their horns as loudly as they could, and Joshua finally commanded the people to shout! When the Israelites raised their voices in a faithful shout, God did the impossible. The thick stone walls of Jericho miraculously collapsed and fell flat to the ground!

The Israelites marched straight into the city and won a great victory without ever having to strike the wall with a single weapon. God proved that He is able to do abundantly above everything we could ever ask or imagine, and that with Him, even the most difficult obstacles can be destroyed! No wall is too strong for God. When He gives the command, He also has power to make the impossible possible.

☀️ True Story

During World War II, a brave young Christian named Desmond Doss served as a combat medic in the army. Because of his faith in God, he refused to carry a weapon. Many soldiers laughed at him and wondered how he could ever survive a battle without a gun.

In 1945, Desmond's unit climbed a steep cliff, later known as Hacksaw Ridge. At the top, a terrible battle broke out. Bullets flew, explosions shook the ground, and many soldiers were badly wounded. When the order came to retreat, most of the men climbed back down the cliff to safety.

But Desmond stayed. Wounded soldiers were still lying on the battlefield, unable to escape. He could hear their cries and knew they needed help. Even though he was in great danger, he crawled from one injured man to another, dragging them toward the edge of the cliff.

There, Desmond tied a rope around each wounded soldier and lowered him down to safety. His arms ached. His body grew weaker. Each rescue was dangerous. But Desmond kept praying, "Lord, help me get one more."

Again and again, he went back across the battlefield. Again and again, another wounded man was lowered down the cliff. By the time the night was over, Desmond had helped rescue about seventy-five men. Desmond did not do this because he was the strongest man on the ridge. He did it because he trusted the God who gives strength for impossible work. One prayer, one rescue, one more step—God gave him strength to keep going when he should have had nothing left.

💬 Discussion Questions:

- How many total times did the Israelites have to march around Jericho on the seventh day?
- What specific, short prayer did Desmond Doss pray over and over again while he was at the top of the cliff?
- What is one "impossible" task or hard chore you have to do today that you need to ask God's strength to finish?

🎨 Activity:

Build a giant, towering wall in the living room out of plastic cups, cardboard boxes, or pillows. Have the kids march around it completely silently. On the seventh lap, hand them a kazoo (or have them blow a loud raspberry) and let them shout and kick the tower down! Talk about how God loves to use silly, completely unexpected things to show off His incredible strength.

Strength — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#70) — KJV

Ephesians 6:10–17 "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:"

💖 Apply the Promise!

God gives us invisible armor so we can stand strong against any attack from the enemy.

📖 Bible Story (Judges 7)

The Israelites were terrified. The Midianite army had filled the valley with soldiers, camels, and tents. To human eyes, Gideon's small army seemed far too weak to win.

But God wanted Israel to know that victory would not come from human strength. He told Gideon that his army was still too large. After several tests, only three hundred men remained. Gideon may have looked out over the enemy camp and wondered how such a tiny group could ever survive.

Then God gave Gideon a strange battle plan. Each man carried a trumpet, a clay pitcher, and a lamp hidden inside the pitcher. These were not normal weapons for fighting a huge army. No swords were lifted. God was teaching them to depend on His power. The little army had to stand firm and obey, even though God's plan did not look strong or safe.

In the middle of the night, Gideon's men quietly surrounded the enemy camp. At his command, they blew their trumpets, broke their pitchers, lifted their lamps, and shouted, "The sword of the LORD, and of Gideon!"

The sudden noise, flashing lights, and shouting filled the Midianites with panic. In the darkness, they turned against one another and fled. God gave Israel the victory without depending on numbers, weapons, or human strength.

Gideon's story shows us that God's weapons are different from the world's weapons. When we stand with faith, obedience, and trust in Him, God can give victory over enemies that seem much stronger than we are.

☀️ True Story

Growing up, Mary Slessor knew what it felt like to be shy and afraid. She was not naturally bold or powerful, but as she learned to trust God, He gave her courage to do things she never could have done alone.

In the late 1800s, Mary was serving as a missionary in Calabar, in what is now Nigeria. One night, she received frightening news. Two angry groups were preparing to fight, and people warned her not to go near them. The path was dark, armed men were gathering, and Mary was already weak and tired.

But Mary believed God wanted her to stand for peace. She traveled through the night and came near the angry warriors. Men were shouting, weapons were ready, and a battle seemed about to begin. Mary had no army and no weapon, but she walked toward them with the courage God gave her.

She spoke firmly and urged them to stop before blood was shed. Then she talked with leaders from both sides, begging them not to punish many people for the wrong of one man. For hours, Mary stayed in the middle of the danger, using truth, prayer, wisdom, and peace instead of earthly weapons.

At last, the warriors agreed not to fight. Mary had stood firm without sword or gun, because God's strength was stronger than fear.

When we put on the armor of God, we do not have to fight with anger, cruelty, or revenge. God can give even a shy or frightened person courage to stand for what is right.

💬 Discussion Questions:

- How many men did God allow Gideon to take into the battle against the massive Midianite army?
- Mary Slessor did not fight with a sword or gun. What "armor of God" did she use when she stood for peace?
- We don't fight physical giants, but we do fight "giant" problems (like fear or a bad temper). How can using God's Word give you the strength to defeat a bad attitude?

🎬 Activity:

Ephesians 6 says the Word of God is our "sword." Have a fun "sword drill" with physical Bibles! Call out a simple verse reference (like Genesis 1:1, John 3:16, or Ephesians 6:10). When you say "Draw your swords... Go!", the kids have to race to see who can find the verse in their Bible the fastest. Talk about how important it is to know exactly how to use your sword when you feel weak!



Today's Promise (#71) — KJV

Exodus 15:26 "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

💖 Apply the Promise!

God is our ultimate Healer! He promises that if we will carefully listen to His voice and completely obey His rules, He will protect us and give us healthy, thriving lives.

📖 Bible Story (Exodus 15)

The Israelites had just experienced an incredible miracle by safely crossing the Red Sea. However, after marching through the scorching desert for three long days, they were exhausted and thirsty. They finally found a pool of water at a place called Marah, but the water was bitter and undrinkable. Instead of trusting God, the people angrily complained.

Moses immediately cried out to the Lord for help. God graciously answered his prayer and showed Moses a specific tree. When Moses threw the heavy wood into the pool, a wonderful miracle happened. The poisonous water was instantly transformed into sweet, refreshing drinking water!

After they happily drank their fill, God made them a beautiful, life-changing promise. He promised that if they would carefully listen to His voice and obey His holy commandments, He would protect them from the terrible diseases of Egypt.

To understand how amazing this promise is, we have to look at history! Scientists have examined ancient Egyptian mummies and discovered something shocking. The wealthy Egyptians suffered from the exact same "modern" diseases that people struggle with today, like severe heart disease!

God knew that the rich, unhealthy Egyptian diet and lifestyle caused terrible sickness. He wanted His people to live thriving, vibrant lives. He was offering them a new, healthy way to live.

God promised that if they trusted His rules and lived His way, they would not suffer like the Egyptians did. When we choose clean, temperate habits, we are not earning God's love—we are accepting His loving instruction for happier, stronger lives.

☀️ True Story

Dr. Ellsworth Wareham was a heart surgeon in California. For many years, he opened people's chests and operated on hearts that had been damaged by disease. Day after day, he saw how much suffering poor health could bring.

As he worked with patients, Dr. Wareham became more convinced that many health problems were connected to daily choices. Food, exercise, rest, and attitude mattered. When Dr. Wareham was in his middle age, he made a powerful decision. He realized that God gave us the ultimate "recipe" for health right in the Bible.

He stopped eating heavy, unhealthy foods and switched to a simple, plant-based diet full of the fresh fruits, vegetables, and grains that God originally designed for us to eat in the Garden of Eden. He also made sure to exercise, drink plenty of water, and rest faithfully one day every single week.

He explained to everyone that a healthy diet actually keeps your blood vessels clear and prevents the very heart blockages he spent his life fixing. His incredible lifestyle even became a famous medical study on how to live longer!

His mind and body stayed so incredibly sharp and strong that he continued helping perform open-heart surgeries all the way until he was ninety-five years old, and he lived a vibrant, joyful life until he passed away in 2018 at the age of 104!

Dr. Wareham knew that healthy choices cannot make anyone live forever. But he also knew that God's ways are wise. The same God who told Israel, "I am the LORD that healeth thee," still teaches us to care for our bodies with self-control.

💬 Discussion Questions:

- What specific object did God tell Moses to throw into the bitter pool of water at Marah?
- How old was Dr. Wareham when he was still helping perform open-heart surgeries?
- What is your absolute favorite fruit or vegetable that God created for us to enjoy?

🎬 Activity:

Learn exactly why God wants us to drink plenty of water! Grab a 12-ounce can of soda (or juice) and look at the nutrition label to find the "grams of sugar." Since 4 grams of sugar equals 1 teaspoon, have the kids do the math and scoop that exact amount of real sugar into an empty glass. Seeing a massive pile of sugar in a glass is a great, shocking health lesson about what goes into our bodies!



Today's Promise (#72) — KJV

Proverbs 17:22 "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

Proverbs 16:24 "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones."

Apply the Promise!

A joyful heart and kind words can be like medicine to our bodies and souls. When we choose gratitude, cheerfulness, and gentle speech, God can use them to bring comfort, healing, and strength to us and to others.

Bible Story (1 Samuel 16)

King Saul of Israel was suffering from a terrible, heavy sadness. Because he had repeatedly disobeyed God, the Spirit of the Lord departed from him, and a distressing, evil spirit began to torment his mind.

Saul felt miserable, angry, and overwhelmed by a dark, broken spirit that drained all the joy and energy right out of his bones.

Saul's servants knew the king needed help. They understood that beautiful, peaceful music could act like medicine for a troubled mind. They suggested finding someone who could play the harp to calm his raging emotions.

The servants immediately recommended a young shepherd boy named David, who was known for being skillful at playing stringed instruments and writing beautiful songs about God. King Saul sent messengers to David's father, asking him to send the young shepherd to the royal palace.

When David arrived, he didn't bring magical potions or physical medicines to cure the king. Instead, he brought his simple wooden harp and a joyful heart that was fully tuned to the Lord. Whenever the terrifying, dark spirit came upon King Saul, David would quietly sit down and begin to play his harp.

The sweet, pleasant music filled the room like honey. David's harp could not fix Saul's disobedient heart, but God used the music to bring comfort and relief. The story shows that peaceful, uplifting things can help troubled hearts.

Our words can do something similar. Just as David's music soothed Saul, kind words, cheerful songs, and a joyful spirit can bring healing and encouragement to people around us.

True Story

In 1964, a famous magazine editor named Norman Cousins received devastating news. He was diagnosed with a severe, painful disease that was attacking his spine and his joints.

The pain was so intense that he could barely move his own body. The doctors gave him only a one-in-five-hundred chance of ever surviving.

Lying in his hospital bed, Norman remembered reading that severe stress and negative emotions can actually poison your body and dry up your bones. He realized that if a broken spirit makes you sicker, then a "merry heart" must do the exact opposite! He decided to test the Bible's promise that joy does good like a medicine.

Norman checked out of his hospital room and moved to a hotel. He surrounded himself with funny books, joke books, and hilarious comedy movies. He spent his entire day choosing to laugh out loud, even when he was in terrible physical pain.

Miraculously, he discovered that just ten minutes of deep, genuine belly laughter gave him exactly two hours of pain-free sleep! He literally laughed his way to healing. The joy in his heart acted as a powerful physical medicine, shocking his doctors as his disease retreated.

His story became famous, not because laughter is magic, but because it showed how the mind and body are connected. Joy, hope, and peace can affect the way we feel. God made us so that cheerful thoughts, kind words, laughter, gratitude, and trust can help bring healing to our minds and bodies.

Discussion Questions:

- What instrument did David play to act as medicine for King Saul's troubled spirit?
- What specific thing did Norman Cousins do to help his body heal from a terrible disease?
- Proverbs says kind words are like sweet honey. Who is one person in your family that you can feed a "sweet" compliment to right now?

Activity:

Have two people sit face-to-face. One person has to have a "broken spirit" (they must keep a completely straight, sad face). The other person has exactly sixty seconds to give them a "merry heart" by making them laugh or smile without touching them at all! Discuss how a merry heart is highly contagious and can instantly cure a sad mood.



Today's Promise (#73) — KJV

Isaiah 58:6–8 "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward."

💖 Apply the Promise!

When we take our minds off of our own problems and choose to love, help, and share with others, God promises that our own healing and strength will spring forth speedily.

📖 Bible Story (Job 42)

Job had suffered terrible losses. To make things even worse, he was struck with a horrible, painful sickness. His entire body was covered from head to toe in agonizing, itchy boils. He was miserable.

While Job was sitting in the ashes, suffering in pain, three of his friends came to visit him. However, they were not very comforting. They falsely accused Job of secretly sinning against God, and they argued with him for days.

But God gave Job a surprising work to do: Job was to pray for the very men who had wounded him with their words. That would not have been easy. Job could have held on to hurt feelings. He could have said, "They do not deserve my prayers after the way they treated me." But Job chose to obey God.

