

Summer
Series 2026 | Daily
Devotional

Grace on the Go: An Ice Cream Treat Adventure



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Grace on the Go: Ice Cream Menu

Push-Up Pops

Candy Clash Push-Up Pop.....	\$3.00
Orange Push-Up Pop	\$4.50

Snow Cones

Bubble Gum Snow Cone.....	\$3.00
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Cartoon Faces

Sponge Bob.....	\$5.00
Ninja Turtle.....	\$5.00
Power Puff Girl.....	\$5.00
Sonic	\$5.00
Batman	\$5.00
Tweety Bird	\$5.00
Miraculous Ladybug.....	\$5.00

Small Cups

Two-Ball Screwball – Cherry.....	\$3.00
Two-Ball Screwball – Blue Raspberry	\$3.00
Watermelon/Lime Cup.....	\$3.50
Berry Burst Cup.....	\$3.50

Large Cups

Bomb Pop Cup Original.....	\$5.00
Rosati Lemon Ice Cup	\$5.00
Rosati Mango Ice Cup.....	\$5.00
Malt Cup.....	\$5.00
Looney Tune Cup	\$5.00
Cookies & Cream Screamer.....	\$5.00

Fruit Bars

Coconut Fruit Bar	\$3.50
Strawberry Fruit Bar.....	\$3.50

Premium Bars

Klondike Reese's.....	\$3.50
Klondike Heath.....	\$3.50
Twix Bar.....	\$4.00
Dove Chocolate.....	\$5.00
Magnum Double Caramel.....	\$5.00
Snickers.....	\$4.00

Ice Cream Sandwiches

Vanilla.....	\$3.50
Neapolitan.....	\$3.50



Sunday
AUG
9th

Waiting for the Ice Cream Truck

General Theme: Patience, Trust and Learning to Wait Well While God is at Work.

Description

Waiting for the ice cream truck can feel like it takes forever! You hear the music in the distance, your excitement builds and you start watching for it to turn the corner. But then it slows down, stops somewhere else or disappears for a moment down another street. You're left waiting and wondering when it will finally arrive.

In that moment, patience is tested.

It's easy to feel restless when something we want feels delayed. We watch, we wait and sometimes we even start to doubt whether it's coming at all. The longer the wait, the harder it is to stay calm and trust. Life with God can feel like that too.

There are moments when we are waiting for answers, direction, breakthrough or change. We look to the horizon and it feels like God is moving slowly or not moving at all. But waiting doesn't mean God is absent.

In seasons of waiting we grow in trust, our patience (though tested) is strengthened and our hearts are shaped. What may feel like delay to us is not wasted time in God's hands.

Main Texts

Luke 12:35

35 'Be dressed for action and have your lamps lit; 36 be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. 37 Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. 38 If he comes during the middle of the night, or near dawn, and finds them so, blessed are those slaves.

39 'But know this: if the owner of the house had known at what hour the thief was coming, he[g] would not have let his house be broken into. 40 You also must be ready, for the Son of Man is coming at an unexpected hour.'

Micah 7:7

7 But as for me, I will look to the Lord, I will wait for the God of my salvation; my God will hear me.

"Brain Freeze & Breakthroughs" - Student Questions:

1. How did you feel while waiting for the ice cream truck and what helped you keep waiting?
2. Why do you think waiting can help us grow, even if it doesn't feel good at the time?
3. When you think about Jesus, how do you think He wants to help us when we feel impatient or unsure while we're waiting?

Prayer

Dear Jesus,

Thank you for being with us, even when we have to wait. Sometimes waiting feels hard and we get impatient or unsure. Help us to trust that you are always working, even when we can't see it. Teach us to be patient, hopeful and ready for what you are doing. Give us calm hearts that believe your timing is good. Thank you that you never forget us and that we can always trust you. Amen.

Call To Action

This week, pay attention to areas in your life where you feel like you're "waiting for the ice cream truck" hoping for something but not seeing it happen yet. Instead of growing frustrated, choose to practice patience.

Take time each day to pause and remind yourself that God is still working, even when you can't see movement. Replace anxiety with prayer and trust and if you're feeling stuck in waiting, ask God what He might be developing in you during this season.

Commit to not rushing ahead of God's timing, even when it feels slow.

Pray daily, Lord, help me to be patient while I wait on you, keep my eyes and my heart expectant. When I feel restless or discouraged, remind me that you are still working. Strengthen my heart in the waiting and help me to believe that you are preparing something good. Amen.

Bonus Bites

- ***Psalm 121:1-4***
- ***Psalm 130:5-6***
- ***Isaiah 40:31***
- ***Psalm 27:14***
- ***Lamentations 3:25-26***
- ***James 5:7-8***
- ***Romans 8:24-25***



Tuesday
AUG
11th

Ice Cream Truck Jingle: Responding Faith

Recognizing and Responding to God's Call

Description

When you hear the ice cream truck jingle, you don't ignore it - you recognize it instantly. It grabs your attention and you have a choice: respond or miss it. Sometimes the jingle passes by quickly and if you wait too long, you miss it. Faith works the same way. God is always speaking through His Word, through moments in our lives and quiet nudges in our hearts. The question isn't whether God is calling; it's whether we're listening and willing to respond. Just like the jingle brings excitement and movement, God's voice invites us to step out, draw near and receive something good.

Main Text

John 10:27-29

27 My sheep listen to my voice; I know them, and they follow me. 28 I give them eternal life, and they shall never perish; no one will snatch them out of my hand. 29 My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. 30 I and the Father are one.

"Brain Freeze & Breakthroughs" - Student Questions:

1. What do you do when you hear something exciting, like the ice cream truck jingle? Why do you respond right away?
2. Can you think of a time when you felt a small 'nudge' to do something good? What happened when you listened—or didn't?
3. Why do you think it's sometimes hard to pay attention or respond quickly when we know we should?
4. How do you think Jesus speaks to us or calls us to act and what could it look like to respond with faith?

Prayer

Dear Jesus,

Thank you for always speaking to us and calling us closer to you. Help us to listen carefully, even when it's quiet or hard to notice. Give us hearts that are ready to respond quickly and trust you. When we feel unsure, help us remember that your ways are good. Teach us to follow you with faith and joy. Amen.

Call To Action

This week, practice becoming more attentive to God's voice through scripture, prayer or even a quiet sense of conviction. In the middle of your everyday moments, slow down enough to notice God's voice and the ways He may be prompting your heart. Instead of putting it off or second-guessing... choose to respond.

Don't delay when you sense God leading, whether it's forgiveness, obedience, prayer or a step of change. Ask God each day to make you more aware of His voice and more willing to follow where He leads.

Take time to identify one area where you've been hesitant and commit to taking a step of faith right away.

Pray daily, Lord, help me to recognize your voice above all the noise. Give me a heart that responds quickly and trusts you fully. When you call me to act, give me the courage to move without hesitation. Teach me to follow you with faith and confidence. Amen.

Let your faith be one that doesn't just hear the "jingle," but actually moves toward The One who is calling.

