

Devotion: Many of us have gone too long in the day without giving our body the water it needs to work right and keep healthy. We go on and on and before we know it our mouth feels like cotton and our lips are dry and chapped, maybe even cracked and bleeding. These are all signs of dehydration – a lack of water. Like our physical bodies, our spirit can become the same way when we don't spend time with God drinking in the Living Water of His word (the Bible), or soaking in a time of prayer with Him. There is no one who can revive and refresh thirsting spirit except God. With every drink or bite to eat today thank and praise God for giving us everything our body and spirit need. Drink in God's word and don't let yourself, or your spirit, become dehydrated.

Refreshment



Start

Finish

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat!"
Isaiah 55:1

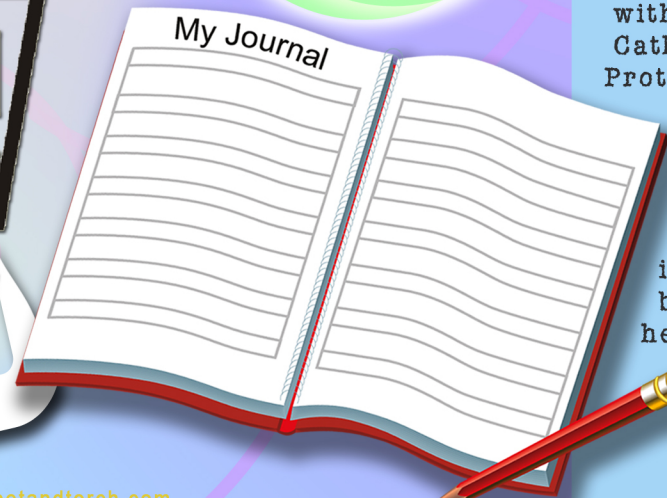
A Refreshing Cherry Smoothie

Ingredients:

- 1 Very ripe banana, peeled
- 1 Cup frozen unsweetened tart cherries
- 1 Cup skim milk

Place banana, frozen cherries and milk into an electric blender, being sure you get help from Mom or Dad; puree until smooth. Can also add some ice to the recipe for Chill factor. Serve immediately.

Record in your journal your favorite thing you did, or saw, or ate today. Write down someone you would like to pray for.



Children of Argentina

Argentina is a country in the southern part of South America. If you were growing up in Argentina you would eat foods like Milanesas (veal fried in breadcrumbs), Chorizo (sausage links), galleta criolla (bread rolls), fresh vegetables from the market, and a tea made from green leaves and hot water, called mate. Argentina is a predominantly Christian country, with many Roman Catholics and Protestants. Pray our brothers and sisters will fill themselves with God's word to satisfy any thirst in their spirit and be strong and healthy living testimonies of our Savior, Jesus Christ.