Instead of holding a grudge, he took his mind off his own painful boils, chose to love his friends, and prayed a sincere, heartfelt prayer for them.

As Job prayed for his friends, something beautiful happened inside his own heart. Instead of looking only at his own pain, he was asking God to show mercy to others. He was letting God turn bitterness into forgiveness.

The Bible says that the exact moment Job prayed for his friends, God turned his captivity around! Because Job chose to help others instead of focusing on his own pain, his health sprang forth speedily, and God healed his physical body, blessing him with twice as much joy as he had before! This story shows that helping others can be part of God's healing work in us.

☀️ True Story

In the early 1890s, by the time John D. Rockefeller was in his early fifties, he was the wealthiest man in the entire world. However, his obsession with making money had destroyed his body.

He worked constantly, refusing to ever take a day of rest. He was so focused on his own enormous wealth that the severe stress caused a terrible condition called alopecia, making every single hair on his head and body fall out.

His stomach became so sick that the richest man on earth could only eat a few dry crackers and a few drops of milk for his meals. He could buy almost anything he wanted, but he could not buy peace, joy, or health. His doctors warned that if he did not fully stop working, rest his body, and change his lifestyle, he would be in the grave.

Lying in his bed, John finally had a life-changing realization: he could not take a single penny of his money to heaven. He decided to follow the principles of Isaiah 58. He stepped away from his business, started taking time to rest, and began taking his mind off himself. He started giving away millions of dollars to build hospitals, fund medical research, and feed the poor!

As he stopped constantly worrying and started helping others, his sick stomach healed, he could eat real food again, and he lived a joyful, energetic life all the way to the age of ninety-seven! Isaiah 58 teaches that God's people are not to live only for themselves. A life turned outward in love is healthier than a life chained to worry, greed, and self.

💬 Discussion Questions:

- What specific thing did Job do for his friends right before God completely healed his sick body?
- What was the only food John D. Rockefeller's sick stomach could handle before he started helping others?
- John Rockefeller was a billionaire, but his selfishness made him miserable. What happens to your own joy when you refuse to share your toys and only think about yourself?

🎨 Activity:

Give everyone a physical Band-Aid and a marker. Have them write the name of someone they know who needs help (either someone who is sick, or someone who is sad) on the outside of the Band-Aid. Have them stick the Band-Aid on their own arm to remind them to take their mind off themselves and pray for that person all day long!



Today's Promise (#74) — KJV

- 1 Corinthians 6:19–20** "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."
- 3 John 1:2** "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."
- 1 Corinthians 10:31** "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

💖 Apply the Promise!

Because God loves us and bought us with a price, He wants us to care for our bodies and glorify Him in what we eat, drink, think, and do.

📖 Bible Story (Judges 13)

For many years, the Israelites were suffering under the rule of the Philistines. During that dark time, God planned to send them a deliverer named Samson.

Before Samson was born, the angel of the Lord appeared to his mother with a special message. She was going to have a son, and this child would be set apart for God from the very beginning of his life.

Because Samson had a special work to do, God gave his mother careful instructions. She was not to drink wine or strong drink, and she was not to eat anything unclean. Even before Samson was born, God cared about the choices that could affect his body and mind.

Samson's mother told her husband, Manoah, what had happened. Manoah did not act as though God's instructions were unimportant. He prayed, "Teach us what we shall do unto the child that shall be born." He wanted God to show them how to raise their son wisely.

God answered Manoah's prayer and sent the angel again. The message was repeated: Samson's mother was to be careful about what she ate and drank, and Samson himself was to live as one set apart for God.

This story shows that God cares about our physical lives, not just our thoughts and prayers. What we eat, drink, watch, listen to, and do with our bodies matters because our bodies belong to Him. Healthy habits are not just rules; they are gifts from a loving God who wants us to have clear minds, strong bodies, and lives ready for His service.

🌞 True Story

In 2005, scientists from National Geographic traveled the entire globe searching for "Blue Zones." These are rare, special places where people live the longest, healthiest lives on earth. The scientists expected to find these super-healthy people in hidden villages or faraway islands.

Instead, they discovered a Blue Zone right in the middle of California, in a town called Loma Linda! Many families there practiced simple habits such as eating wholesome food, resting, staying active, serving others, and trusting God.

A joyful woman named Marge Jetton became one of their most famous examples. When the scientists finally met Marge, they could hardly believe their eyes. She was 104 years old! Instead of being sick, weak, or stuck in a hospital bed, Marge woke up early every single morning to ride her exercise bicycle for six to eight miles! After her invigorating morning bike ride, she lifted weights, volunteered to help the poor, and even drove her own car around town.

Because Marge wanted to honor God's temple, she made a lifelong decision to entirely avoid harmful things like alcohol, tobacco, and junk food. Instead, she chose a clean, plant-based diet full of the healthy foods God originally designed, drank plenty of fresh water, and rested every Sabbath.

Marge's example helps us see that caring for our bodies is not only about avoiding harmful things. It is also about choosing what is good. Exercise, fresh air, self-control, helping others, and a joyful heart are part of God's wise plan for healthier lives.

💬 Discussion Questions:

- What specific things did the angel command Samson's mother NOT to drink?
- How many miles did Marge Jetton ride her bicycle every morning at 104 years old?
- If you borrowed a friend's toy, you would treat it incredibly carefully because it belongs to them. Since your body actually belongs to God, what is one dangerous or unhealthy thing you should keep far away from it?

🎬 Activity:

Teach the kids how to find their pulse on their wrist or neck. Set a timer for 15 seconds, count the heartbeats, and multiply by 4 to get their resting heart rate. Next, have everyone do exactly one minute of jumping jacks as fast as they can! Find the pulse again and see how much faster it is beating. Explain how the heart is a muscle, and exercise is the healthy way God designed to make it stronger!



Today's Promise (#75) — KJV

James 5:14–16 "Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."

Apply the Promise!

God is our loving Healer. When we listen to His voice and follow His wise principles, we are protected from many harmful choices and taught how to care for the bodies He gave us.

Bible Story (2 Kings 20)

King Hezekiah loved the Lord, but one day he became terribly sick. His body was weak, and the sickness was so serious that he could not simply rest for a few days and get better.

Then the prophet Isaiah came to the palace with a painful message from God: Hezekiah was going to die. This was frightening news. Hezekiah was not ready for his life to end.

When Hezekiah heard the message, he turned his face toward the wall and prayed. With tears, he poured out his heart to God and asked the Lord to remember his faith and obedience.

Before Isaiah had even left the palace courtyard, God sent him back with a new message. The Lord said, "I have heard thy prayer, I have seen thy tears." God promised to heal Hezekiah and add fifteen more years to his life.

Then Isaiah gave a simple instruction. He told the servants to take a lump of figs and place it on the painful boil. The servants obeyed, and Hezekiah recovered.

God could have healed Hezekiah with only a word, but He chose to use both prayer and a simple remedy. The figs were not magic. They were a humble treatment that God blessed.

Hezekiah's healing teaches us an important lesson. When we are sick, we should pray earnestly and trust God, but we should also use the wise helps He has provided—rest, water, simple remedies, good care, and counsel from people who understand health. God is still the true Healer. Every remedy that helps, every answer to prayer, and every bit of strength that returns comes from His loving hand.

True Story

In 1897, a Christian named Ellen was called to help a young man who was suffering from a life-threatening infection. He had been bitten by a poisonous insect, and the dangerous venom was rapidly spreading through his entire body.

The young man's arm was swollen, and he was raging with fever. His friends and family thought he was going to die.

Following the instructions in the book of James, they quickly gathered around the young man's bed to pray. They bowed their heads and prayed a desperate, fervent prayer of faith, asking the Great Physician to miraculously save his life.

But Ellen knew that true faith means cooperating with God! She remembered that God provides simple, natural remedies from the earth to help our bodies heal, just like the lump of figs used for King Hezekiah.

After they finished praying, she immediately rushed to the kitchen and crushed up some simple, black wood charcoal. She mixed the charcoal with a little bit of water to create a thick, wet paste called a poultice, and she carefully wrapped it directly over the young man's fiery, infected bite.

The charcoal acted like a powerful magnet, pulling the deadly poison right out of his arm. By the very next morning, the fever was entirely gone, and the young man was sitting up. Ellen was thankful, but she did not give the praise to the charcoal alone. She believed God had blessed the simple remedy and answered prayer. When we are sick, we can ask God for healing, use wise care, and trust Him as the true Healer.

Discussion Questions:

- What fruit did God tell Isaiah to use as a natural medicine on Hezekiah's boil?
- What black substance did Ellen mix with water to pull the poison out of the young man's arm?
- When King Hezekiah heard he was going to die, he didn't panic; he immediately turned to God. When you get a bad scrape or feel a tummy ache, why should talking to God be the very first thing you do?

Activity:

Explain how charcoal actually works like a sponge or a magnet to trap poisons! Give the kids a real magnet and hide some paperclips (the "poison") in a bowl of dry rice or sand. Have them sweep the magnet through the bowl to "draw out" the paperclips, just like the charcoal poultice drew the poison out of the young man's arm.

Trials — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#76) — KJV

Job 23:10 "But he knoweth the way that I take: when he hath tried me, I shall come forth as gold."

💖 Apply the Promise!

When we go through hard trials, God still sees us. He can use even painful times to purify our faith, strengthen our character, and help us come forth as gold.

📖 Bible Story (Daniel 3)

King Nebuchadnezzar built a huge golden image and commanded everyone to bow down and worship it. When the music began, people from every nation fell to the ground before the idol.

But three young Hebrews—Shadrach, Meshach, and Abednego—remained standing. They knew God's commandment, and they would not worship a false god.

Nebuchadnezzar was furious. He gave them one more chance and warned them that if they refused, they would be thrown into a blazing furnace. The three young men stood firmly. They told the king that God was able to deliver them, but even if He did not, they would not bow.

The furnace was heated so hot that the soldiers who threw them in were killed by the flames. But when the king looked into the fire, he was astonished. The three men were walking unharmed, and a fourth Person was with them in the flames.

God did not keep them from going into the fire, but He met them inside it. They were not alone for one moment. Jesus was with them in the very place that was supposed to destroy them. When they came out, their hair was not singed, their clothes were not burned, and they did not even smell like smoke. The fire had burned only the ropes that tied them.

Sometimes we face trials that feel frightening, painful, or unfair. Jesus may not always take the trial away immediately, but He promises to be with us through it. He can use hard times to loosen the things that bind us, strengthen our faith, and help us come forth as gold.

☀️ True Story

In 2015, a Christian aid worker named Petr Jašek traveled to the country of Sudan to help people who were suffering. But while he was at the airport trying to go home, he was suddenly arrested by the secret police.

Even though he had done nothing wrong, Petr was locked away in a terrible, filthy prison. For 445 days, Petr was forced to share a tiny, miserable cell with violent men who hated him because he was a Christian.

They insulted him, threatened him, and tried to make his life miserable. It felt like being thrown into a fiery furnace! Petr could have easily become angry or entirely given up hope.

But even in that dark, miserable place, Petr realized he was not alone. Just like the fourth man in the fiery furnace, Jesus was right there in the prison cell with him.

Petr didn't let the terrible trial make him bitter. He started showing kindness to the guards and the very men who were mean to him. He bravely shared the gospel and even led some of his fellow prisoners to Jesus right there in the dark!

When Petr was finally released and allowed to go back home to his family, his faith was stronger than it had ever been. God used that terrifying, fiery trial to refine his heart, and today he travels the world sharing his incredible story.

Petr's story shows that God does not abandon His children in the fire. He may not remove the trial as quickly as we wish, but He can walk with us through it, soften our hearts, and use even hard places to make our faith shine like gold.

💬 Discussion Questions:

- Why did Shadrach, Meshach, and Abednego refuse to bow to the golden image?
- How many days was Petr Jašek locked inside the terrible prison in Sudan?
- Petr used his terrible time in prison to tell other people about Jesus. Can you think of a time when something bad or disappointing happened to you, but God ended up using it for something good?

🎬 Activity:

Show how "fire" reveals the good things God writes on our hearts! Have the kids use a Q-tip dipped in pure lemon juice to write a secret message or draw a cross on a piece of white paper. Let it dry completely so it is invisible. Then, have an adult hold the paper very carefully over a toaster or a hot lightbulb (the "fiery trial"). The heat will cause the lemon juice to magically turn brown, revealing the beautiful message!

Trials — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#77) — KJV

John 16:33 "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

💖 Apply the Promise!

*Jesus told us that this world would bring trouble, but He also promised peace in Him.
No trial is darker than His presence, and no trouble is stronger than His victory.*

📖 Bible Story (Hebrews 10)

After Jesus returned to heaven, the early Christians faced incredibly hard times. Jesus had warned His disciples that they would definitely have tribulation in the world, but He also promised to give them perfect peace.

The book of Hebrews tells the amazing story of exactly how the early church reacted when those terrifying, painful trials arrived. The Roman rulers and angry mobs began to persecute the Christians. Many faithful believers were arrested and thrown into dark, miserable prisons just for loving Jesus.