Bonus Bites

- *1 Samuel 3:10 (full call 1-10)*
- *Isaiah 30:21*
- *Revelation 3:20*



Wednesday
AUG
12th

The Pressure of the Line: Choosing with Confidence

**Making Decisions Under Pressure
& Learning to seek God's Guidance**

Description

We've Standing in line at an ice cream truck can feel surprisingly stressful. As you get closer to the front, you realize everyone behind you is waiting. When it's finally your turn, there's pressure to decide quickly, people are watching, the line is growing and you don't want to hold anyone up... so you rush your choice, sometimes picking something without really thinking. Later, you might wish you had chosen differently. Life can feel the same way.

We often face decisions with pressure from the people around us; friends, culture, expectations or the fear of taking too long. In those moments, it's easy to rush, to follow the crowd or to choose what feels easiest instead of what's right. But God doesn't rush us.

While the world pressures quick decisions, God invites us to seek Him, to pause and to choose with wisdom. God cares less about how fast we decide but more about how intentionally we live. We don't have to let the pressure of others determine the direction of our lives. The best choices aren't made in panic, they're made with clarity, trust and guidance from God.

Main Text

1 Corinthians 10:12-13

12 So if you think you are standing, watch out that you do not fall. 13 No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Have you ever felt rushed to make a choice because other people were waiting or watching? What did that feel like?
2. What can happen when we make quick decisions without really thinking or asking for help?
3. Why do you think it's sometimes hard to slow down and choose what's right instead of what's easy?
4. How do you think Jesus Christ can help you make good choices when you feel pressure from others?

Prayer

Dear Jesus,

Thank You that you care about the choices we make. Sometimes we feel rushed or pressured by others and it's hard to know what to do. Help us to slow down, listen to you and choose what is right. Give us courage to make good decisions, even when it's not what others expect. Remind us that we don't have to rush because you are always with us, guiding us. Teach us to trust you and walk in your wisdom every day. Amen.

Call To Action

This week, pay attention to moments where you feel pressure to make quick decisions (whether from people, expectations or from an internal sense of urgency).

Instead of rushing, practice pausing. Take a moment to breathe, pray and invite God into that choice (even if it's brief or seems (unimportant)). Remind yourself that you don't have to decide based on pressure, but on wisdom.

Identify one area of your life where you often feel rushed or influenced by others and commit to slowing down in that space. Trust that taking time to seek God will always lead to better outcomes than reacting to pressure.

Pray daily, Lord, help me not to be controlled by pressure or the expectations of others. Give me the courage to slow down and seek your wisdom in every decision I face. Teach me to trust in your timing and guidance even when (and especially when) I feel rushed. Help me to make choices that honor you, not just ones that please people. Amen.

Bonus Bites

- *Psalm 27:14 (Psalms)*
- *Psalm 37:7a (Psalms)*
- *Habakkuk 2:3*
- *Galatians 1:10*
- *James 1:2-8*
- *Psalm 32:8*



Thursday
AUG
13th

No Money, No Problem

The Free Gift of God's Grace

Description

We've all tried to scrounge up some money from around the house (and let's face it, it's getting harder and harder to come up with a few dollars as change is even disappearing from under car seats and cushions). While we often depend on money to purchase those delicious frozen treats, God's grace is free.

Main Text

Isaiah 55:1-3a - Invitation to the Thirsty

1 "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. 2 Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. 3 Give ear and come to me; listen, that you may live.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Have you ever really wanted something but didn't have the money for it?
2. How did that feel?
3. How is a free gift different from something you have to earn or pay for?
4. Why do you think it can be hard to believe that something really good could be completely free?
5. What do you think it means that Jesus offers us God's love and grace as a free gift?

Prayer

Dear Jesus,

Thank you for loving us and giving us your grace as a free gift. Help us to understand that we don't have to earn your love. Sometimes it's hard to believe something so good could be free. Teach us to receive your grace with thankful hearts. Help us also to show kindness and generosity to others, just like you do. Thank you that your love never runs out. Amen.

Call To Action

This week, take time to notice what you've been "spending" your attention, energy and identity on. Pay attention to the things you're chasing and ask yourself honestly, "Are they truly satisfying or are they leaving me feeling empty?"

Instead of striving to earn what has already been freely given, choose to practice receiving God's grace. Slow down and spend intentional time with Him, not to prove anything, but simply to be with Him. (Mary - Sit in God's presence)

Take a few moments each day to thank God for His love and grace that cannot be earned or bought and allow yourself to rest in that truth. Let go of the pressure to "pay your way" spiritually and step into the freedom of knowing that what God offers is already enough.

Pray daily, Lord, help me to stop striving and start receiving. Teach me to rest in your grace and trust that your love for me is not something I have to earn. When I feel the pressure to prove myself, remind me that you have already called me enough. Amen.

And as you walk through your week, hear the invitation from Isaiah 55, "Come... Listen... and truly live."

Bonus Bites

- *Ephesians 2:8-9*
- *Romans 6:23*
- *Titus 3:4-7*
- *Romans 3:23-24*
- *John 1:16*
- *Hebrews 4:16*



Friday
AUG
14th

Don't Stop at the Wrapper: It's Worth the Effort

Perseverance in Pursuing God

Description

Some ice cream treats can be surprisingly difficult to open. The wrapper doesn't tear easily, your hands get cold, the wrapper slippery and it can feel frustrating trying to get to what's inside. Sometimes it's tempting to give up, rush it (use your teeth) or not even bother. But what's inside is worth it.

In the same way, our spiritual lives can feel like that. Spending time with God, growing in faith doesn't always come easily and there may be moments when it feels inconvenient, frustrating or slow. We don't always see immediate results and it can be tempting to stop trying or settle for less. But what God has for us is worth the effort.

A growing relationship with God often requires persistence. We "press on," not because it's always easy, but because we trust that what's on the other side is good. God isn't hiding from us, He's inviting us to seek, to pursue and to not give up.

Main Texts

Matthew 7:7-11

7 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. 8 For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. 9 Is there anyone among you who, if your child asks for bread, will give a stone? 10 Or if the child asks for a fish, will give a snake? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!

Philippians 3:12-14

12 Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. 13 Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Can you think of something that was hard to start or stick with at first, but was worth it in the end?
2. Why do you think some good things in life take effort or patience to get to?
3. What are some things that can make it tempting to give up when something feels difficult or slow?
4. How do you think staying close to Jesus helps us keep going even when faith feels hard?

Prayer

Dear Jesus,

Thank you that you are worth pursuing even when things feel difficult or slow. Sometimes we feel like giving up when faith takes effort, but help us to keep going. Give us patience, strength and perseverance to stay close to you each day. Remind us that what you are doing in our lives is good and worth it. Help us not to give up, but to keep seeking you with steady hearts. Amen..

Call To Action

This week, identify an area in your spiritual life where you've felt resistance or where it's been easy to give up (whether that's prayer, reading scripture, spending time in worship or consistency in your faith). Instead of stepping back, choose to "press on".

Set a simple, realistic goal and even if it feels small, difficult or inconvenient, stay consistent and don't give up. Remind yourself that what God is building in you is worth the effort, even if you don't see immediate results and in those moments when you feel like stopping, pause and pray for resilience and the strength to persevere.

Pray daily, Lord, help me not to give up when things feel difficult or inconvenient. Give me perseverance to keep seeking you even when it requires effort. Remind me that what you have for me is worth it. Deepen my desire for you and help me trust that every step towards you matters. In times of frustration, keep me diligent in seeking you. Amen.

