

GAINS

07/12/26

How do you make gains _____.

Gains simple means _____ growth from _____

Matthew 3: ____-____ / Matthew 4: ____-____

1 Corinthians 10: _____

God allowed _____ into a _____ place.

_____ grows when _____ increases.

The _____ doesn't _____ fairly.

Ephesians 2: ____ / 1 Corin. 10: ____ / Matt 16: ____

Strength isn't _____, it is through _____.

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Reflection during the week...

1. When temptation, discouragement, or difficulty comes into my life, what do I naturally turn to first for strength or comfort instead of God's Word?
2. If someone looked at my daily habits, would they conclude that I am training my body more than I am training my soul? What does that reveal about my priorities?
3. What truth from Scripture do I need to begin hiding in my heart right now because it speaks directly to a struggle, temptation, fear, or lie I regularly face?
4. What is one specific step I can take this week to consistently feed my soul with God's Word so that I will be prepared before the next temptation or trial comes?



Join Delmarva Adult & Teen Challenge For Our
CRAB FEAST
& WATERMELON EXTRAVAGANZA
— at Trap Pond State Park —

Save the Date and Join Us for a Family Fun Event to Benefit DATC!



Sponsorships & Tickets available at:
delmarvateenchallenge.org

SATURDAY, AUGUST 22ND @ 3PM

CYPRESS POINT @ TRAP POND STATE PARK
33587 BALDCYPRESS LANE, LAUREL, DE

Gethsemane Church has reserved two tables. If you are interested in being chosen to attend at NO COST with Pastor Jordan & Amanda, please sign up in pairs at the Garden Center. We will randomly select pairs to fill the 14 seats.



FAITH AND FAMILY
Night

FRIDAY
AUGUST 14 @ 7:05pm

Cost with group rate: **\$11**
***includes postgame fireworks**

Sign up via SignUpGenius if
interested or contact Jodi Yi.

NO PAYMENTS AT THIS TIME, JUST SEEKING HEADCOUNT.



Reflection during the week...

1. In what areas of my life am I pulling toward my own preferences, opinions, hurts, or comfort instead of pulling toward Jesus?
2. If someone looked at my daily habits, would they conclude that I am training my body more than I am training my soul? What does that reveal about my priorities?
3. What truth from Scripture do I need to begin hiding in my heart right now because it speaks directly to a struggle, temptation, fear, or lie I regularly face?
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