Others experienced a different kind of trial. Angry mobs broke down their doors, and all their earthly belongings were destroyed or stolen away.

But the Christians did something shocking. Instead of panicking, weeping over their stolen property, or giving up their faith in God, the Bible says they actually accepted the "spoiling of their goods" with absolute joy! They refused to let these fiery trials destroy their deep peace.

Because Jesus had overcome the world, they understood that earthly treasures like comfortable houses, money, and beautiful clothes were only temporary. They had peace because they knew they had a much better treasure waiting for them in heaven.

Even as they watched their homes being ruined, their hearts were firmly anchored in the promises of God. Their incredible reaction showed everyone watching that when Jesus is truly living in your heart, you can lose absolutely everything you own in this world and still be full of joy and peace!

☀️ True Story

In August 2010, thirty-three miners were working deep inside a massive copper mine in Chile. Suddenly, the mountain above them collapsed. Over seven hundred thousand tons of solid rock crashed down, trapping the men over two thousand feet underground in absolute darkness. They had almost no food, unbearable heat, and no way to contact the surface. It was a terrifying tribulation, and many of the men began to panic.

One of the trapped miners was a Christian named José Henríquez. José gathered the frightened men together and asked them to pray. He started leading a prayer service every single day at noon and six o'clock.

As the men prayed and sang in the dark, a wonderful shift happened underground.. The panic faded, and a deep peace filled the mine. The men started sharing their tiny food rations, encouraged each other, and stopped fighting. They felt God's comforting presence so strongly in the darkness that they started calling Him the "thirty-fourth miner."

After sixty-nine long days of being trapped, a drill finally broke through the solid rock. Every single one of the thirty-three men was pulled safely to the surface in a rescue capsule. When they finally reached the fresh air at the top, they immediately dropped to their knees to thank God.

The mine had been dark, but Jesus had not been far away. His peace reached even underground. When we face frightening trials, we can pray, trust Him, and remember His words: "Be of good cheer; I have overcome the world."

💬 Discussion Questions:

- What did the early Christians do when their earthly goods and belongings were stolen?
- What nickname did the trapped miners give to God because they felt His presence in the dark?
- The early Christians actually had joy when their earthly belongings were taken away. What is one of your favorite toys or belongings that would be really hard to lose?

🎬 Activity:

Drop a raw egg into a glass of plain tap water. It will sink straight to the bottom, just like we "sink" under the heavy weight of a trial. Now, take the egg out and stir several huge spoonfuls of salt into the water. Tell the kids the salt represents the bitter, hard trials we go through. Drop the egg back in, and it magically floats to the top! Talk about how God uses the "salty," bitter trials to actually lift us up and make our faith stronger!

Trials — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#78) — KJV

Romans 8:18,24,28 "For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us...For we are saved by hope...And we know that all things work together for good to them that love God, to them who are the called according to his purpose." **Romans 5:3-4** "And not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope:"

💖 Apply the Promise!

God promises to use our trials to build our patience and bring about something incredibly good! The hard things we suffer today are nothing compared to the glorious future God has planned for us.

📖 Bible Story (Josh. 3 & Hebrews 4)

After forty years in the wilderness, the Israelites finally reached the edge of the Promised Land. But God led them straight into a terrifying trial. The Jordan River was right in front of them during the spring harvest season. The river was at flood stage, overflowing its banks with rushing water.

There were no bridges or boats, making the crossing humanly impossible. It seemed like a terrible time for God to bring them there! But God often allows us to face trials to test our faith and show His power. He wanted the Israelites to learn to trust Him even when things looked hopeless.

God gave Joshua a surprising command. He told the priests to pick up the Ark of the Covenant and march straight into the water. At the Red Sea, God had parted the water before the people stepped in. But this trial was different. God required the priests to show their faith by stepping into the flood first.

The priests did exactly what God asked. They marched right up to the roaring river. The moment their feet touched the water, a miracle happened. The river stopped flowing!

The water piled up in an invisible wall miles away, and the riverbed quickly dried up. The entire nation of Israel walked safely across the Jordan River! The book of Hebrews explains that this historical event is a beautiful picture of our future.

Just like the Israelites had to face the flooded river before reaching Canaan, we will face trials in this world. But God promises that when we step forward in faith, He will make a way through our hardest trials and eventually bring us safely into the perfect, eternal rest of our heavenly Canaan!

☀️ True Story

In the early 1800s, a little boy named Louis Braille lived in France. When he was three years old, he was injured in his father's workshop. An infection followed, and by the time Louis was about five, he could no longer see.

Life for blind children was very difficult in those days. There were few books they could read, and many people thought blind children could not learn much. But Louis had a bright mind and a patient spirit.

When Louis was sent to a school for blind children in Paris, he was thankful to learn. But the books were large, heavy, and hard to use. The raised letters were slow to feel with the fingers, and there were not many books available.

Louis did not give up. He began experimenting with tiny raised dots that could be felt quickly by touch. Again and again, he worked on the system, making it simpler and easier to read.

By the time he was a teenager, Louis had created a new alphabet made of raised dots. This system became known as Braille. It allowed blind people to read, write, study music, and learn in a way that had never been possible before.

Louis did not choose the painful trial of blindness. But he patiently worked through it, and God brought something useful from his suffering. His incredible invention forever changed history, bringing the gift of reading, writing, and the Bible to millions of blind people all over the entire globe. God took one boy's tragic loss of light and worked it together for the ultimate good of the world!

💬 Discussion Questions:

- What did the Jordan River do the exact moment the priests stepped into the water?
- What did Louis Braille invent using tiny, raised dots on paper?
- We look forward to entering "heavenly Canaan" where all our trials are permanently over. What is the number one thing you are most excited to do when you get to heaven?

🎨 Activity:

Demonstrate Romans 8:28! Have the kids taste a tiny pinch of flour, a tiny dab of baking soda, and a drop of vanilla extract. Alone, they taste terrible, bitter, and dry (just like our trials). But explain that when the Master Baker mixes all these "bad" things together and puts them through the "heat" of the oven, they work together to create a perfectly delicious chocolate cake!

Trials — Day 4



 Listen to
Scripture Song:



Today's Promise (#79) — NKJV

2 Corinthians 4:16–18 "Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal."

Apply the Promise!

Our earthly struggles are temporary, but God is using them to prepare an invisible, eternal reward in heaven that will last forever.

Bible Story (Hebrews 11)

Moses grew up surrounded by the greatest wealth in the world. Because he was the adopted grandson of the Pharaoh, he lived as a prince in the spectacular palaces of Egypt.

He had unlimited access to glittering gold, luxurious food, soft clothing, and the highest fame. To everyone watching, it looked like Moses had a perfect, successful life.

But Moses knew a secret that the wealthy Egyptians did not understand. He knew that everything he could see with his eyes—the giant pyramids, the gold statues, and the powerful armies—was temporary. None of it would last forever.

Moses had to make a huge decision. He could choose to stay in the palace and enjoy the passing pleasures of sin, or he could walk away from his royal title and choose to suffer terrible affliction alongside God's enslaved people.

The book of Hebrews tells us exactly what Moses did. When he grew up, he refused to be called the son of Pharaoh's daughter. He turned his back on the temporary treasures of Egypt and chose to suffer hard affliction with the Israelites.

Moses wasn't looking at the visible things around him. Instead, he looked ahead to the invisible, eternal reward that God had promised. He knew the temporary wealth of this world was worthless compared to the glory waiting in heaven.

His story teaches us that trials can help us choose what really matters. When we keep our eyes on Jesus and His eternal promises, we can endure hard things now because something far better is coming.

True Story

In 2001, a severe famine struck Malawi. Fourteen-year-old William Kamkwamba's family could no longer afford his school fees, so he had to leave school. It was a painful trial for a boy who loved learning.

But William did not stop searching for knowledge. He went to a small library and found science books with pictures of windmills. He could not understand every word, but the pictures gave him an idea that filled him with hope.

The book said wind could be used to make electricity and pump water. William began to wonder if he could build something that would help his family and village. Everyone around him saw only drought, hunger, and poverty, but William began to see a possibility.

Most people saw junk when they looked at old bicycle parts, broken pipes, plastic pieces, and scrap metal. William saw something different. He saw pieces that might become light, water, and a better future. People laughed at him while he worked. They thought he was wasting time digging through trash and building strange machines. But William kept going, looking past what others could see.

At last, his windmill worked. It brought light to his family's home. Later, his ideas helped bring water and to others too.

William's story shows how trials can teach us to look beyond what is right in front of us. What looked like famine, failure, and junk became part of something useful. In the same way, God can help us see past today's trouble and trust the greater future He is preparing.

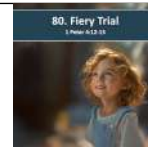
Discussion Questions:

- What specific things did Moses choose to leave behind in the palace of Egypt?
- What invisible force did William use to create electricity for his starving village?
- 2 Corinthians says our earthly troubles are "light" compared to the glory of heaven. What is one hard or painful thing about this world that you will be so glad to leave behind when Jesus returns?

Activity:

William looked at junkyard trash and saw a valuable machine. Give the kids a cardboard box filled with random, clean recycling items (empty paper towel rolls, plastic lids, rubber bands, and empty water bottles). Set a timer for exactly three minutes. Challenge them to use their imagination to look past the "trash" and build a brand-new, useful tool or toy out of the junk!

Trials — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#80) — KJV

1 Peter 4:12–13 "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy."

🔥 Apply the Promise!

*We shouldn't be surprised when hard times happen! God can use our fiery trials for His glory.
When we trust Him through the pain, He turns our deepest sadness into exceeding joy.*

📖 Bible Story (Exodus 2)

A wicked Pharaoh ruled over the land of Egypt and hated God's people. To stop the Israelites from growing too powerful, Pharaoh issued a terrifying, evil decree. He commanded that every single newborn Hebrew baby boy must be thrown into the Nile River. It was an horrifying fiery trial for the Israelites.

During this dark time, a faithful woman named Jochebed gave birth to a beautiful baby boy named Moses. For three long months, she hid him inside her house. But eventually, the baby grew too big and too loud to keep secret. Jochebed was faced with an impossible, heartbreaking situation. If the Egyptian soldiers found her son, he would be killed.

Instead of giving up in despair, Jochebed trusted God to bring good out of this terrible trial. She gathered tall papyrus reeds from the riverbank and carefully wove them together to create a small ark. She covered the outside with thick, sticky pitch so it would be waterproof. With a breaking heart, she placed her precious baby inside the little basket and let it gently float away into the tall grass of the Nile River.

But God was in complete control of the trial. The basket floated directly to the spot where Pharaoh's own daughter was bathing. When the Egyptian princess opened the basket and saw the crying baby, she immediately loved him. She even hired Jochebed to be his royal nurse! The trial that looked like loss became part of God's plan to save His people. That baby grew up to be Moses, the man God would later use to lead Israel out of Egypt. This story teaches us that even when our hearts are breaking, God can still be working for His glory.

🌟 True Story

In the late 1990s, when Daniel Meola was just eleven years old, his entire world fell apart. His parents went through a deeply painful divorce. Because he was so young, Daniel felt confused and overwhelmed by the heavy sadness.

He had to pack a duffel bag and constantly bounce back and forth between two different houses, trying to make sense of his entirely divided life. It was a deeply personal, fiery trial that left him with a deep, invisible wound in his heart.

As Daniel grew older, he could have easily stayed angry at God for allowing his family to break apart. Instead, he decided to fully trust Jesus with his deep sadness. He began to realize that God could take the terrible, painful trial of his childhood and use it for something incredibly good.

Daniel noticed that there were thousands of other kids and young adults all over the country who were suffering from the exact same silent pain of divorce, but they had absolutely nowhere to go for help. Because Daniel had already walked through the fire, he knew exactly how to comfort them.

He decided to start a wonderful, nationwide Christian ministry called Life-Giving Wounds. Today, Daniel travels the country hosting special retreats and writing books to help other children of divorce find the healing and joy of Jesus.

God did not cause the heartbreaking trial of his parents' divorce, but He beautifully transformed Daniel's deep childhood wound into a powerful ministry that is actively healing thousands of other broken families all over the world!

💬 Discussion Questions:

- What sticky substance did Jochebed use to make the basket completely waterproof?
- What is the name of the special ministry Daniel started to help other children of divorce?
- Daniel used his sad experience with divorce to help comfort other kids. Have you ever gone through a hard trial (like failing a test or missing a friend) that helped you comfort someone else?

🎨 Activity:

Show how God protects us in the trial! Give the kids a square piece of paper and have them color it heavily with thick wax crayons (representing Jochebed's pitch). Fold it into a simple paper boat and set it in a bowl of water. Put a small toy figure inside. The thick wax makes the paper magically repel the water! Talk about how trusting God "waterproofs" our hearts from sinking during fiery trials.

Protection — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#81) — KJV

Psalm 23:1–6 "The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever."

💖 Apply the Promise!

Because Jesus is our Good Shepherd, we do not have to be afraid. He provides what we need, comforts us in dark valleys, and safely guides His children toward His eternal home.