Bonus Bites

- ***Hebrews 11:6***
- ***Galatians 6:9-10***



Sunday
AUG
16th

Push Pop: Growing Faith

Ongoing and Intentional Spiritual Growth

Description

A push pop isn't eaten all at once, it requires effort. You don't get it all at once but need to keep pushing it up little by little. Faith works the same way. We don't experience everything all at once, instead, we grow step by step as we spend time with God. Each "push" represents daily choices (prayer, trust, obedience, alignment) that bring more of our faith to the surface. And just like a push pop, if you stop pushing, you stop experiencing more.

Main Text

Philippians 3:12-14 - Pressing Towards the Goal

12 Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. 13 Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Have you ever had to keep working at something little by little instead of all at once?
2. What was that like?
3. Why do you think growing in faith doesn't happen instantly?
4. What are some small, everyday choices that can help your faith grow?
5. How do you think Jesus helps us grow step by step over time?

Prayer

Dear Jesus,

Thank you for helping us grow a little bit at a time. Teach us to keep choosing you every day, even in small ways. Help us to pray, trust and follow you as we grow in our faith. When we feel stuck or want to give up, give us strength to keep going. Remind us that you are always working in us, step by step. Amen.

Call To Action

This week, commit to taking intentional “pushes” in your faith each day. Choose simple but steady practices that help you stay connected to God whether that’s in terms of prayer, reading scripture, choosing trust over worry or stepping out in faith in the small, everyday decisions.

Instead of expecting everything to change overnight, focus on faithful movement forward. Remember, growth is often quiet and gradual, so even when it feels slow or unnoticed, trust that God is still at work within you. Let your faith be marked not by perfection, but by persistence, to show up each day and to continue to move toward God.

In fact, take time to identify one specific area where your spiritual life feels stuck or stagnant and choose one intentional step forward in that area this week.

Pray daily, Lord, help me keep pressing forward. Strengthen my faith one step at a time. When I feel tired or discouraged, remind me that you are still working in me and help me to trust and to not to grow weary in the process. Amen.

Bonus Bites

- *Colossians 2:6-7*
- *Philippians 1:3-6*
- *2 Peter 3:18*
- *1 Timothy 6:11-12*
- *2 Thessalonians 1:2-3*
- *Hebrews 12:1-3*



Tuesday
AUG
18th

Watch What It Attracts: Guarding What God Has Given

**Being Aware of Distractions & Influences That Separate
Us from God**

Description

When you're holding ice cream on a warm day, it doesn't just attract people, it often attracts bees or other flying insects. The sweetness draws them in and suddenly something that was meant to be enjoyed becomes distracting, uncomfortable and even a little stressful. Instead of focusing on enjoying the treat, your attention shifts to avoiding what's buzzing around you. In the same way, as we pursue a life with God, there are things that try to crowd in and disrupt it.

Distractions, temptations, doubts, unhealthy influences can "buzz" all around our lives and pull our focus away from what God is doing. What was meant to be life-giving can become overshadowed if we're constantly reacting to everything around us.

God has something good for us (peace, joy, growth and relationship with Him) but the enemy often works through distraction and disruption, trying to keep us from fully experiencing what God has blessed us with so stay aware, stay on your guard and remain focused on Him, even when distractions try to pull us away.

Main Text

1 Peter 5:6-11

6 Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. 7 Cast all your anxiety on him, because he cares for you. 8 Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. 9 Resist him, steadfast in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering. 10 And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. 11 To him be the power for ever and ever. Amen.

"Brain Freeze & Breakthroughs" - Student Questions:

1. What are some things that easily distract you from focusing on what matters most?
2. How do distractions (like noise, pressure, or temptations) change the way you think or act?
3. Why do you think it's important to be aware of what influences are 'pulling' at your attention each day?
4. How do you think Jesus helps us stay focused when distractions try to pull us away?

Prayer

Dear Jesus,

Thank you for the good things you have for us, peace, joy and life with you. Help us to notice the distractions that try to pull our attention away from you. Give us wisdom to choose what is good and strength to stay focused when things around us compete for our hearts. Keep us close to you and help us not to be easily pulled away from what matters most. Amen.

Call To Action

This week, pay attention to what's "buzzing" around your life; distractions, thoughts, habits or influences that pull your focus away from God.

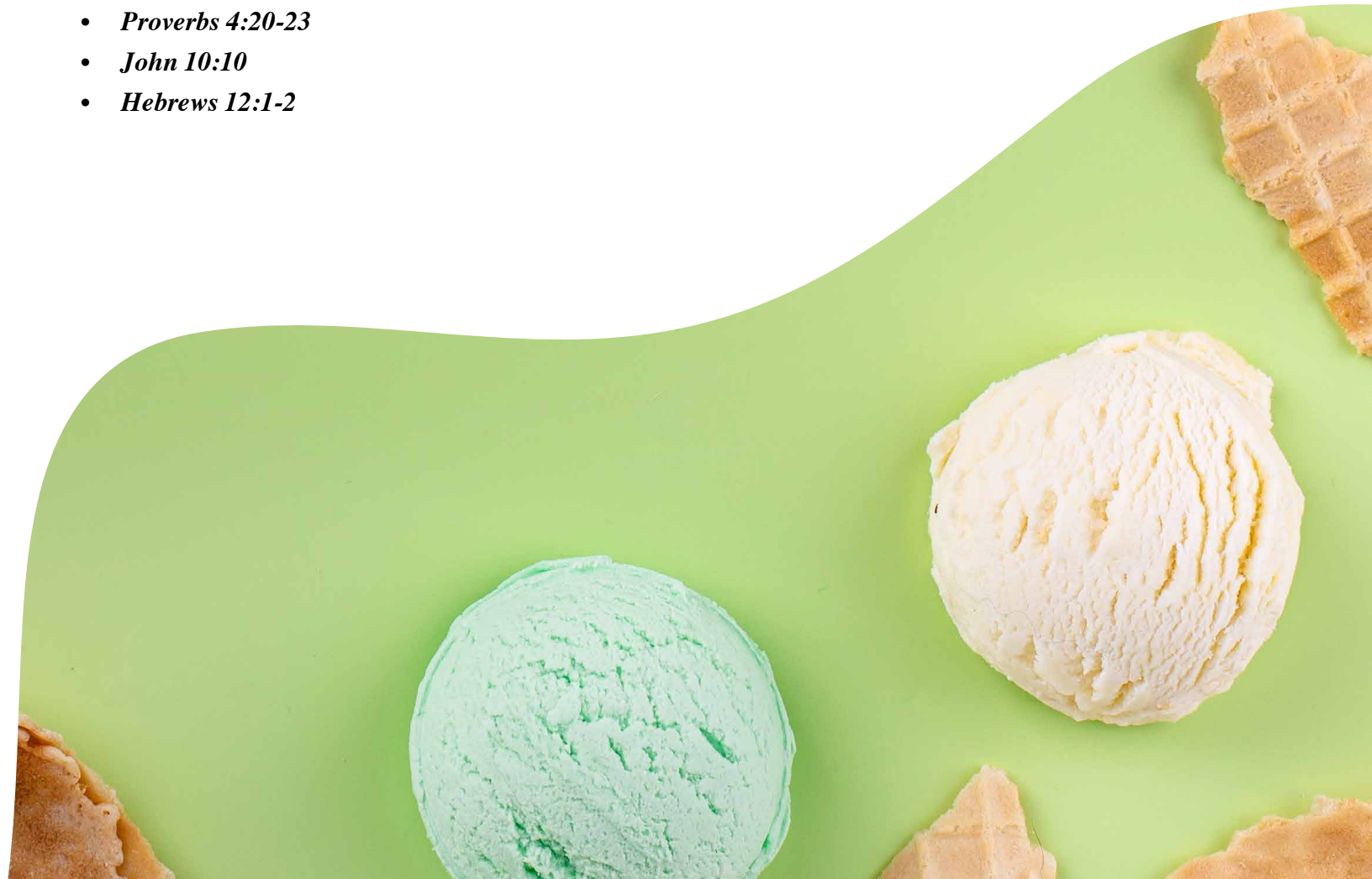
Instead of giving those things all your attention, practice redirecting your focus back to God by creating intentional space each day to connect with God without distraction, even if it's just a few minutes of quiet prayer or scripture.

