

## THRIVE AT HOME – August 24<sup>th</sup>

### Monday – When Is My Soul Home? – 3 John 1:2

With three small kids, multitasking isn't my strength. When Chelsea got sick, I had to step up and do things I usually avoided—laundry, dishes, and kid chaos. At first it was awkward and uncomfortable, but slowly I learned to do what I never thought I could. Most of us avoid things that feel awkward, and that includes looking honestly at the state of our souls. But God wants us to experience joy, peace, and hope inside, not just comfort outside. That requires courage to ask hard questions about our motives, fears, and needs. John wrote that God desires our souls to be healthy and whole. True wellbeing begins inside, and God will help us face what needs healing.

**Respond:** Why do you think people often wait until their souls are in crisis before they think about them? Do you do this?

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### Tuesday – What Makes My Soul Healthy? – Matthew 11:28–29

My dad was passionate about golf and always told people, "You're too busy not to golf." He meant that if you don't make time for rest, your schedule is broken. In the same way, our souls desperately need rhythms of rest and refreshment. Work and hard seasons come, but a lifestyle without rest drains us. Rest means trusting God to work even while we sleep. It means remembering He is in control and we are not. Jesus is the only source of real rest, not just for our bodies but for our souls. He invites us, "Come to me...and you will find rest for your souls."

**Respond:** What do you do to unwind and rest, and how often? What does it mean to you that Jesus is the source of true rest?

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### Wednesday – Why Does My Soul Have Hope? – Hebrews 6:18–20

Birthday wishes may feel magical, but they don't actually make dreams come true. Hope can seem like that—good in theory but powerless to change anything. Real hope must be anchored to something strong, not just our emotions or plans. If hope is only wishful thinking, it fails when life gets hard. But hope in Jesus is secure and steadfast. He is an anchor for our souls when everything else is unstable. Unlike fleeting wishes, Jesus never fails and our hope in Him is never misplaced. That's why followers of Jesus are people of unshakable hope.

**Respond:** Have you ever felt hopeless? How does that affect your soul, especially if it lasts a long time? Why is Jesus the best source of hope for our souls?

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### Thursday – What Does My Soul Hold On To? – Isaiah 30:15

Once on a terrifying flight, the turbulence shook everything and left passengers panicked. In that helpless moment, I realized how much we all cling to control for security. But control is an illusion, and self-reliance eventually fails. My peace came not from control, but from knowing God holds my life. Our souls find rest not in guarantees but in trust. Isaiah reminds us that salvation and strength are found in returning to God and

resting in Him. Even when circumstances shake, we can be stable inside. What our souls hold onto will determine if we live in fear or peace.

**Respond:** How do you feel or react when you are out of control in an area of your life? What can you surrender today?

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## Friday – How Is My Soul Helped? – Proverbs 3:5–6

I once bought an ATV thinking it was a “cool golf cart,” but learned it was built for rough terrain. It worked best not on smooth streets but in dirt and bumps. Faith works the same way—it isn’t meant to keep us safe and comfortable. Jesus designed our souls for adventure, for trust in the unknown. When we surrender control, we discover God is faithful to guide us. True security doesn’t come from safety, but from trusting Him fully. Proverbs says to trust God with all your heart and let Him direct your paths. Your soul was built for adventure with Jesus, not just playing it safe.

**Respond:** Is it hard for you to surrender your life to God? How does surrender actually help your soul be more secure?

Family Devotionals based off of last Sunday’s Kids theme

### LED BY GOD & WONDERFULLY MADE

*Unpack this past Sunday’s Next Gen lesson at home to help your kids grow in their faith this summer!  
Great for the breakfast table or a fun time before bed!*



**Monday – Holy Spirit Is My Helper - John 14:16 – “He will give you another Helper to be with you forever.”**

Younger: Play “Follow the Leader” outside. The leader calls silly moves (hop, spin, crawl). Remind kids: Holy Spirit helps us follow God!

Older: Share or write one thing that feels hard right now. After you share, pray: “Holy Spirit, help me in this.”



**Tuesday – Holy Spirit Guides Me - John 16:13 – “When the Spirit of truth comes, He will guide you into all truth.”**

Younger & Older: Go on a short family walk. Each person points out something in creation and says how it reminds them of God.



**Wednesday – Holy Spirit Speaks to Me - John 14:17 – “The Spirit... lives with you and will be in you.”**

Younger: Play “Whisper Tag.” Whisper kind words (like “Jesus loves you”) around the circle. Holy Spirit often speaks quietly!

Older: Find a quiet spot outside. Sit for 2 minutes (set a timer!), ask God what’s one thing He loves about you and write or draw your answer. Share if you’d like. Note: God’s voice is encouraging!



**Thursday – Holy Spirit Gives Me Courage - Acts 1:8 – “You will receive power when the Holy Spirit comes on you.”**

Younger: Sidewalk chalk or paper flames—draw a flame and write “God makes me brave!”

Older: Think of one brave thing you could do to love someone today and do it (encourage a friend, invite someone to Thrive). Share what you did at the end of the day!



**DAY 5 – Holy Spirit Goes With Me Everywhere - John 14:17 – “You know Him, for He lives with you and will be in you.”**

Younger: Trace your foot on paper, cut it out and decorate it. Write on the paper - “God goes with me!”

Older: Pick 3 places (like “soccer field,” “kitchen,” or “vacation spot”) and share how you noticed God’s leading or love there. Write them in chalk on the driveway or sidewalk to make a path. End with prayer: “Holy Spirit, guide me into the new season!”

**COME TO THRIVE THIS SUNDAY! WE’RE CONTINUING OUR WONDERFULLY MADE SERIES WITH FUN, FRIENDS, AND MORE!**