📖 Bible Story (Psalm 23 & John 10)

Sheep are gentle animals, but they are not very good at protecting themselves. They can wander away, get stuck in dangerous places, or become frightened when enemies come near. Without a shepherd, sheep are weak and helpless.

A good shepherd knows every part of his flock's life. He leads the sheep to safe pasture, brings them to clean water, watches for danger, and searches for any sheep that wanders away. The sheep may not understand every path, but they are safe when they stay close to the shepherd.

David understood this because he had cared for sheep himself. He knew how much patience, courage, and love a shepherd needed. He had led sheep through lonely fields and protected them from lions and bears.

Later, David thought about the way God had cared for him. He wrote, "The LORD is my shepherd; I shall not want." David was saying, "God knows what I need. He leads me, feeds me, restores me, and stays with me even in dark valleys."

Jesus later called Himself the Good Shepherd. He said, "I know my sheep," and "I give unto them eternal life." Jesus does not run away when danger comes. He gave His own life to save His sheep.

This story teaches us that we are like sheep who need a Shepherd. When we feel afraid, confused, weak, or lost, we can stay close to Jesus. He knows our names, hears our cries, protects us from evil, and leads us safely toward His eternal home.

☀️ True Story

In April 2014, a boy named Willie Myrick was outside his home near Atlanta, Georgia, when a stranger grabbed him and forced him into a car. Willie was only ten years old, and he was terrified.

The man drove away with Willie trapped inside. Willie did not know where he was going or what would happen next. He later said he thought the man might hurt him badly.

But Willie remembered God. Instead of becoming silent with fear, he began to sing a gospel song he had learned at church: "Every Praise." The man told him to stop, but Willie kept singing.

He sang the song about God's protection over and over again. He kept singing for three straight hours as the car drove around the city. The worship music fully filled the car, and the kidnapper became agitated. The man repeatedly yelled at Willie to be quiet, but Willie refused to stop singing.

Finally, the kidnapper could not take the worship music anymore. He abruptly pulled the car over to the side of the road, opened the door, and told Willie to get out.

Willie ran to safety and was reunited with his family. Later, he said, "If you praise the Lord, He will help you in mysterious ways."

Willie's story shows that the Good Shepherd can be with His children even in frightening places. We may still feel afraid, but we do not have to be alone. Jesus can give courage, peace, and help at exactly the right time.

💬 Discussion Questions:

- What dangers did David protect his sheep from?
- What was the young boy doing in the back of the car for three straight hours?
- David used his rod and staff to protect his sheep. What is one specific, scary thing you need Jesus to protect you from today?

🎬 Activity:

Show how God reaches down to protect and save us! Drop a cotton ball (the "lost sheep") into the bottom of a tall, narrow cup or vase. Have the kids try to rescue it using just their fingers—it is impossible to reach! Now, give them a pipe cleaner bent at the end like a shepherd's staff. They can easily hook the sheep and pull it to safety. Talk about how God's staff protects us when we are trapped.

Protection — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#82) — KJV

Psalm 46:1–2, 7 "God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; ... The Lord of hosts is with us; the God of Jacob is our refuge. Selah."

💖 Apply the Promise!

God is our safe hiding place and our strong protector! Even if the whole world feels like it is falling apart, we never have to fear because God is always right beside us.

📖 Bible Story (2 Kings 6)

The king of Syria was angry with Elisha, God's prophet. Again and again, God had helped Elisha know the enemy's plans, and the Syrian king wanted to capture him.

One night, the king sent a great army with horses and chariots to the city where Elisha was staying. While everyone slept, the soldiers surrounded the city. To human eyes, there was no way out. Early the next morning, Elisha's servant went outside and froze with fear. Everywhere he looked, he saw enemy soldiers. He ran back to Elisha and cried out, wondering what they could possibly do.

But Elisha was not afraid. He knew that the danger they could see was not the whole story. Elisha could not see an earthly escape, but he trusted the God who never runs out of ways to protect His people. God's protecting power was much greater than the army surrounding them.

Elisha prayed, and God opened the servant's eyes. Suddenly, the young man saw the mountain full of horses and chariots of fire. The enemy army had surrounded the city, but God's army had surrounded the enemy. Heaven's army had been there all along, even when he could not see it.

The servant's fear changed when he saw that God was already at work. This story teaches us that God's protection is greater than the danger in front of us. We may not always see how God is helping, but we can trust that He is never helpless, never surprised, and never far away. When we feel surrounded, afraid, or trapped, we can remember that the God of heaven's armies is near His children.

☀️ True Story

In the 1950s, a missionary school called Rift Valley Academy sat on the edge of a forest in Kijabe, Kenya. During this time, a violent group of rebels known as the Mau Mau was attacking villages and causing terror all across the country.

One night, the school received a warning that a army of Mau Mau warriors was marching out of the forest to attack the sleeping children. The teachers had no weapons, no heavy iron gates, and no way to defend the campus from an attack.

With no earthly protection available, the teachers and students immediately dropped to their knees. They knew God was their refuge and strength, so they prayed fervently for Him to be a very present help in their terrifying trouble.

They stayed awake all night, trusting God to protect them. Amazingly, the attack never happened. The sun safely rose the next morning, and the school was left untouched.

Several months later, the leader of the rebel army was finally captured. The police asked him why his warriors had ignored the defenseless missionary school that night. The rebel leader was visibly shaken by the question.

He explained that his men had marched to the edge of the campus, prepared to attack. But when they looked at the school, they saw an army of giant men dressed in glowing white robes surrounding the entire property! The rebels were so terrified by the glowing guards that they dropped their weapons and fled into the jungle.

When danger is too great for us, God is still able to guard, help, and protect in ways we may not even see.

💬 Discussion Questions:

- What did God allow the servant to see after Elisha prayed?
- What did the rebel leader see surrounding the school that scared his army away?
- Elisha prayed for his servant not to be afraid. Who is someone you know right now that really needs you to pray for their protection and peace?

🎬 Activity:

Show exactly what a "refuge" is! Crumple up a dry paper towel and wedge it tightly into the bottom of a clear plastic cup. Turn the cup completely upside down and push it straight down into a deep bowl of water until it is fully submerged. When you pull the cup straight back out, the paper towel is perfectly dry! Talk about how God acts as a protective bubble (a refuge) around us, keeping the scary "floods" away.

Protection — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#83) — KJV

Psalm 91:1, 2, 5, 7–8 "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. ... Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; ... A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked."

💖 Apply the Promise!

When we make God our hiding place, we do not have to fear the dangers around us. Even in serious trouble, His powerful care can cover and protect His children.

📖 Bible Story (Exodus 12)

For hundreds of years, the Israelites were trapped as slaves in the land of Egypt. Pharaoh refused to let God's people go free. Because Pharaoh was so stubborn and cruel, God sent nine terrible plagues upon the land, but he still refused to listen.

Finally, God announced that a tenth plague was coming. At midnight, an angel of death would pass through the entire nation of Egypt. To protect His people from this terrible destruction, God gave Moses a specific, life-saving instruction.

Every single Israelite family was told to sacrifice a perfect, spotless lamb. They were commanded to take the blood of that lamb and carefully paint it on the wooden doorframes of their houses. Once the blood was applied, the families had to go inside, shut the heavy doors, and stay hidden.

That night, the Israelites gathered their families and waited in the dark. They could hear heartbreaking cries echoing all across the nation as the plague struck the Egyptians.

But the Israelites were perfectly safe. When the destroying angel saw the blood of the lamb painted on the doorframes, he safely passed over their houses.

The blood acted as an invisible shield. Even though a disaster was falling all around them, the destruction did not come near the Israelites. The very next morning, the protected Israelites marched out of Egypt to begin their journey toward freedom!

This story teaches us that God Himself is our safest shelter. When we listen to His voice and stay close to Him, we are under a protection stronger than anything this world can give.

☀️ True Story

In the early 1940s during World War II, a faithful Christian named Franz Hasel was drafted into the German army. Because he loved God and wanted to follow the Bible, Franz refused to carry a real weapon or shoot at anyone.

While his unit was marching near a lake, Franz quietly slipped his real pistol out of its leather holster and secretly threw it right into the water. He carved a fake wooden gun, painted it black, and slid it into his empty holster so the Nazi officers wouldn't notice.

His commanders were furious at his strong faith and placed him right on the most dangerous front lines. Franz was assigned to Pioneer Company 699, a unit forced to build wooden bridges deep inside Russia ahead of the main army.

They were constantly targeted by enemy snipers, artillery shells, and violent bombing raids. Franz didn't have a real gun to defend himself, but he carried a tiny Bible in his pocket. He prayed every single day, fully trusting God to protect him from the bullets and exploding bombs.

By the end of the war, out of the 1,200 men who originally marched into Russia in his specific unit, Franz was one of only seven men who survived. God acted as an invisible shield, perfectly protecting His unarmed child through the deadliest war in history!

Franz's story shows that God can protect His children in ways we may not fully understand. Our safety is not in lucky objects or human strength, but in the God who sees every danger and knows how to cover His people.

💬 Discussion Questions:

- What did the Israelites paint on their wooden doorframes to stay safe from the plague?
- What kind of fake weapon did Franz secretly carve and carry in his holster?
- God protected the Israelites when they stayed inside their houses. Where is the safest, most peaceful place you go when you want to feel protected?

🎬 Activity:

Demonstrate Psalm 91:5! Fill a plastic Ziploc bag all the way to the top with water and seal it tight. Tell the kids the bag is us, and sharp pencils represent the "arrows that fly by day." Boldly stab a sharp pencil completely through the bag! Miraculously, the plastic seals tightly around the pencil and not a single drop of water leaks out. Talk about how God's protective shield keeps us completely safe even when sharp, scary trials hit us.

Protection — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#84) — KJV

Psalm 121:1–3, 5–8 "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth... He will not suffer thy foot to be moved: he that keepeth thee will not slumber. The LORD is thy keeper: the LORD is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The LORD shall preserve thee from all evil: he shall preserve thy soul. The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore."

💖 Apply the Promise!

Whenever you travel or feel alone, remember that God is your personal bodyguard! He never falls asleep, and He watches over your life everywhere you go.



Bible Story (Ezra 8)

Ezra was a priest with an important job. The king of Persia gave him permission to lead Israelite families on a four-month journey back to Jerusalem. It was a blessing, but the road ahead was dangerous.

The king gave Ezra millions of dollars in gold and silver for the temple of God. Because they carried so much treasure, they became a target for robbers and bandits who hid along the roads to ambush travelers.

Ezra faced a choice. He could ask the Persian king to send an army of soldiers and horsemen to act as bodyguards. But Ezra felt embarrassed to ask for earthly protection because he had already testified that God's hand protects those who seek Him.

Instead of relying on a human army, Ezra called the families together at the river of Ahava. He declared a time of fasting and prayer. The men, women, and children bowed down, asking God to be their protector and guide their steps on the journey.

Then they began the long trip. Day after day, God watched over their going out and coming in. No enemy was able to destroy them, and the treasures were safely carried all the way to Jerusalem.

This story teaches us that God can protect His children on every journey. We should still be wise and careful, but our deepest safety is not in perfect plans, strong guards, or easy roads. Our help comes from the Lord, who never sleeps and never loses sight of us.



True Story

On March 1, 1950, the choir at West Side Baptist Church in Beatrice, Nebraska, was supposed to meet for practice at 7:20 in the evening. The singers were usually punctual, and if everything had gone normally, they would have been inside the church together.

But that night, a strange series of delays happened across town. The pastor's wife spilled food on her dress and had to iron a new one. A teenage girl struggled with a math problem and stayed home a few extra minutes to finish her homework.

Two girls listened to a radio program and wanted to hear the end before leaving the house. One man's car refused to start, and a mother got distracted writing a letter. For fifteen unrelated reasons, every member of the choir was late.

At exactly 7:27 PM, an unseen gas leak inside the church ignited. An explosion ripped the brick building apart. The blast shattered windows across town and collapsed the church roof straight into the basement.

The spot where the fifteen choir members were supposed to stand was buried under thousands of pounds of bricks. If anyone had arrived on time, they would not have survived the destruction. What felt like frustrating interruptions became part of God's protection.

This story shows that God can protect us even through delays we do not like. A slow morning, a forgotten item, or an interrupted plan may feel annoying, but we can trust that our God sees the whole road ahead.



Discussion Questions:

- What valuable items were Ezra and the Israelites carrying to Jerusalem?
- What time did the church building explode?
- The choir members were probably frustrated that they were running late, but God was protecting them! Has a canceled plan or a frustrating delay ever turned out to be a good thing for you?



Activity:

Show how God protects us on journeys! Punch three holes in the rim of a plastic cup and tie a string through each hole, knotting them together at the top. Fill the cup halfway with water. Take it outside and swing the cup in a fast circle over your head! Because of physics, not a drop of water will spill, even when the cup is upside down. Talk about how God's power holds us safely inside His care, no matter how crazy our journey gets.

Protection — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#85) — KJV

Isaiah 43:2–3 "When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour:"

💖 Apply the Promise!