Identify one specific distraction that tends to pull you away from your faith and take a practical step to limit its influence this week. When you feel overwhelmed or distracted, pause and refocus on God instead of reacting to everything around you.

Pray daily, Lord, help me to stay focused on you in the midst of distraction. Give me awareness to recognize what is trying to pull me away from your truth and your presence. Teach me to guard my heart and mind and not to give attention to things that seek to disrupt what you are doing in my life. Help me to fix my eyes on you so I can fully experience the life you have for me. Amen.

Bonus Bites

- ***Proverbs 4:20-23***
- ***John 10:10***
- ***Hebrews 12:1-2***



Wednesday

**AUG
19th**

Crunch-Coated Bar: Visible Faith

Living Faith Outwardly & Matching Our Inner Life to Our Outward Life

Description

Have you ever gotten something based on how it looked on the outside, a chocolate shell, only to take a bite and find out that the inside didn't taste like it should? The outer shell can certainly look appealing, but what matters most is inside. God isn't impressed by appearances; He cares about the heart. Both the outside and the inside need to be complimentary.

Let's face it, it's easy to look put-together on the outside but God cares most about what's happening in our hearts. Real faith isn't just a "crunchy coating" others see; it's genuine, consistent and alive on the inside. And when the inside is right, the outside naturally follows.

Just like the crunch catches your attention before the first bite, our actions, words and love for others give a visible taste of the faith inside.

Main Text

1 Samuel 16:7

7 But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

"Brain Freeze & Breakthroughs" - Student Questions:

1. Have you ever been surprised when something looked good on the outside but wasn't what you expected inside?
2. What did that teach you?
3. Why do you think it can be easy to look 'good' on the outside but feel different on the inside?
4. What are some ways our actions show what's really in our hearts?
5. How do you think Jesus helps us grow a real, honest faith on the inside?

Prayer

Dear Jesus,

Thank you for caring about what's in our hearts. Help us to have a real and honest faith, not just on the outside but on the inside too. When we try to look good for others, remind us to focus on being right with you. Change our hearts so that our words and actions reflect your love. Help us to live in a way that shows others who you truly are. Amen.

Call To Action

This week, take an honest look at your faith life, both the inside and the out. Invite God to gently reveal any places that don't fully align.

Instead of simply focusing on what others see, focus on what God is shaping within you. Pay attention to areas where love may be missing, where patience has grown thin or where your faith has become more routine than real.

Let your faith move beyond words and into action; becoming something that is not only seen but truly lived. In fact, choose one intentional step this week to bring your inner faith and outer life into greater alignment by actively showing love, especially in a place where it has been lacking.

Pray daily, Lord, make my faith real. Not just something that looks right on the outside, but something that is genuine in my heart. Shape me from the inside out so that my life reflects your love more clearly each day. Amen.

Bonus Bites

- *Matthew 23:27-28*
- *Matthew 5:16*
- *James 2:18*



Thursday
AUG
20th

Popsicle: Refreshing Faith

Spiritual Renewal And Restoration Through A Living Relationship With God

Description

Like a popsicle brings refreshment on a hot day, faith in God is meant to refresh and restore the soul. Even in seasons when life feels draining, mentally, emotionally and spiritually, God invites us into His presence where refreshment can restore what life has worn down.

When we return to Him, God restores peace, renews strength and reminds us that we are not carrying life alone. May God refresh your heart today.

Main Text

Psalm 23:1-3

1 The Lord is my shepherd, I shall not want. 2 He makes me lie down in green pastures; he leads me beside still waters; 3 he restores my soul. He leads me in right paths for his name's sake.

“Brain Freeze & Breakthroughs” - Student Questions:

1. What are some things that make you feel tired or drained?
2. What helps you feel refreshed again, like after a hot day when something cold helps you cool down?
3. Why do you think people sometimes try to keep going when they feel empty instead of resting or getting help?
4. How do you think spending time with Jesus can bring refreshment and strength to your heart and mind?

Prayer

Dear Jesus,

Thank you for caring about us when we feel tired or worn out. Sometimes life feels draining and we forget that we need you. Please refresh our hearts and give us new strength. Help us to come to you when we feel empty and receive your peace. Remind us that we are not alone and that you restore what is broken or tired in us. Amen.

Call To Action

This week, intentionally make space to return to God for refreshment. Don't wait until you feel completely drained or empty but build moments into your day where you pause, slow down and reconnect with God. Set aside a few minutes each day to sit with God (through prayer, scripture or quiet reflection) and allow Him to restore what feels worn down in you. When you feel stress, fatigue or emotional heaviness rising, don't push through it alone but bring it to God right then and there.

Choose one practical way to stay spiritually refreshed this week; it could be starting your day with God, taking a mid-day pause to pray or ending your day by releasing everything back to Him. Better yet... try all three.

Pray daily, "Lord, refresh my heart and renew my strength. Help me stay close to you so I don't run on empty."

Let this week be a reset. Return to The One who restores your soul and fills you with lasting peace.

Bonus Bites

- *Acts 3:19-21*
- *Matthew 11:28-30*



Saturday
AUG
22nd

Brain Freeze

God Meets Us in Moments When We Feel Overwhelmed & Holds Us Steady

Description

Life can hit suddenly! Stress, pressure and fear can feel like a brain freeze that catches us off guard. In those moments it can feel like everything is tightening at once.

But Scripture reminds us that God is not distant when we feel overwhelmed, He is present in it.

In fact, when we feel like we're slipping, Jesus holds us steady. When our minds are crowded with anxiety, Jesus offers peace that settles what we cannot.

God doesn't ask us to handle being overwhelmed alone. He invites us to bring it (whatever "it" may be) to Him and in return, He gives us strength, stability and calm for our souls.

Main Texts

Psalm 94:18-19

18 When I thought, 'My foot is slipping', your steadfast love, O Lord, held me up. 19 When the cares of my heart are many, your consolations cheer my soul.

