

Spiritual Needs — Day 1



🎵 Listen to
Scripture Song:



Today's Promise (#51) — KJV

Psalm 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:" **Psalm 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.

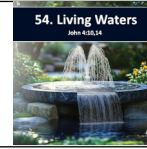
💬 Discussion Questions:

- 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!