When you go through terrifying, deep waters or face fiery trials, God promises He is right there with you. He is your Savior, and He will never let the scary things overflow you!

📖 Bible Story (Acts 27)

The apostle Paul was a prisoner traveling to Rome on a wooden sailing ship. While sailing across the Mediterranean Sea, they were caught in a hurricane known as Euroclydon.

The storm was so powerful it blocked out the sun and stars for fourteen days. The wind and waves tossed the ship around like a toy, and the sailors threw their cargo into the ocean. Everyone on board lost hope and thought they were going to drown.

But Paul belonged to God, and God was right there with him in the storm. An angel of the Lord stood beside Paul in the dark and promised that every person would survive the shipwreck.

Paul stood up, gathered the exhausted crew, and told the sailors to eat some food and be of good cheer. He trusted that God's promise was truth.

Suddenly, the ship crashed into a reef near an island, and the boat began breaking apart in the waves. The men had to jump into the turbulent water. Some swam, while others grabbed onto broken pieces of wood to stay afloat.

It was a true test of Isaiah 43. But just as God promised, the deep waters did not overflow them. Every one of the 276 men on the ship washed safely onto the beach, rescued from the sea! onto the beach, completely rescued from the sea.

God does not always save His children from every danger in this life, but He always stays with them, and He will safely keep them for His eternal kingdom.

☀️ True Story

In May 2013, Harrison Okene worked as a cook on a tugboat in the Atlantic Ocean. Early in the morning, a freak wave crashed into the boat, flipping it upside down.

The ship sank over one hundred feet to the bottom of the ocean floor.

Harrison was trapped inside a bathroom as the boat sank. Miraculously, a pocket of breathable air remained in the room with him. The ocean water filled the small room, rising to Harrison's chest.

He was plunged into darkness with no food, no light, and no way to escape the water. It was a terrifying shipwreck, but Harrison knew God was right there with him in the waters.

For three days, he sat shivering in the water. He cried out to God for protection, begging Him not to let the deep waters overflow him. He was losing oxygen and thought he would never see his family again. Finally, a team of rescue divers swam down to investigate the sunken ship, expecting to find no survivors.

When a diver swam past the flooded hallway, Harrison reached out his hand and grabbed the diver's arm! The rescue divers were absolutely shocked. Against all odds, God preserved Harrison's tiny air pocket for seventy-two hours! He was pulled up safely from the bottom of the sea!

Harrison's story shows that God can be with us even in the deepest, darkest places. We may feel trapped, afraid, or completely helpless, but no water is too deep for God to see us, hear us, and hold us in His care.

💬 Discussion Questions:

- What was the name of the hurricane that hit Paul's ship?
- How many hours was Harrison Okene trapped in the dark at the bottom of the ocean?
- Paul and Harrison were trapped in terrifying storms, but they trusted God's protection. What is the scariest "storm" or trial you have ever had to go through?

🎨 Activity:

Show how God keeps the water from destroying us! Fill a bowl with water and cover the entire surface with a heavy layer of cocoa powder or cinnamon. Have a child boldly stick their dry finger straight down into the water and pull it back out. The powder creates a magical, protective seal, and their finger comes out completely dry! Talk about how God's presence coats us and protects us from the deep waters.

Temptation — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#86) — KJV

Psalm 101:3 "I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me."

💖 Apply the Promise!

God wants us to protect our minds by being very careful about what we look at. When we refuse to watch wicked things, we keep our hearts pure and safe from temptation.

📖 Bible Story (Job 31 & Psalm 101)

Job was a man who loved God and was described as perfect and upright. He was wealthy, having large herds of animals and a beautiful family.

Because of his power and wealth, Job could have looked at or done anything he wanted. There were tempting things in the world around him that could have captured his attention and destroyed his life.

But Job understood a secret about how temptation works. He knew that sin almost always starts with what we choose to look at with our eyes. If he allowed his eyes to focus on wicked things, his heart would follow.

So, Job made a life-changing decision to protect his purity. In Job 31, he declared that he had made a "covenant with his eyes." A covenant is an unbreakable promise.

Job made a promise to God and to himself that he would forcefully control where he looked. He refused to gaze at anything that would tempt him to sin or pull his heart away from God.

Hundreds of years later, King David made this exact promise in Psalm 101. As a king, David had unlimited access to entertainment and worldly pleasures. But he boldly declared to God, "I will set no wicked thing before mine eyes!" Both Job and David understood that the best way to defeat temptation is to guard the front door of our minds.

We cannot always control what appears in front of us, but we can choose whether to keep watching, turn away, or ask God for help.

🌟 True Story

In the 1920s, a young farm boy named Philo Farnsworth had a world-changing idea. While driving a horse-drawn tractor back and forth across a dirt field, he noticed the straight lines the plow made in the soil.

Looking at those lines, he realized a way to capture moving pictures and send them through the air using straight lines of electricity. Working tirelessly in a laboratory, Philo invented the first electronic television system.

He believed his invention would change the world for good. Philo hoped television would be used to share music, broadcast educational programs, and help families learn about different cultures without leaving their living rooms.

But as the years passed, television networks began producing shows filled with violence, wicked behavior, and mindless entertainment to make money. As Philo grew older, he became heartbroken by what his invention had become.

He saw how the wicked images were affecting people's minds and hearts. Because he knew how powerful the moving pictures were, Philo made a radical rule for his own family.

The man who invented the television refused to let his own children watch it! He told his son there was nothing worthwhile on the screen and he did not want those wicked images inside his house.

Philo's story helps us remember that our eyes matter. Screens are not evil by themselves, but we must choose carefully what we allow into our minds. A clean heart often begins with a guarded eye.

💬 Discussion Questions:

- What specific body part did Job make an unbreakable covenant (promise) with?
- What famous machine did Philo Farnsworth invent after looking at plowed lines in a dirt field?
- Job made a strict promise to protect what he looked at. What is one specific TV show, video game, or movie that you know you shouldn't set before your eyes?

🎬 Activity:

Show the kids how images stick to our minds! Wrap a piece of masking tape completely around a child's hand with the sticky side facing out. Have them pat a table sprinkled with a little dirt or glitter (representing wicked images). The tape instantly grabs the dirt and won't let it go! Talk about how our eyes are exactly like sticky tape—the bad things we look at instantly stick to our minds and are very hard to wash off.

Temptation — Day 2



 Listen to
Scripture Song:



Today's Promise (#87) — KJV

1 Corinthians 10:13 "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

Apply the Promise!

God promises that He will never let you face a temptation that is too strong for you to handle. Whenever you are tempted to do wrong, He always provides a safe way to escape!

Bible Story (Genesis 3)

In the beautiful Garden of Eden, Adam and Eve had everything they needed. God had filled their home with good food, beauty, work, love, and perfect happiness. There was only one tree from which He told them not to eat.

One day, the serpent came to Eve and began planting doubt in her mind. He questioned God's words and made the forbidden fruit look exciting and desirable. Eve stood near the very tree God had warned them about.

But Eve was not trapped. She had a way to escape. She could have turned away, called for Adam, repeated God's command, or gone to the beautiful things God had already given her.

God had not left Eve helpless in front of temptation. His warning was clear, and His love had already surrounded her with everything good. If she had stepped away at once, the temptation would have lost its power. But temptation becomes more dangerous when we stay close to it and keep listening.

Eve kept looking and listening. The longer she stayed near the temptation, the stronger it became. Finally, she took the fruit, ate it, and gave some to Adam. Their choice brought sin, shame, and sorrow into the world. What looked pleasing for a moment brought pain that only Jesus could heal.

This story teaches us to run toward God's way of escape before temptation grows strong. The safest time to say no is at the beginning, when God first shows us that something is wrong.

True Story

In May 2013, ten-year-old Tyler Schaefer was staying with his father at a hotel in Kansas City, Missouri. Tyler liked exploring hotel rooms, opening drawers, and looking for anything interesting left behind.

This time, he found something shocking. Inside a drawer was a stack of cash—\$10,000 in neatly bundled bills. For a child, it must have looked like an unbelievable treasure.

Tyler and his father had a choice to make. No one had seen them find the money. They could have tried to keep it, hide it, or convince themselves that no one would ever know.

But God always gives a way to escape temptation. Tyler and his father chose honesty. They handed the money over to police officers who were working at the hotel.

Turning in the money meant they might never get to keep it, even if no owner was found. But doing right was worth more than a drawer full of cash.

No one came forward to claim the money. A year later, Tyler and his father were told they could claim it through Missouri's unclaimed-property process. But the most important part of the story had already happened: when temptation came, Tyler and his father chose honesty instead of hiding the money.

Tyler's story shows that temptation often comes with an easy excuse. But when we choose God's escape route, we keep something far better than money—a clean conscience and a faithful heart.

Discussion Questions:

- What lie did the serpent tell Eve about eating the forbidden fruit?
- Exactly how much money did Tyler find hidden in the hotel drawer?
- First Corinthians says temptation is "common to man," meaning everyone faces it! What is one temptation you struggle with the most, and how can you ask Jesus for help?

Activity:

Show how ignoring the escape route traps us! Wrap a single piece of yarn loosely around a child's hands. They can easily pull their hands apart (the easy way of escape). But if they stay in the temptation, keep wrapping the yarn around their hands ten or fifteen times. Now they are completely trapped and cannot break free! Talk about how we must take the very first escape route God offers before the temptation wraps us up tightly.

Temptation — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#88) — KJV

2 Corinthians 10:3–5 "For though we walk in the flesh, we do not war after the flesh: (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

💖 Apply the Promise!

We don't fight our invisible battles with physical weapons! When scary thoughts or lies try to build a stronghold in our minds, we can use God's Word to completely capture them and find peace.

📖 Bible Story (Mark 5)

Jesus and his disciples sailed across the Sea of Galilee to the region of Gadara. The exact moment Jesus stepped out of the boat, a man came running out of the nearby graveyard.

This man was trapped in a spiritual stronghold. He was possessed by a legion of evil spirits that tormented his mind and controlled his body. The townspeople were terrified of him and constantly tried to tie him up with iron chains.

But the man had unnatural strength and shattered the chains to pieces. He lived alone in the tombs, crying out day and night and cutting himself with stones. He was a prisoner in his own mind, unable to break free from the enemy's control.

But the weapons of God's warfare are mighty. When the man saw Jesus from far away, he ran and fell down to worship Him. Jesus did not use a sword or an earthly army to fight the spiritual battle; He simply used the power of His spoken word.

Jesus commanded the evil spirits to leave the man. The demons instantly fled into a herd of pigs, and the pigs rushed down a steep cliff into the sea.

When the townspeople came to see what had happened, they were shocked. The man was no longer screaming or breaking chains. He was sitting peacefully at the feet of Jesus, clothed, and in his right mind. Jesus shattered the stronghold and brought the man's mind into beautiful peace!

This shows that Jesus has power over every dark thought, lie, fear, and temptation. When our minds feel troubled or trapped, we can run to Him, speak truth from His Word, and ask Him to bring every thought into obedience to Christ.

☀️ True Story

As a teenager, Sadie Robertson seemed to have a nearly perfect life. She was a successful young star on the popular television show *Duck Dynasty*, and many people knew her for her bright smile and cheerful personality. But behind the scenes, Sadie was battling anxiety, fearful thoughts, and overwhelming worry.

Her mind was often filled with frightening "what if" thoughts. She worried about the dark, about bad things happening to her family, and about failing. At times, the fear made it hard for her to sleep. She tried to fight the anxious thoughts in her own strength, but they kept coming back. The fear felt like a prison in her mind, and she knew she needed more than her own willpower to be free.

As she studied 2 Corinthians 10, she learned that God gives His children spiritual weapons. Instead of letting fearful thoughts run wherever they wanted, she began learning to take those thoughts captive. When an anxious thought came, she would stop and answer it with the truth of God's Word.

Little by little, Sadie learned to replace fear with faith. God's promises helped her recognize lies, turn her mind back to Christ, and find peace. Today, Sadie writes and speaks to encourage others to bring their thoughts to Jesus and trust the truth of Scripture instead of being ruled by fear.

Sadie's story shows that temptation is not always something we can see. Sometimes the battle is a fearful thought, a lie, or an imagination that tries to rule us. God's Word is strong enough to pull down those lies and bring peace to the mind.

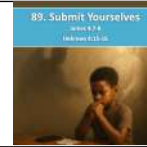
💬 Discussion Questions:

- What scary place did the terrified man in Gadara live inside of?
- What was the name of the popular TV show Sadie starred on when she struggled with fear?
- A "stronghold" is a lie from the enemy that gets stuck in our heads. What is one bad thought or lie (like "I'm not smart" or "Nobody likes me") that you sometimes struggle to stop thinking about?

🎨 Activity:

Show how we must grab our thoughts! Write a negative thought (like "I'm a failure" or "I'm afraid") on a balloon with a marker. Toss the balloon in the air—it represents a wild imagination flying completely out of control in our heads! Have a child aggressively grab the balloon out of the air (taking it captive) and pop it with a pushpin! Talk about how we must actively grab our scary thoughts and destroy them with God's truth.