Psalm 55:22

22 Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

Isaiah 26:3-4

3 Those of steadfast mind you keep in peace—in peace because they trust in you. 4 Trust in the Lord for ever, for in the Lord God you have an everlasting rock.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Can you think of a time when you felt overwhelmed or stressed?
2. What did that feel like in your body or mind?
3. What are some things people try to do when they feel overwhelmed?
4. Do those always help?
5. Why do you think it can be hard to ask for help or slow down in those moments?
6. How do you think Jesus helps us feel calm and steady when everything feels like too much?

Prayer

Dear Jesus,

Thank you for being with us when we feel overwhelmed. When our minds are busy and our hearts feel anxious, help us to come to you. Give us your peace that calms us and helps us feel steady again. Remind us that we don't have to handle everything on our own. Help us to trust you and rest in your presence. Amen.

Call To Action

This week, pay attention to the moments when you feel overwhelmed, stressed or mentally “frozen.” Instead of trying to push through it on your own, pause and bring those moments intentionally to God in prayer. Practice releasing your worries to Him in real time, whether through a simple short prayer, a breath prayer (shout out to Pastor Amelia) or just quietly saying, “God, I give this to you.”

When anxiety begins to rise, choose one truth from scripture and speak it over your situation instead of letting fear lead your thoughts. Verses like Psalm 94:18–19 or Philippians 4:6–7 can help anchor your heart in peace.

Make it a daily practice to hand God what feels too heavy and to trust Him with what you were never meant to carry alone.

Pray daily, Lord, when I feel overwhelmed, teach me to pause and turn to you. Help me release my worries into your hands and replace my fear with your truth. When my mind feels restless, steady my heart with your peace. Amen.

Bonus Bites

- ***Mark 4:35-41***
- ***1 Peter 5:7***
- ***Philippians 4:6-9***
- ***2 Timothy 2:7***



Sunday
AUG
23rd

Cartoon Faces: Not What They Seem

Discernment & Truth vs. Appearance

Description

Cartoon face treats often come in bright, fun packaging that makes them look exciting, friendly and appealing but what you see on the outside isn't always the full story of what's inside. The outside can promise one thing, while the inside may be something different.

In the same way, life can present people, ideas and "promises" that look attractive on the surface but don't always deliver what they claim. Not everything that looks good is good and not everything that shines is truth.

God calls us to look deeper, to seek wisdom and discernment so we are not shaped or misled by appearances. While the world often focuses on what is visible, God is concerned with what is true. He invites us to build our lives on what is real, lasting and trustworthy.

Main Text

Romans 12:2-3

2 Do not be conformed to this world,[c] but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. 3 For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Have you ever seen something that looked really good at first but turned out differently once you got closer to it?
2. Why do you think it's easy to be drawn to things that look exciting or appealing on the outside?
3. What are some ways we can learn to tell the difference between what looks good and what is actually good?
4. How do you think Jesus helps us grow in wisdom and see what is true rather than just what looks good?"

Prayer

Dear Jesus,

Thank you that you are truth and that you guide us in what is real and good. Help us not to be fooled by things that only look good on the outside. Give us wisdom and discernment to make good choices and see clearly. Teach us to build our lives on what is true and lasting in you. Keep our hearts focused on what pleases you rather than what simply looks appealing. Amen.

Call To Action

This week, be intentional about asking for wisdom and discernment before forming opinions, making choices or following influences. Choose to look deeper, valuing truth over image, substance over surface and God's perspective over quick assumptions.

Identify one area where you tend to react quickly (social media, friendships, decisions, first impressions) and commit to slowing down and seeking God first in that space.

Pray daily, Lord, give me discernment beyond what I see on the surface. Help me not to be led by appearances, but by truth. Slow my reactions, guide my thoughts and shape my decisions so they reflect your wisdom. Teach me to value what is real and lasting and to see people and situations the way you do. Amen.

Again, just in case you didn't catch it, "Choose to look deeper, valuing truth over image, substance over surface and God's perspective over quick assumptions."

Bonus Bites

- *1 John 4:1-5 - Testing the Spirits*
- *Colossians 2:6-8*
- *Matthew 7:15-20*



Tuesday
AUG
25th

Snow Cone: Simple Faith

**Faith is Not Complicated: Trusting God with
Simplicity & Confidence**

Description

Like a snow cone that is simple, sweet and refreshing, faith is not meant to be complicated.

In a world that often overthinks and overanalyzes everything, God invites us to come back to simplicity, trusting Him without hesitation or fear. Even when we don't fully understand, we can choose to trust God with a sincere and open heart, knowing He is good, present and faithful.

Main Text

Proverbs 3:5-6

5 Trust in the Lord with all your heart, and do not rely on your own insight. 6 In all your ways acknowledge him, and he will make straight your paths.

"Brain Freeze & Breakthroughs" - Student Questions:

1. What is something simple that you enjoy and why do simple things sometimes feel the best?
2. Why do you think people sometimes make faith more complicated than it needs to be?
3. What does it look like to trust someone even when you don't fully understand what they are doing?
4. How do you think Jesus invites us to trust Him with a simple and open heart?"

Prayer

Dear Jesus,

Thank you that faith in you does not have to be complicated. Help us to trust you with simple, open hearts. When we overthink or worry, remind us that you are good, present and faithful.

Teach us to rest in your love even when we don't understand everything. Help us to walk with you in trust and peace each day. Amen.

Call To Action

This week, choose to simplify your faith. Let go of the pressure to have everything figured out and stop overcomplicating what God has already made clear. Practice trusting God in the small, everyday moments and surrender the things you cannot control.

When you feel the need to overthink or control outcomes, pause and choose trust instead. Remind yourself that faith is not about having all the answers, but about trusting The One who does.

Pray daily, Lord, help me to simplify my faith and trust you more deeply. Teach me to release the need to understand everything and to rest in your goodness. Give me a childlike heart that depends on you in every moment. I choose to trust you fully, even when I don't have all the answers. Amen.

Bonus Bites

- *Matthew 18:1-5*
- *Acts 16:30-31*
- *Romans 10:8-9*
- *Micah 6:8*



Wednesday
AUG
26th

When It Melts: Trusting God in Loss

Navigating Loss & Disappointment

Description

Imagine an ice cream truck with broken refrigeration. What was once frozen, enjoyable and ready to be shared is now melted, messy and unusable. Everything that was meant to bring joy is suddenly ruined. There's no quick fix, you can't refreeze it back to what it was. The loss feels real, visible and final and life can feel like that at times too.

There are moments when something breaks, plans fall apart, relationships change, opportunities disappear or things we deeply valued are suddenly gone. What once felt full of promise now feels like a loss we can't undo and just like melted ice cream, we can't always go back to how things were before. But even in loss God is still present.

While we may not be able to restore what was, God meets us in what is. He doesn't ignore our disappointment or rush us past our grief or pain. Instead, He walks with us through it, offering comfort, peace and the promise that loss is not the end of our story. What feels ruined to us is not beyond God's ability to faithfully carry us forward into what can still be.

Main Text

John 16:32-33 (Peace for the Disciples)

32 The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. 33 I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

"Brain Freeze & Breakthroughs" - Student Questions:

1. Have you ever experienced something not going the way you planned, where it felt like something was 'ruined' or lost?
2. What helped you in that moment?
3. Why do you think loss or disappointment can feel so overwhelming, even when it's part of life?
4. What are some ways people try to cope when things fall apart?
5. Which of those actually help and which don't?
6. How do you think Jesus Christ can be present with us when we are dealing with disappointment or grief?

