

## LEARNING GOD'S STORY

October 4, 2025

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Hebrews 5:11-14

### Memory Verse

<sup>14</sup> Solid food is for mature people who have been trained to know right from wrong.

Hebrews 5: 14



# CASEY'S DAY

written by Ron Vandenburg  
illustrated by Chad Thompson



Some days, Paul didn't feel like working out. He had to wake up early before school to exercise, and sometimes, his warm, cozy bed seemed way more inviting than running on a treadmill! But over time, something cool happened—he noticed he wasn't out of breath after climbing stairs, and lifting heavy things got easier.

The Bible talks about **growing in our faith** the same way we grow stronger physically. Hebrews 5:12 says that learning about God is like drinking milk for babies—it helps us grow! But just like muscles need exercise, our faith needs practice too.

So, how do we "train" spiritually? We **pray, read the Bible, go to church, and serve others**. These habits help us become stronger followers of Jesus, who can tell right from wrong.

Just like setting workout goals, you can set **spiritual goals** too! Maybe it's reading a short Bible verse each morning, praying before bed, or talking about Jesus at dinner with your family. The more you do it, the more natural it becomes!

## Prayer

Dear God, thank you for giving us chances every day to grow in our faith. Help us take time to read the Bible, pray, and listen to you. Make us stronger in our love for you! Amen.

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*written by Ron VandenBurg*

<https://kidscorner.net/devotions/learning-gods-story>

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