Temptation — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#89) — KJV

James 4:7–8 "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you." **Hebrews 4:15–16** "For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

💖 Apply the Promise!

Jesus understands how hard temptation feels. Because He never sinned, we can boldly ask Him for help. When we draw close to God and resist the devil, temptation loses its power.

📖 Bible Story (Matthew 4)

Before Jesus began His ministry, He went into the wilderness to fast and pray for forty days. He was exhausted and at His weakest point.

The devil approached Him, trying to make Him stumble and sin. Because Jesus faced temptation just like us, He understands our struggles.

The enemy tried several tricks, but his biggest attempt happened on a mountain. The devil showed Jesus the kingdoms of the world and their glory in a single moment.

He promised to give Jesus power, wealth, and control over everything if Jesus would fall down and worship him. It was a deceitful trap.

Jesus did not argue or use physical strength to fight back. Instead, He resisted the enemy using the truth of Scripture. He commanded the devil to leave, declaring, "Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve."

Jesus demonstrated that speaking God's Word is a weapon against temptation. Because Jesus submitted to God the Father, the defeated enemy had to flee. Because Jesus faced temptation and won, we can run to His throne of grace and ask for help whenever we face a trial!

This story teaches us that temptation is not sin. Jesus was tempted, but He never gave in. When temptation comes to us, we can run to God, speak truth, and ask Jesus for strength to obey.

☀️ True Story

In the fall of 2013, Glen James lived on the streets of Boston, Massachusetts. He was homeless, relying on the kindness of strangers to buy a meal or find a warm place to sleep.

One evening, Glen walked through a shopping mall and spotted a black backpack abandoned on the floor. When Glen opened the bag to look for an ID, he was shocked.

Stuffed inside the backpack was forty-two thousand dollars in cash and traveler's checks, along with a passport! For a homeless man who had nothing, this was a huge temptation.

Glen could have taken the money, bought clothes, and never slept on the freezing streets again. It was life-changing wealth sitting in his hands. But Glen knew that taking something that belonged to someone else was a sin.

Instead of letting the temptation trick him, he submitted to God and resisted the enemy's lies. Glen zipped the backpack shut, walked out of the mall, flagged down a police officer, and handed over the money.

When the local news shared the story of his honesty, people across the country were moved. They started a fundraiser for Glen and raised over one hundred and sixty thousand dollars to help him buy a house. Because he chose to resist temptation and do the right thing, God blessed his honesty and changed his life forever!

Glen's story shows that resisting temptation may feel costly at first, but doing right is never wasted. When we choose honesty instead of sin, we keep something more valuable than money: a clean conscience before God.

💬 Discussion Questions:

- What did the devil show Jesus from the top of the high mountain?
- Exactly how much money was stuffed inside the abandoned backpack Glen found?
- Jesus fought the devil by quoting Bible verses out loud. What is one short, powerful Bible verse you can memorize to fight back when you feel tempted to do something wrong?

🎨 Activity:

Fill a shallow plate with water and sprinkle a layer of black pepper on top (representing the devil and temptations). Have a child stick their dry finger in the middle—the pepper stubbornly sticks to them. Now, put a drop of dish soap on their finger (representing drawing near to God's purifying power) and have them touch the center again. The pepper instantly shoots away to the edges of the plate! Talk about how the enemy flees when we submit to God.

Temptation — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#90) — KJV

Jude 1:24–25 "Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen."

💖 Apply the Promise!

God has power to keep us from falling into sin. When we walk closely with Him, He can help us live clean, honest lives and bring us to heaven with joy.

📖 Bible Story (Numbers 22)

Balaam was a prophet who knew about the true God, but his heart was not fully surrendered. When King Balak offered him money and honor to curse God's people, Balaam was tempted.

At first, God clearly told Balaam not to go. That should have been enough. But Balaam wanted the reward so badly that he kept hoping God would let him do what he wanted.

This is how temptation often works. It does not always look ugly at first. Sometimes it looks like money, praise, popularity, comfort, or getting our own way.

As Balaam traveled, God sent an angel to stand in the road. Balaam could not see the danger, but his donkey could. Three times the donkey turned away, trying to save Balaam's life.

Instead of stopping to think, Balaam became angry and struck the donkey. Giving into temptation had made him blind and stubborn. He was so focused on what he wanted that he could not see God was trying to protect him.

Then God opened Balaam's eyes, and he saw the angel standing in the way with a sword. God had been mercifully warning Balaam before he fell deeper into sin.

Balaam's story teaches us that God gives warnings and ways of escape when temptation is pulling us toward wrong. But we must listen quickly. If we keep asking for what God has already forbidden, our hearts can grow harder. The safest choice is to stop, turn around, and obey God before temptation leads us farther away from Him.

☀️ True Story

In the spring of 2005, professional tennis player Andy Roddick competed in a championship tournament in Rome, Italy. He played a match against a skilled opponent named Fernando Verdasco.

The score was close, but Andy reached match point. This meant if Andy scored one more point, he would win the match and advance to the next round. Fernando stepped up to serve the ball.

He hit it hard across the net, but the line judge yelled, "Out!" The crowd started cheering. The umpire announced that the match was over. Andy had won! He could have packed his rackets, celebrated his victory, and walked off the court a champion. But as Andy walked toward the net to shake hands, he looked at the ground.

He saw a mark on the white line where Fernando's ball had bounced. The line judge had made a mistake. The ball was in! Nobody else saw the mark, but Andy refused to fall into the trap of taking a victory he did not earn.

He called the umpire over, pointed at the mark, and gave the point back to his opponent. The umpire reversed the call. Play continued. Fernando Verdasco came back and won the match. Andy's honesty cost him the victory that day, but it protected something more important than a trophy.

Andy's story shows that temptation can come in a moment when no one expects it. God can help us choose truth quickly, even when dishonesty would seem easier. A clean conscience before God is worth more than winning by a lie!

💬 Discussion Questions:

- What animal did Balaam ride that saw the Angel of the Lord standing in the path?
- What did the line judge yell when Fernando served the ball across the net?
- Andy Roddick gave up a victory because he wanted to tell the truth. Have you ever had to tell the truth even when you knew it was going to cost you something fun?

🎬 Activity:

Show how to stay on God's path! Place a long piece of masking tape on the floor, just like the tennis line in Andy's story. Have the kids try to walk the line heel-to-toe while looking straight ahead. It is easy when we focus! Now, have them try to walk the line while looking sideways at a shiny toy or a screen (representing temptation). They will quickly stumble off the line! Talk about how keeping our eyes fixed on Jesus keeps us from falling.



Today's Promise (#91) — KJV

Proverbs 20:1 "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise."

Proverbs 23:29, 31–32 "Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? ... Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder."

💖 Apply the Promise!

God warns us that alcohol and strong drink are dangerous traps! They promise fun, but they end up bringing deep sorrow, foolish choices, and painful consequences.

📖 Bible Story (Genesis 9)

After the flood, Noah and his family stepped out of the ark into a renewed world. God gave them a rainbow and promised never to destroy the earth with a flood again.

Noah was a righteous man who obeyed God during a wicked time in history. He began working the land and planted a vineyard. But when the grapes grew and produced wine, Noah made a foolish choice. Instead of being careful, he drank too much wine and became drunk.

The alcohol clouded his mind and caused him to lose control of his actions. He ended up lying uncovered and exposed inside his tent.

When his son Ham walked into the tent and saw him, it created a painful problem for the family. Noah's dignity was ruined, and it led to a heavy curse being placed on his grandson Canaan.

This sad story shows that even a faithful person can fall when appetite and self-control are not guarded. Noah had trusted God through a flood, but wine brought him into weakness and dishonor.

The Bible does not tell this story so we will laugh at Noah, but so we will learn from his fall. Alcohol can make wise people act foolishly and can bring pain to families.

This story teaches us to stay far away from things that cloud the mind and weaken the will. God wants us to have clear thoughts, strong self-control, and homes protected from the sorrow that alcohol can bring.

☀️ True Story

Cristiano Ronaldo became one of the most famous soccer players in the world. His speed, strength, and skill made him known across many countries, but his success did not come from careless living.

Cristiano grew up in Madeira, Portugal, in a family that knew hardship. His father struggled with alcohol, and later died from an alcohol-related liver illness when Cristiano was only twenty years old.

Cristiano saw that alcohol does not only hurt the person drinking it; it can bring sadness to an entire family. That pain helped him understand that some things are not worth experimenting with. Seeing the damage alcohol could bring left a deep mark on him. Ronaldo has said that he does not drink alcohol. For an athlete surrounded by fame, money, celebrations, and pressure, that choice stands out.

Many people might expect a world-famous sports star to join parties and follow whatever others are doing. But Ronaldo has been known for strict training, careful eating, and protecting his body for the work he wants to do.

His choice cannot erase the pain his family experienced, but it shows the wisdom of recognizing danger and turning away from it. Alcohol had brought sorrow close to his home, and he chose a different path.

Ronaldo's story helps us see why God's warning is loving. Strong drink does not make people stronger. It can steal clear thinking, self-control, health, and family happiness. The wisest choice is to stay far away from it.

💬 Discussion Questions:

- What did Noah plant in the ground after he left the ark?
- Why does Cristiano Ronaldo completely refuse to drink alcohol?
- Proverbs says wine "is a mocker" because it promises fun but delivers pain. Have you ever eaten way too much candy expecting it to be great, only to end up with a terrible stomachache?

🎬 Activity:

Show how alcohol takes away our self-control! Smear a thin layer of petroleum jelly (Vaseline) over the lenses of cheap plastic glasses or swimming goggles. Have a child put them on and try to walk a perfectly straight line on the floor or catch a tossed ball. They will stumble and miss! Talk about how strong drink severely clouds our minds and causes us to lose physical control, just like it did to Noah in the tent.

Appetite — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#92) — KJV

Ecclesiastes 10:17 "...eat in due season, for strength, and not for drunkenness!"

Job 23:12 "... I have esteemed the words of his mouth more than my necessary food."

💖 Apply the Promise!

God wants us to control our appetites and eat for strength, not just for pleasure. When we love God's Word even more than our favorite food, our lives become truly blessed!

📖 Bible Story (Numbers 11)

The Israelites were traveling through the wilderness, but many of them became discontented. God was faithfully feeding them with manna, yet instead of being thankful, they began thinking about the foods they missed from Egypt.

Their craving grew stronger and stronger. They talked about fish, cucumbers, melons, leeks, onions, and garlic, until their appetite felt more important than God's care. They forgot that Egypt had been a place of slavery. The more they talked about those foods, the less satisfied they became with God's daily provision. Appetite was beginning to lead them instead of faith.

Moses heard the people crying and complaining throughout the camp. Their hearts were not humbly asking God for what they needed. They were demanding what they wanted.

God warned them, but they would not listen. At last, He allowed them to have the meat they craved. Quail came in huge numbers, and the people greedily gathered far more than they needed.

But getting what they wanted did not bring happiness. Their uncontrolled appetite brought sickness, sorrow, and death. The place became a warning about what happens when cravings rule the heart.

This story teaches us that God's "no" can be a protection. If we stubbornly demand something harmful, God may allow us to see where that choice leads. Appetite makes a cruel master, but when we let God teach us self-control, food becomes a blessing instead of a trap.

☀️ True Story

In 1997, Appleton Central Alternative High School in Wisconsin had a serious problem. Many students were angry, restless, and hard to manage. Fights, disrespect, and trouble were common, and the school often felt out of control.

Then the school made a surprising change. With help from a local company, the cafeteria began serving healthier meals. Vending machines filled with soda and sugary snacks were removed or changed, and students were offered more wholesome foods.

The new meals included things like fresh fruits, vegetables, whole grains, and better drinks. At first, some students probably missed the junk food. But over time, teachers and staff began noticing a difference.

Reports from the school described calmer behavior, fewer fights, and a better atmosphere for learning. The change did not mean food was the only thing that mattered, but it showed that what we put into our bodies can affect our minds, moods, and choices. Students who had once seemed constantly restless were better able to sit, listen, and learn.

The students learned an important lesson without a sermon: food is not just for taste. It can either help our bodies and brains work well or make self-control harder.

Appleton's story helps us understand why God cares about appetite. When we eat for strength instead of just cravings, we can think more clearly, act more kindly, and have better self-control for the work God gives us.

💬 Discussion Questions:

- What specific meat did the Israelites cry out for in the wilderness?
- What change did Appleton High School make to deal with behavior problems?
- Job 23 says we should love God's words more than our daily food. If you had to skip either your breakfast or your morning prayer time, which one would be harder to skip?

🎬 Activity:

Have a child sprint across the room as fast as they can, moving freely. Now, take a backpack and put it on the front of their chest. Fill it with several heavy books (representing a stomach stuffed with junk food and bad cravings). Have them try to sprint again. They will be incredibly slow and uncomfortable! Talk about how giving in to our appetites weighs our bodies down, while eating for strength keeps us running fast and feeling great.

Appetite — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#93) — KJV

Daniel 1:8, 12, 15 "But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself... Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. ... And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat."

💖 Apply the Promise!