Prayer

Dear Jesus,

Thank you for being with us even when things fall apart. When we experience loss, disappointment or sadness, help us to remember that we are not alone. Please bring comfort to our hearts and peace to our minds. Walk with us through the things we cannot fix or understand. Help us to trust that even in difficult moments, you are still working in our lives and holding our future. Amen.

Call To Action

This week, take time to honestly reflect on any area of loss in your life (big or small). Instead of pushing it aside or pretending it doesn't matter, bring it before God and allow yourself to acknowledge the myriad of emotions from disappointment, grief or frustration. Remember that God is not distant from those feelings or indifferent, He is present in them.

Choose to invite God into that space of loss and ask Him for comfort, peace and the ability to trust Him with what you cannot fix or restore. If you've been holding onto what was, take a step toward releasing it into God's hands, trusting that He is still writing your story.

Pray daily, Lord, you see what I've lost and how it has affected me. Thank you for being close to me even in this time/season of my life. Help me to trust you with what is and what will be. Bring comfort where I feel pain, peace where I feel unsettled and hope where things feel ruined. Remind me that you are still at work, even in this where brokenness and pain linger. Amen.

Bonus Bites

- ***Romans 8:28***
- ***Psalms 34:18***
- ***Psalms 147:3***
- ***1 Thessalonians 4:13-18***
- ***Deuteronomy 31:8***
- ***Revelation 21:4***
- ***Isaiah 41:10***
- ***Psalms 46:1***



Thursday
AUG
27th

Cartoon Treats: Reflecting Faith

Identity in Christ & Becoming Shaped by What We Focus On

Description

Cartoon face treats are fun because they are designed to reflect familiar characters. Each one reflects a different personality and is shaped with unique expressions, features and traits that make them recognizable. In the same way our lives begin to reflect what we focus on and give our attention, time and heart to.

When we focus on the world, we often wear “faces” that hide who we really are, trying to fit in, impress or meet expectations. But when we focus on Christ, something deeper happens: our true identity begins to emerge. We are no longer shaped by empty promises or shifting opinions, but by the steady truth of who God says we are.

As we walk with Jesus, He reshapes us from the inside out so that our lives begin to reflect His character, love, joy, peace, patience and truth.

Main Text

2 Corinthians 2:3:17-18

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 18 And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

“Brain Freeze & Breakthroughs” - Student Questions:

1. What are some things people your age tend to focus on a lot?
2. How do those things shape how they act or think?
3. Have you ever felt like you had to ‘put on a face’ to fit in or impress others?
4. What was that like?
5. Why do you think what we focus on can slowly change who we become?
6. How do you think focusing on Jesus can help shape your identity in a positive and lasting way?

Prayer

Dear Jesus,

Thank you that you know who we really are and love us completely. Help us not to be shaped by pressure, comparison or the opinions of others. Teach us to focus on you so that our lives can reflect your character. Change us from the inside out so that we grow in love, joy, peace and truth. Help us to remember that our true identity is found in you. Amen.

Call To Action

This week, pay close attention to what is shaping your thoughts, attitudes and identity. Pause regularly and ask yourself, "What am I reflecting right now?"

Be intentional about creating space for God to shape you through prayer, scripture and worship. Let God's truth (not the world around you) define who you are becoming.

Identify any "false faces" you may be wearing, places where you feel pressure to perform, fit in or hide and choose to lay those down. Step confidently into the identity God has already given you in Jesus.

Pray daily, "Lord, help me to see what is shaping my heart and identity. Remove anything in me that is not from you. Teach me to let go of false images and expectations and to walk confidently in your grace. Shape my life so that I reflect your truth, your love and your character in all I do."

Bonus Bites

- *Genesis 1:26-27*
- *Romans 12:1-2*
- *Philippians 2:14-15*



Saturday
AUG
29th

Dropped Ice Cream: More Than Our Mistakes

**Grace Over Failure: We Are Defined by God's Grace,
Not Our Mistakes**

Description

There's nothing more disappointing than dropping your ice cream. One moment you're excited, enjoying something good and the next... it's on the ground! It feels wasted, messy and frustrating. While you can't undo it, you're left dealing with the result and emotions of what just happened. Life can feel the same way.

We often make mistakes, bad choices or react in ways we regret. Sometimes it's small but even small things can carry real consequences. In those moments it's easy to feel like what we've done defines us; that because we "dropped," we've ruined everything. But God's grace tells a different story.

While the consequences are real, they are not the final word over our lives. God doesn't define us by our worst moment, our failure or what we've "dropped" along the way. Instead God meets us with forgiveness, restoration and the invitation to move forward.

Where we see a mess, God sees a moment for grace.

Where we see failure, God offers redemption.

Our story isn't over just because something fell, it's still being re-written by a God who restores.

Main Text

Micah 7:8

8 Do not rejoice over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the Lord will be a light to me.

"Brain Freeze & Breakthroughs" - Student Questions:

1. How do you feel when you make a mistake or something doesn't go the way you planned?
2. Why do you think people sometimes believe their mistakes define who they are?
3. What is the difference between facing consequences and believing you are a 'failure' as a person?
4. How do you think Jesus Christ shows us grace when we mess up or fall short?

Prayer

Dear Jesus,

Thank you that your grace is greater than our mistakes. Sometimes we feel like we've ruined things or let others down, but you remind us that our story is not over. Help us to receive your forgiveness and not define ourselves by our failures. Teach us to trust that you can restore what feels broken and bring hope where we see a mess. Thank you that, in you, we always have a fresh start. Amen.

Call To Action

This week, reflect on an area where you feel like you've "dropped the ice cream" ... a mistake, regret or situation where things didn't go the way you hoped. Instead of replaying it with shame or defining yourself by it, bring it honestly before God. Acknowledge what happened but don't stop there, receive His grace. Choose to believe that your failure is not your identity and not the end of your story.

If there are consequences you need to face, walk through them with God, not in defeat but with trust that He is still working in your life. Pray daily, Lord, thank you that my mistakes do not define me and that your grace does. Help me not to live in shame or regret but to receive your forgiveness and move forward in freedom. Give me the courage to face consequences with trust in you and remind me that I am loved by you and that my story is not over. Restore what feels broken and teach me to walk in your grace every day. Amen.

Bonus Bites

- *Philippians 3:13-14*
- *Romans 8:1*
- *1 John 1:9*
- *Isaiah 57:15*
- *Lamentations 3:22-23*



Sunday
AUG
30th

Drumstick Cone: Faith Filled to the Fullest

Satisfaction & Fulfillment in God Alone

Description

Like a Drumstick cone that has a surprise filling at the bottom, life often leads us to search for satisfaction but leave us empty on the inside. We chase achievements, approval, relationships and experiences, hoping they will satisfy us completely, but they never quite fill the deeper places of the soul. Like a drumstick that has the chocolate at the bottom of the cone, God fills us completely. God's goodness is not shallow or temporary, it goes further than we expect and fills what nothing else can.

