

DAY 1

READ:

Together as a family, read through Isaiah 55:1

Do you ever get hungry? I know I do! I love to have a delicious snack like grapes, white cheddar Cheez-It's, or even ice cream!

Did you know that while we can fill our tummies with food, God can give us something even better? God fills our hearts and souls with what we really need! Jesus says, "I am the bread of life. Whoever comes to me will never be hungry or thirsty" (John 6:35). When Jesus says He is the bread of life, He means that He gives us something even more important than food.

Just like bread fills our tummies and gives us energy, Jesus fills our hearts and souls and gives us everything we really need. After all, Food can make our bodies full for a little while, but we always get hungry again. Jesus gives us joy, peace, love, and hope that never runs out!

Even heroes in the Bible felt tired, scared, or hungry. In 1 Kings 19:3-8, Elijah ran from Queen Jezebel and wanted to give up, but God sent an angel with food and water to strengthen him. God cares about our needs, big and small! When we trust and follow Jesus, He helps us feel safe, happy, and strong on the inside, even when life is hard.

DISCUSS:

1. What are some ways we can "feed" our hearts with God?
2. Elijah was tired and scared, but God helped him! What do you need from God today to help you on your own journey?

PRAY:

"Dear God, thank you for always knowing what I need. Thank you for taking care of me & filling my heart with your love. Please give me the strength to follow you every day. Amen."