God designed our bodies to run on healthy, clean food! When we boldly control our appetites and choose good fuel over sugary junk, He blesses us with a sharp mind and a strong body.

📖 Bible Story (Daniel 1)

When King Nebuchadnezzar conquered Jerusalem, he captured the healthiest young men from Israel and brought them to Babylon. Among these captives were four teenagers named Daniel, Hananiah, Mishael, and Azariah.

The king wanted to train them to work in his palace. To ensure they grew strong, he ordered them to eat his royal food. This was a daily feast of meats, desserts, and wine. For most captives, eating the king's food felt like a reward.

But Daniel knew the king's rich food went against God's health laws. Daniel made up his mind that he would not defile himself with food and drink that went against God's way. Instead of giving in to his appetite, Daniel asked the chief official for permission to eat a different diet.

He respectfully asked for a simple test. He requested only vegetables, beans, and grains to eat, and water to drink for ten days.

The officer was nervous, but he allowed the test. At the end of ten days, Daniel and his friends looked healthier than the young men who ate the king's rich food.

God blessed their faithfulness. Their simple, self-controlled choices helped keep their bodies strong and their minds clear. Later, the king found them wiser than all the others.

This story teaches us that appetite is not supposed to rule us. When we choose strengthening food and obey God even in small daily choices, we are better prepared to think clearly, stand bravely, and serve Him well.

☀️ True Story

In 1997, a correctional facility in Adelanto, California, tried something unusual. Many of the inmates had struggled with anger, fighting, and broken lives, and the leaders wanted to see whether a different kind of program could help.

The program did not only change the food, but food was a major part of it. In one housing unit, inmates were offered a completely plant-based diet with fruits, vegetables, whole grains, beans, and other simple foods.

At first, some people doubted it would work. They thought the inmates would reject the meals or become angry without the heavy, processed foods they were used to. But many men chose to join the program.

The meals were not meant to punish them, but to give their bodies better fuel. Day by day, the men were practicing self-control every time they chose the healthier food.

Over time, reports from the facility described calmer behavior and fewer problems among the men in the program. They were also given Bible study, job training, and help with anger, so the change was not food alone.

Still, the experiment showed an important lesson: what we eat can affect more than our stomachs. Food can influence energy, mood, focus, and self-control.

Victor Valley's story helps us understand why God cares about appetite. Clean, nourishing food cannot change the heart by itself, but it can help the body and mind work better so we are more ready to listen, learn, obey, and serve.

💬 Discussion Questions:

- How many days did Daniel ask the official to test his special diet?
- What kind of food did the peaceful inmates at Victor Valley Prison eat?
- Daniel "purposed in his heart" (made up his mind early) to eat right. Why is it important to decide what you will and won't eat before the junk food is right in front of you?

🎬 Activity:

Take two crisp stalks of celery with the leaves still on. Put one in a glass of pure, clean water. Put the other in a glass of dark, sugary soda or heavily salted water. Leave them sitting on the counter overnight. The next morning, the celery in the water will stand perfectly tall and strong. The one in the junk food will be completely limp, rubbery, and wilted! Talk about how our bodies react exactly the same way to what we drink.

Appetite — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#94) — KJV

Matthew 4:4 "But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

💖 Apply the Promise!

God's words are even more important than our daily food. When we feed our spirits with the Bible, God gives us true, lasting life!

📖 Bible Story (Matthew 4)

Before Jesus started His ministry, He walked into the wilderness to fast and pray. For forty days and nights, Jesus ate no food. His body was exhausted, and He was hungry.

When Jesus reached His weakest point, the devil approached Him. The enemy pointed at the stones lying on the desert floor. He challenged Jesus to use His power to turn those stones into bread. It was a strong temptation. Jesus craved food, and He had the power to make a feast appear. But Jesus understood a deeper truth about life.

He knew that satisfying physical hunger was never more important than obeying God. He chose to remain obedient to His Father. Jesus resisted the craving by using the truth of God's Word.

He answered, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." He showed that physical food is not the only thing we need to live. The words God speaks are even more important than bread.

Jesus did not let appetite control Him. He did not make hunger His master. Even when His body was weak, His mind stayed loyal to His Father.

This story teaches us that our stomachs are not supposed to rule our choices. Food is a gift from God, but it must never become more important than obedience. When we feed on God's Word, we become strong inside. Then we can say no to cravings, junk, and temptations that promise pleasure but leave us weak.

☀️ True Story

In 2019, doctors in Bristol, England, treated a seventeen-year-old boy who had a medical crisis. For ten years, this teenager refused to eat healthy food.

Since he was seven years old, he lived on a diet of potato chips, white bread, french fries, and sausage. He told his parents he did not like the texture of fruits or vegetables.

Because the junk food tasted good, he filled his stomach with it every day. He thought he was fine because he was not losing weight. But his body was starving.

Chips and white bread fill the stomach, but they contain no vitamins or nutrients. Because he refused to eat anything healthy, his body began to break down. Blood tests revealed he lacked vital vitamins like B12, copper, and vitamin D. His poor diet caused a permanent condition called nutritional optic neuropathy.

When he turned seventeen, his vision became blurry, and his hearing started to fade. Within a few months, he went blind. The doctors discovered that his diet damaged his optic nerve. He had starved his eyes of the nutrients they needed.

This sad story shows that appetite can fool us. Food may taste good and still leave us weak if it does not nourish the body God gave us.

The same is true spiritually. If we fill our minds only with empty things and neglect God's Word, our souls become weak. But when we choose what truly nourishes us—both in our bodies and in our hearts—we grow stronger and healthier.

💬 Discussion Questions:

- What did the devil tell Jesus to turn into warm bread?
- What happened to the teenager's eyes because he only ate junk food for ten years?
- The teenager felt full, but his body was actually starving. How can someone look completely fine on the outside but be spiritually "starving" on the inside?

🎬 Activity:

Show how the Bible reaches deeper than physical food! Take a clear jar and fill it to the very top with large rocks (representing physical food). It looks totally full! Now, pour in a cup of water (representing God's Word). The water freely flows into all the empty, hidden spaces the rocks couldn't reach. Talk about how physical food only fills our stomachs, but God's Word flows deep into our hearts and completely satisfies our spiritual thirst.

Appetite — Day 5



 Listen to
Scripture Song:



Today's Promise (#95) — KJV

1 Corinthians 9:25–27 "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway."

Apply the Promise!

To win a race, an athlete must practice strict self-control. As Christians, we are running a spiritual race for a heavenly prize, so we must train our hearts and bodies to obey God!

Bible Story (1 Corinthians 9)

The city of Corinth was famous for athletic contests. Runners and fighters trained hard because they wanted to win a prize. They knew no athlete could live carelessly and still expect to win.

Paul used these races to teach a spiritual lesson. An athlete must practice self-control in many things—food, sleep, exercise, time, and habits. If he lets every craving rule him, he will not be ready for the race.

Training was not always fun. A runner might have wanted extra food, more sleep, or an easier day, but he had to say no to anything that would make him weak or slow. Every small choice was part of preparing for the race. In the same way, our appetites, habits, and desires must be trained to obey God. Self-control is not just for athletes; it is for every Christian.

The athletes in Paul's day trained for a crown made from leaves. It looked beautiful for a little while, but soon it dried up and faded away. Their prize could not last.

Christians are running for something far better. God calls us to seek an eternal prize that will never fade. That is why our daily choices matter.

Paul said he did not run carelessly or fight as if beating the air. He disciplined his body and brought it under control so that nothing would keep him from finishing faithfully.

Self-control is part of following Jesus. We are not saved by strict habits, but disciplined choices help us stay strong, resist temptation, and keep our eyes on the heavenly prize.

True Story

In 2019, a runner from Kenya named Eliud Kipchoge did something the world thought was impossible. He ran a marathon, which is 26.2 miles, in under two hours. To achieve this speed, he ran a pace of four minutes and thirty-four seconds per mile for two straight hours without stopping.

You might think a world champion like Eliud lives in a mansion and eats fancy meals. But Eliud chooses to live a life of strict discipline. Even though he is a millionaire, he lives in a simple training camp with his teammates.

He sleeps in a basic room, takes cold showers, and scrubs the camp toilets himself. He runs over one hundred miles every week, waking up before the sun rises to hit the dirt roads.

He famously says that only the disciplined ones are truly free in life. He does not let comfort control him. He understands that a runner who wants to finish well cannot obey every craving for ease, laziness, or pleasure.

On race day, every small habit mattered. The early mornings, hard runs, simple meals, and years of self-control all helped prepare him for those final difficult miles.

Eliud's story helps us understand Paul's lesson. If athletes practice self-control for an earthly race, how much more should we discipline our hearts for the race God has given us? The prize Jesus offers will never fade. We must commit to doing the hard work every day to cross that eternal finish line!

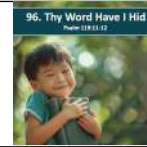
Discussion Questions:

- What kind of crown did the winning athletes get in the ancient games?
- What chore does Eliud Kipchoge still do at his training camp even though he is a millionaire?
- Paul said athletes are "temperate" (they practice self-control). What is one area of your life right now where you need more self-control (like going to bed on time or doing your chores without complaining)?

Activity:

Show what a corruptible crown looks like! Tape a few leaves of fresh lettuce or spinach to a headband. Let the kids run a quick race in the backyard to win the crown. Leave the lettuce crown sitting on the counter overnight. The next morning, it will be completely brown, limp, and ruined! Talk about how earthly prizes quickly fade away, but God's heavenly reward lasts forever.

Victory over Sin — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#96) — KJV

Psalm 119:11–12 "Thy word have I hid in mine heart, that I might not sin against thee. Blessed art thou, O Lord: teach me thy statutes."

💖 Apply the Promise!

When we memorize God's Word, we build a strong, invisible shield inside our hearts. Carrying His truth in our minds protects us from sin and helps us live victoriously!

📖 Bible Story (2 Timothy 1 & 3)

The Apostle Paul traveled across the ancient world starting churches and preaching the gospel. During his journeys, he met a young man named Timothy. Timothy was a faithful Christian who possessed a deep understanding of God's truth.

Paul was impressed with Timothy and chose him to be his travel companion and helper. But Timothy did not gain his spiritual strength overnight. His victory over sin started when he was a little boy.

Timothy grew up in a home where the Bible was the center of daily life. His grandmother, Lois, and his mother, Eunice, loved the Lord. Long before Timothy could read the scrolls for himself, they taught him the scriptures.

They read the Word of God out loud, talked about it during the day, and helped young Timothy hide the truth inside his heart.

Because he memorized God's promises from his youth, Timothy built a spiritual shield in his mind. When he grew older and faced temptations or trials, he did not have to guess the right choice. The Holy Spirit brought the memorized verses back to his mind, giving him the wisdom he needed to defeat sin.

Paul later wrote a letter to Timothy, reminding him to continue in the things he learned as a child. Timothy shows us that when we hide the Bible inside our hearts while we are young, it protects our steps and keeps us safe from the enemy's traps as we grow up!

☀️ True Story

In the 1920s, a teenager named Dawson Trotman was rapidly heading down a dangerous path. He was a popular student at his high school, but he completely ignoring God's laws.

One weekend, a local youth group announced a special contest. The leader promised a prize to anyone who could memorize ten Bible verses perfectly. Dawson was highly competitive and wanted to show off, so he joined the contest. He memorized all ten verses, and then memorized ten more for the next week.

He did not care about the deep spiritual meaning of the words at all; he just wanted to win. But without realizing it, Dawson had hidden the truth of God directly inside his heart.

A short time later, Dawson was walking down the city sidewalk to his job at a local lumberyard. Suddenly, the exact words he had memorized for the contest started loudly echoing in his mind. The memorized Word convicted him so powerfully that he prayed right there on the sidewalk and surrendered his life to God.

Dawson surrendered his life to Christ and turned away from his old habits. The verses he had learned for a contest became a weapon God used to fight sin in his heart.

Later, Dawson founded The Navigators, a ministry that helped many people learn to memorize Scripture and follow Jesus. His story shows that God's Word is powerful. When we hide it in our hearts, He can bring it back just when we need victory.

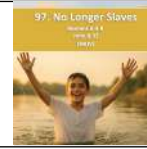
💬 Discussion Questions:

- Who taught Timothy the scriptures when he was just a little boy?
- Why did Dawson Trotman originally memorize the Bible verses at the youth group?
- Dawson memorized verses just to win a prize, but God still used them! Why is it important to memorize verses even when you don't fully understand what they mean yet?

🎨 Activity:

Make the exact tool Dawson Trotman used! Give the kids heavy index cards and markers. Let them write a short Bible verse in the center and decorate the edges. Put a piece of tape on the back and stick it right to the bathroom mirror or the refrigerator. Talk about how placing the Word where we see it every single day helps us automatically lock it into our memory.

Victory over Sin — Day 2



🎵 Listen to
Scripture Song:



Today's Promise (#97) — NKJV

Romans 6:4–6, 8 "Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life... knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin. ... Now if we died with Christ, we believe that we shall also live with Him."

💖 Apply the Promise!

Jesus completely broke the chains of sin when He rose from the dead! We do not have to obey our bad habits anymore because His truth has set us entirely free.