Main Text

John 10:7-10

7 So again Jesus said to them, 'Very truly, I tell you, I am the gate for the sheep. 8 All who came before me are thieves and bandits; but the sheep did not listen to them. 9 I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. 10 The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.'

"Brain Freeze & Breakthroughs" - Student Questions:

1. What are some things people chase after hoping they will make them happy or satisfied?
2. Have you ever been excited about something, but found it didn't fully satisfy you in the end? What was that like?
3. Why do you think it's easy to look for satisfaction in things that don't last?
4. How do you think Jesus offers a kind of satisfaction that goes deeper than anything else?

Prayer

Dear Jesus,

Thank you that true satisfaction is found in you alone. We often look for happiness in things that don't last, but you offer something deeper. Help us to turn our hearts toward you when we feel empty or unsatisfied. Fill us with your love and goodness in ways nothing else can. Teach us to trust that you are enough for us. Amen.

Call To Action

This week, take time to reflect on what you are turning to for satisfaction. Pay attention to the “quick fixes / fills” in your life - things that may seem good in the moment but leave you feeling empty afterward.

When you notice those patterns, pause and intentionally return to God instead of reaching for temporary substitutes that often leave a void. Invite God into those moments and ask Him to fill what you’ve been trying to satisfy on your own.

Choose one area where you tend to seek temporary satisfaction and replace it with time in God’s presence through prayer, scripture or quiet reflection.

Pray daily, Lord, show me where I’ve been chasing things that don’t truly satisfy. Help me turn away from temporary fulfillment and return to you. Fill my heart with what only you can give and teach me to desire your presence more than anything else. I don’t just want moments of satisfaction, I want your fullness in my life. Amen

Bonus Bites

- ***Psalm 107:1-9***
- ***Ephesians 3:16-19***
- ***John 15:9-11***



Tuesday
SEP
1st

Cups - Peel Back the Layers: More Than Surface Faith

Going Beyond Surface-Level Faith with God

Description

Peel-off "Italian" ice treats are meant to be experienced layer by layer. You scrape the top with the small wooden stick, slowly working your way deeper to enjoy what's beneath the surface. Sadly, much too often, people stop at the top layer.

In the same way, faith can become something we only engage with on the surface. We might attend church and hear messages but never truly go deeper. Some stay at a shallow level, comfortable with what's easy and visible while others never "open the lid," leaving their faith unexplored and untouched.

God invites us into something deeper than surface-level belief. He calls us to move beyond routine and into a growing relationship with Him. True faith isn't meant to stay shallow, it's meant to be explored, experienced and lived from the inside out.

Main Text

Hebrews 5:12-14

12 For though by this time you ought to be teachers, you need someone to teach you again the basic elements of the oracles of God. You need milk, not solid food; 13 for everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. 14 But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil.

"Brain Freeze & Breakthroughs" - Student Questions:

1. What does it mean to only 'stay on the surface' of something instead of going deeper?
2. Why do you think it can feel easier to keep faith simple or shallow rather than really exploring it?
3. What are some ways people can move from just learning about God to actually knowing Him personally?
4. How do you think Jesus invites us into a deeper relationship with Him rather than just routines or habits?

Prayer

Dear Jesus,

Thank you for inviting us into a real and deep relationship with you. Help us not to stay on the surface of faith or treat it like just a routine. Give us hearts that want to know you more each day. Teach us to grow deeper in trust, love and understanding of who you are. Draw us closer to you and help our faith become alive and meaningful. Amen.

Call To Action

This week, challenge yourself to go beyond surface-level faith. Instead of just “skimming the top,” take intentional steps to grow deeper in your relationship with God.

Set aside focused time each day (even if it's just a few minutes) to read scripture, pray and reflect. Don't rush it, slow down and allow God to speak to you beneath the surface. If you've been distant or haven't “opened the lid,” take a first step. Start simple, open your Bible, talk to God honestly and ask Him to lead you. Identify one area where your faith has been shallow or routine and commit to going deeper in that space this week.

Pray daily, Lord, help me move beyond surface-level faith. Give me a desire to know you more deeply and to seek you with my whole heart. Show me where I've been skimming the surface or holding back. Teach me to slow down, to listen and to grow in ways that are real and lasting. Lead me into a deeper relationship with you and to not be fearful of where I need to grow. Amen.

Bonus Bites

- *1 Peter 2:2-3*
- *Ephesians 4:13-16*
- *James 4:8*



Wednesday

SEP
2nd

Fruit Bar: Not Every Choice is a Good Choice

Being Intentional About Our Choices

Description

Like fruit that develops over time, spiritual growth is not instant but intentional. As we stay connected to Jesus and His will for our lives, He shapes our hearts, renews our thinking and guides the choices we make. Over time, He produces lasting fruit in us that is seen through wise, godly decisions that reflect God's character and bring Him glory in the world.

Main Texts

Philippians 1:9-11

9 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, 10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Colossians 5:22-23 - The Fruit of the Spirit

22 By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, 23 gentleness, and self-control. There is no law against such things.

“Brain Freeze & Breakthroughs” - Student Questions:

1. Can you think of something that takes time to grow, like fruit?
2. Why doesn't it happen right away?
3. What are some choices you make every day that shape who you are becoming?
4. Why do you think being intentional (choosing on purpose) is important for growing in your faith?
5. How do you think Jesus helps guide your decisions so your life shows good 'fruit'?

Prayer

Dear Jesus,

Thank you for helping us grow, even when we don't see it right away. Teach us to make wise and intentional choices each day. Help us to stay close to you so our lives can show your love and goodness. Shape our hearts and guide our decisions so we reflect who you are. May our lives grow good fruit that brings you glory. Amen.

Call To Action

This week, take time to slow down before making decisions and ask a simple but powerful question, “Is this choice producing good fruit in my life or is it leading me away from God?”

Be intentional about what you are “feeding” your mind and heart (what you watch, listen to and spend time on) because those influences shape the fruit that grows in your life.

Choose one area where you will practice better discernment this week. It could be your friendships, your habits, your reactions or your daily choices. Invite God into that space and ask Him to help you choose what is wise and life-giving.

Before acting, pause and pray. Pray daily, Lord, help me choose what reflects you and produces good fruit in my life. Let your decisions this week reflect a heart that is being shaped by Jesus.

Bonus Bites

- *Psalm 1*
- *Colossians 1:9-14*
- *John 15:1-8*



Thursday
SEP
3rd

Premium Bar - Made New: Transformed Into Something Greater

God Transforms Our Lives Into Something New & Better

Description

Premium ice cream bars often take something familiar like a candy bar and transform them into something even more enjoyable as a frozen treat. The original ingredients are still there, but they've been reworked, reshaped and elevated into something richer and more satisfying. (My personal favorite frozen snickers)

In a similar way, God works in our lives.

God doesn't discard us or start from scratch, He takes who we are, our experiences, our stories and even our brokenness and begins a process of transformation. What we bring may feel ordinary, flawed or incomplete, but in His hands, it becomes something new.

God's work in us is about deep, lasting transformation as He seeks to reshape our hearts, renew our minds and forms something more beautiful than what we were before (not by removing our story) but by redeeming it. What we see as "just who we are," God sees as something He can transform into something greater.

Main Text

Ezekiel 36:26-27a

26 A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. 27 I will put my spirit within you.

"Brain Freeze & Breakthroughs" - Student Questions:

1. Can you think of something ordinary that gets transformed into something even better?
2. What changes about it?
3. Why do you think it can be hard to believe that something 'imperfect' can still become something good?
4. What does it mean that God doesn't throw away our story, but works with it instead?
5. How do you think Jesus transforms our hearts and helps us become new from the inside out?

Prayer

Dear Jesus,

Thank you that you don't give up on us or discard our lives when we feel ordinary or broken. Thank you for taking our story and transforming it into something new. Please renew our hearts and minds so we can become more like you. Help us to trust your work in us, even when we don't fully see the change yet. Shape us into who you created us to be. Amen.

Call To Action

This week, reflect on areas of your life where you feel stuck, ordinary or even broken. Instead of seeing those places as limitations, begin to view them as opportunities for God to transform you.

Invite Him into those areas intentionally and ask Him to not just fix what's wrong, but to transform it. Remember, transformation doesn't always happen instantly so be patient with the process as God works. In order to partner with God in what He seeks to do in your life, identify one area where you want to see growth and take a small step this week (whether it's prayer, time in scripture or changing a habit, pattern, attitude).

Pray daily, Lord, thank you that you are a God who transforms. Take every part of my life, my strengths, my weaknesses, my past and reshape/mold them into something that reflects you. Renew my mind, change my heart and help me trust your process, even when I don't see immediate results or understand fully. Make my life into something greater for your purpose and your glory. Amen.

Bonus Bites

- *2 Corinthians 5:17*
- *Ephesians 4:22-24*
- *Revelation 21:5*



Saturday
SEP
5th

Ice Cream Sandwiches - Held Together: More Than What You See

God Holds All Parts of Our Lives Together

Description

An ice cream sandwich is a mix of very different parts, soft cookies on the outside and cold ice cream in the middle. On their own, each part is good, but together they create something complete. While it's not always neat, the ice cream can melt, the cookies can crumble and it can get messy, somehow it still holds together. Our lives can feel the same way.

We often feel like a mix of different pieces (strengths and weaknesses, faith and doubt, joy and struggle). Sometimes those parts don't feel like they fit neatly together and we can feel unsure of how everything in our lives connects. But God sees the whole picture.

He isn't put off by the different parts of who we are. He doesn't expect us to have everything perfectly together. Instead, He holds us together, working through every part of our lives (even the messy or confusing ones) to shape something meaningful and complete. Where we see scattered pieces, God sees something He is faithfully holding and forming.

Main Text

Colossians 1:15-17

15 He is the image of the invisible God, the firstborn of all creation; 16 for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. 17 He himself is before all things, and in him all things hold together.

“Brain Freeze & Breakthroughs” - Student Questions:

1. What are some different 'parts' of who you are (like strengths, struggles, joys, or doubts) that sometimes feel hard to hold together?
2. Why do you think it can feel confusing when life doesn't feel neat or consistent?
3. What helps you when you feel like things in your life are a bit messy or pulled in different directions?
4. How do you think Jesus holds our lives together, even when we feel scattered or uncertain?

Prayer

Dear Jesus,

Thank you for seeing all parts of our lives and still love us completely. When we feel messy, confused or pulled in different directions, help us to trust that you are holding us together. Remind us that we don't need to be perfect or have everything figured out for you to be at work in us. Shape our lives in your hands and bring unity, peace and purpose to who we are becoming. Thank you that nothing in our lives is wasted in your care. Amen.

Call To Action

This week, reflect on the different parts of your life (especially the ones that feel messy or hard to understand). Instead of trying to hide or fix everything at once, bring those areas honestly before God and trust that He is not overwhelmed by them.

Take a moment each day to pause and acknowledge God's presence in every part of your life, not just the parts that feel "put together" and where you may feel scattered or unsure, remind yourself that God is holding you together - even when you don't feel it.

Pray daily, Lord, thank you that you hold every part of my life together. When I feel messy or unsure, remind me that you are still at work in me. Help me to trust you with every part of who I am, my strengths and my struggles. Bring unity, purpose and peace into my life and teach me to rest in the fact that you are holding me together. Amen.

Bonus Bites

- *Philippians 2:12-13*
- *2 Corinthians 12:8-10*
- *Psalms 139:13-18*



Saturday
SEP
6th

Bubble Gum Bar – Think Before You Bite: Walking with Spiritual Awareness

**Living with Awareness in What We Allow as to
Not Hinder Our faith**

Description

A frozen gumball looks harmless at first glance, bright, sweet and inviting, but if you bite into it too quickly, it can catch you off guard. In the same way, not everything in life is meant to be taken in without thought. Some things we engage in, habits, influences, conversations, media or decisions can impact us more than we realize.

Spiritual awareness is learning to slow down before we simply “bite in.” It’s asking God for discernment so we don’t rush into things that could affect our hearts, our peace or our walk with Him.

God calls us to be attentive to what we allow into our lives and intentional about what we consume; to live with wisdom, not impulse.

Main Text

Proverbs 4:20- 27

20 My child, be attentive to my words; incline your ear to my sayings. 21 Do not let them escape from your sight; keep them within your heart. 22 For they are life to those who find them, and healing to all their flesh. 23 Keep your heart with all vigilance, for from it flow the springs of life. 24 Put away from you crooked speech, and put devious talk far from you. 25 Let your eyes look directly forwards, and your gaze be straight before you. 26 Keep straight the path of your feet, and all your ways will be sure. 27 Do not swerve to the right or to the left; turn your foot away from evil.

“Brain Freeze & Breakthroughs” - Student Questions:

1. What are some things (like media, conversations, or habits) that can influence how you think or feel each day?
2. Why do you think it’s important to slow down before we decide what we ‘take in’ or pay attention to?
3. Can you think of a time when rushing into something didn’t turn out the way you expected?
4. How do you think Jesus Christ helps us grow in wisdom and make thoughtful choices about what we allow into our lives?

Prayer

Dear Jesus,

Thank you for caring about every part of our lives, including what we allow into our hearts and minds. Help us to slow down and not act on impulse, but to seek your wisdom in our choices. Give us discernment to recognize what is good and what is not helpful for us. Guide us to live in a way that protects our peace and keeps us close to you. Teach us to walk with intention and wisdom each day. Amen.

Call To Action

This week, pay attention to what you are “biting into” spiritually, habits, thoughts, media, conversations or influences that may not be as harmless as they first appear. Instead of reacting quickly or engaging without thought, slow down and invite God into your decision making.

Take time each day to pause and ask, “Is this something I should be engaging with right now or is God calling me to step back and discern first?”

Identify one area where you tend to act or consume without thinking and choose one intentional step to slow down and create space for wisdom and awareness.

Pray daily, Lord, help me to be aware of what I allow into my heart and mind. Give me discernment to slow down before I act or react so I do not move too quickly or carelessly. Grant me wisdom to choose what strengthens my faith and to walk with discernment in every decision. Teach me to guard my heart and stay close to You, so that what I engage with builds my faith rather than weakens it. Amen.

Bonus Bites

- *James 1:5*
- *1 John 4:1*
- *1 Thessalonians 5:19-22*





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