📖 Bible Story (Romans 6)

Before we meet Jesus, the Bible says every person is born a captive. We are chained to our own sin. When temptation comes, we do not have the power to say no. We are forced to obey our bad habits, anger, and selfishness. Sin is a cruel master that controls our choices and leads to spiritual death.

But the Apostle Paul wrote to the church in Rome to announce a rescue mission. He explained that when Jesus died on the cross, He did not just pay the penalty for our mistakes. Jesus shattered the chains of sin!

Paul used baptism as a picture of this truth. When a believer goes down into the water, it shows that the old life is being buried with Jesus. When the person comes up again, it shows a new life beginning through His resurrection power.

Paul declares that anyone dead to their old life is freed from sin. We are no longer slaves to our bad habits. God gives us a new heart and the power to obey His commands every day.

In the book of John, Jesus promised that knowing the truth will make us free. The enemy will still try to lie and say we are trapped. He may still whisper, "You cannot change. You will always be stuck." But God tells us the truth: Jesus has already won the victory.

When you feel tempted to lie or yell, quote a Bible verse and remember that Jesus already broke those chains. Because of His resurrection, the doors are open, and we have the power to walk away into lasting freedom! When we give ourselves fully to Jesus and trust His promise, He gives us power to live the new life He has already won for us.

☀️ True Story

In 1945, World War II ended. The fighting was finished, and peace had been declared. But far away on Lubang Island in the Philippines, a Japanese soldier named Hiroo Onoda did not believe the war was really over.

Onoda had been ordered not to surrender, so he stayed hidden in the jungle. Searchers dropped leaflets telling him the war had ended. Later, letters and pictures from family members were sent too. But Onoda thought the messages were enemy tricks. The truth was being offered to him again and again, but fear and suspicion kept him from believing it.

For years, he kept living as though the war were still going on. He hid in the jungle, survived on whatever food he could find, and refused to come out. Peace had already been declared, but he did not live as if it were true.

Finally, in 1974, Onoda's former commanding officer came to the island and personally told him his duty was over. Only then did Onoda lay down his weapon and come out of hiding.

Onoda had spent nearly twenty-nine extra years living in a war that was already finished. His story is a sad picture of what can happen when someone does not believe the truth.

Jesus has already won the victory over sin. The enemy wants us to think we are still trapped, still chained, and still unable to change. But Romans 6 teaches that the old life does not have to rule us anymore. When we believe what Jesus has done, we can stop obeying sin and walk in the freedom of our new life with Him.

💬 Discussion Questions:

- According to Romans 6, what is buried with Jesus when we believe in Him?
- How many years did Hiroo Onoda hide in the jungle fighting a war that was already over?
- Romans 6 says we are raised to walk in "newness of life." If your old habit was complaining, what does your "new life" habit look like?

🎬 Activity:

Show how weak sin is after Jesus defeats it! Take a few strips of thin tissue paper and wrap them around a child's wrists like handcuffs. Tell them the devil tries to convince us our bad habits are made of iron. Then, have them flex their arms. The tissue paper rips to shreds! Talk about how Jesus already destroyed the strength of sin, making it powerless over our lives.

Victory over Sin — Day 3



🎵 Listen to
Scripture Song:



Today's Promise (#98) — KJV

Romans 6:11–13, 16 "Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof...yield yourselves unto God. ..Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey..." **Romans 13:14** "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof."

💖 Apply the Promise!

We get to choose who we obey! When we give our bodies to God and run away from temptation, He gives us the victory over sin.

📖 Bible Story (Genesis 39)

Joseph had been sold into Egypt and was far away from his father's home. He worked in the house of a powerful man named Potiphar, and God blessed him so much that Potiphar trusted him with everything he owned.

But Joseph soon faced a dangerous temptation. Potiphar's wife tried again and again to lead him into sin. Joseph was far from home, no family was watching, and he could have made excuses for doing wrong.

But Joseph had already chosen who he would obey. He knew that sin was not only against Potiphar—it was against God. He refused to let a secret temptation become his master.

Joseph did not stay near the temptation, laugh about it, or see how close he could get without falling. He knew that the safest choice was immediate obedience.

When Potiphar's wife tried to trap him, he left his coat behind and ran out of the house. His victory began before he ran, because his heart had already chosen God.

Running away may have looked embarrassing, but it was the bravest thing Joseph could do. He chose a clean conscience over comfort, pleasure, or approval.

Joseph was falsely accused and thrown into prison, but he was still free inside. Sin had not conquered him.

This story teaches us that victory often means refusing to make room for temptation and getting away from it as fast as we can.

☀️ True Story

Alvin York grew up in the rugged mountains of Tennessee. As a young man, he became known for drinking, fighting, gambling, and wild behavior. His choices brought grief to his mother and trouble to his own heart.

One night, Alvin attended a church meeting and listened as the gospel was preached. God's Spirit convicted him, and Alvin realized that his old life was leading him away from peace. He surrendered his heart to Jesus.

But Alvin knew that choosing Christ meant more than feeling sorry. If he wanted victory, he could not keep walking back into the same places that had helped ruin him. He stopped going to the saloons and separated from the habits that had dragged him down.

His old friends tried to pull him back. They invited him to join them again, but Alvin refused. Instead, he spent time in prayer, read his Bible, worked hard, and chose a new path.

That was not always easy, because the old life still called to him through familiar people and familiar places. Alvin had to make practical choices before temptation became too strong.

The change in Alvin's life was so clear that people around him could see it. The man once known for fighting and drinking became known for faith, courage, and self-control.

Alvin's story shows that victory over sin often means cutting off the things that feed temptation. When we give ourselves to God and stop making room for the old life, He gives us strength to walk in a new one.

💬 Discussion Questions:

- What did Joseph leave behind when he sprinted out of the house?
- Where did Alvin York stop going after he surrendered his life to Jesus?
- Romans says not to make "provision for the flesh" (don't set yourself up to fail). If you know a certain game always makes you angry, what does making "no provision" look like?

🎬 Activity:

Show how fast we should run from sin! Have a child put on an oversized jacket or coat. Tell them you are going to count to three and yell "Temptation!" The moment you yell, they have to instantly wiggle out of the coat, drop it on the floor, and sprint to the other side of the room. Time them to see how fast they can escape! Talk about how Joseph didn't stay to argue; he just dropped his coat and ran.

Victory over Sin — Day 4



🎵 Listen to
Scripture Song:



Today's Promise (#99) — KJV

1 John 5:4 "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith." **1 Corinthians 15:57** "But thanks be to God, which giveth us the victory through our Lord Jesus Christ."
Philippians 2:13 "For it is God which worketh in you both to will and to do of his good pleasure."

💖 Apply the Promise!

We cannot fight sin using our own human strength! Jesus won the ultimate victory for us, and now God works inside our hearts to give us true, lasting freedom.

📖 Bible Story (Numbers 21)

As the Israelites traveled through the wilderness, they became discouraged and began complaining against God. They were tired of the journey, tired of the food, and tired of trusting God's way.

Because they had pushed away God's protection, deadly serpents came among the camp. Many people were bitten, and the poison quickly brought pain and death. The Israelites realized they had sinned and begged Moses to pray for them.

God did not ask the people to cure themselves. He told Moses to make a bronze serpent and lift it up on a pole. Anyone who had been bitten could look at it and live.

That cure was simple, but it required faith. The people could not heal the poison by trying harder, making promises, or looking at themselves. They had to look away from their dying condition and trust the remedy God provided.

Some may have thought it was too easy. Others may have delayed. But everyone who obeyed God's instruction and looked lived. In the same way, God does not ask us to stare at our sin until we feel hopeless, or to promise that we will do better in our own strength. He asks us to turn our eyes to Jesus. When temptation comes, we can stop arguing with it, stop trusting our feelings, and choose to believe God's promise.

This story points us to Jesus. Sin is like deadly poison in the heart, and we cannot cure it by our own willpower. But when we stop trusting ourselves and look to Christ in faith, He gives forgiveness, healing, and victory from the inside out.

🌟 True Story

Joseph Bates was a sea captain in the early 1800s. Life at sea was rough, and like many sailors, he had learned harmful habits, including chewing tobacco and careless speech. As he read the Bible and thought more seriously about God, he began to see that these habits did not belong in a life surrendered to Christ.

Giving them up was not easy. Bates could make rules, try harder, and feel sorry when he failed, but he needed more than human willpower. He needed to give his whole will to God.

During one voyage home from South America, Bates and another captain talked about giving up tobacco. As the ship sailed away from its last landmark, the other captain took the tobacco from his mouth and threw it into the sea.

Bates immediately did the same. He later wrote that this was the last tobacco that ever polluted his lips. He was making a clean break with something that had ruled him.

Later, the other captain gave in and tried to persuade Bates to join him again. Both men had thrown the tobacco away, but Bates had settled the question in his heart. He would not leave a door open to return.

Joseph Bates' story teaches us that victory over sin is not found in half-surrender. If we keep sin close, make excuses for it, or plan to return to it later, the battle becomes exhausting. But when we yield ourselves fully to Jesus, cut off what is pulling us down, and trust Him to work in us, He can give both the desire and the power to obey.

💬 Discussion Questions:

- What did God tell Moses to put on the tall pole?
- Why did the other captain fail, while Joseph Bates stayed free from tobacco?
- Joseph Bates "settled the question in his heart" that he would not go back. Why is it important to make a firm decision for God before temptation strikes?

🎬 Activity:

Have a child tightly grip a hard, heavy rock in their fist. Tell them to squeeze it as hard as they can (representing "white-knuckling" our behavior). Their hand will quickly hurt, but the rock won't change at all! Now, have them open their hand flat and surrender the rock to you. Swap it out for a soft, light sponge. Talk about how we cannot force our own hearts to soften, but when we surrender in faith, God replaces our heavy habits with a brand new heart.

Victory over Sin — Day 5



🎵 Listen to
Scripture Song:



Today's Promise (#100) — KJV

2 Peter 1:2–7, 9 “Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity. But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.

💖 Apply the Promise!

When we trust God's precious promises, He gives us His divine power to escape sin.

📖 Bible Story (Acts 15 & 2 Tim. 4)

The Apostle Paul and Barnabas traveled together to preach the gospel. On their first missionary journey, they took a young helper named John Mark. But when the work became difficult, John Mark left them and went back home to Jerusalem.

John Mark had failed in his mission. Later, when Paul and Barnabas planned another journey, Barnabas wanted to give him another chance. But Paul did not think it was wise to take someone who had turned back from the work.

The disagreement became so sharp that Paul and Barnabas separated. Paul took Silas, and Barnabas took John Mark. Paul saw John Mark's failure, but Barnabas saw what God could still do in his life.

Barnabas did not excuse the failure, but he did not leave John Mark hopeless either. He stayed with him, encouraged him, and helped him grow. John Mark needed to learn patience, courage, and faithfulness instead of running when the work became hard.

Over time, God changed John Mark. He did not remain known only as the young man who had turned back. He grew into a useful leader in the early church, and later wrote the Gospel of Mark. Years after Paul had refused to take him, Paul asked for John Mark and said he was profitable for the ministry.

Past failures do not have to rule the future. When we yield ourselves to God, accept His correction, and keep growing in faith, He can give us victory over fear, weakness, and failure. God's power can make us useful again.

☀️ True Story

Josh McDowell grew up in a painful, broken home in Michigan. His father struggled heavily with alcohol and often became violent. Because of this abuse and shame, Josh carried deep bitterness toward his dad.

When Josh left for college, he tried to find happiness in success, friendships, and popularity. He could laugh on the outside, but inside he was still angry and empty. He could not make himself love the father who had hurt him so deeply.

One day, Josh met a group of joyful Christian students. They challenged him to examine the claims of Christianity. Josh set out to prove them wrong, but instead he became convinced that God's Word was true and surrendered his life to Jesus.

But Josh still faced a hard battle. He could not simply force himself to forgive. Hatred had been in his heart for years, and human willpower could not change it into love.

Josh needed Jesus to do what he could not do for himself. As he yielded his heart to Christ, God's love began changing the bitterness inside him. The hatred that had ruled him no longer had to be his master.

One day, Josh looked his father in the eyes and said words he once thought he could never honestly say: “Dad, I love you.” His father was deeply moved by the change he saw in his son.

Josh's story shows that God's promises are not just words to read; they are power to claim. When we stop trying to change our own hearts and give ourselves fully to Jesus, He can give us victory over the sins that once seemed impossible to escape.

💬 Discussion Questions:

- Who ran back home to Jerusalem when the missionary journey became too dangerous?
- What painful problem did Josh carry in his heart for many years?
- Josh could not force himself to love his dad; he had to ask God to change his heart. Why is God's power so much better than our own human willpower?

🎨 Activity:

Show the value of God's Word! Fill a deep bowl with dry rice or beans. Bury several shiny gold coins (or quarters) completely out of sight. Give a child a spoon and tell them they have thirty seconds to dig out as many "precious promises" as they can find! Talk about how God's promises are completely hidden in the Bible, and we have to open His Word and actively dig them out to use them when we face temptation.