

DA YUM YUMS

yum yum!

SOUL FOOD

EAT IT UP

No matter what life serves you, you can be certain that God won't put any more on your plate than what you can handle, even in YOUR neighborhood. Sometimes that seems hard to swallow, especially when you come from a less than perfect home. You might live with a drug addict. You might not know your father. Or maybe your guardian takes his or her stresses out on you.

But did you know that you're not alone?

Almost one in five white children, almost one in three Hispanic, and more than half of all Afro-Americans live with a single parent or guardian. But no matter what life serves you, Jesus Christ can help you handle it. And the first step is to eat a steady diet of soul food. That way, you'll have SPIRITUAL MUSCLE when you need it.

WORD! *Like newborn babes, long for the pure milk of the Word, that by it you may grow STRONG in respect to salvation, if you have tasted the kindness of the Lord. 1 Peter 2:2-3*

CHOW DOWN

Okay. So you want to spend more time in the word. But where do you start? Try this 3 Course Meal: Start with an appetizer of Proverbs, a taste of Psalms, and a main course of the Bread of Life.

Check today's date and read that chapter of Proverbs.

Read five fast-moving chapters of Psalms.

Nibble on the Bread of Life (the words of Christ). Your Bible might mark Jesus' words with red type. If not, just DEVOUR the chapters of Matthew, Mark, Luke, and John one chapter at a time.

BETTER EAT YOUR WHEATIES

If you want to build up some spiritual muscle, check out these passages and write them down. They'll help you keep growing strong and they don't need sugar coating:

1 Peter 1:13

2 Thessalonians 2:16-17

1 Corinthians 10:13

IF LIFE'S A BOWL OF CHERRIES...then why do you always get the pits?

Write down three things about your home life that you wish you could change. But don't stop there. Take five each day to pray about these things.

- 1.
- 2.
- 3.

MMM MMM GOOD

Okay, take five to write down three ways God has blessed you (yes, YOU!).

- 1.
- 2.
- 3.

CHALLENGES

What two challenges did your leader give you this week?

- 1.
- 2.



This free sample is one of many lessons from the SLAM! (Simple, Life-Changing, Applicable, Messages) series for Urban Youth Ministry. Order them today at TastyFaith.com Creating a Craving for Christ with Urban Youth. Call Us--We Don't Bite! 773 929 8217



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EXTRA: WHAT'S ON YOUR PLATE?

Be real. This is between you and God. Just what is on your plate? What things are you having a tough time dealing with? What situations are a real 911? Take time to evaluate what's going DOWN in your life then send your requests UP in prayer.

On a scale from 1 to 10, 1 being stale and 10 being fresh, how are the following things on your plate?

	stale	fresh
My relationship with Christ	1 2 3 4 5 6 7 8 9 10	
My relationship with my parent or guardian	1 2 3 4 5 6 7 8 9 10	
The time I spend digging in the Word	1 2 3 4 5 6 7 8 9 10	
Things overall at home	1 2 3 4 5 6 7 8 9 10	
Things at school	1 2 3 4 5 6 7 8 9 10	
Strength to deal with the pressures on the street	1 2 3 4 5 6 7 8 9 10	
Willpower to overcome secret sins	1 2 3 4 5 6 7 8 9 10	
My overall attitude about life	1 2 3 4 5 6 7 8 9 10	

FEED YO' FACE

Romans 8:38-39 reminds us that when we are facing tough times, nothing can separate us from the love of God. Take time to look up the passage then think about a tough time you went through. How did God help you through it?

FAMILY STYLE FIXINS

Think of what your parent or guardian is going through right now. What thing or things can you pray about in their life?

WHAT'S GOIN' DOWN

It's a good idea to keep track of what's goin' on in your life, from things at home to things in your head. Take five to jot them down.

DA GOOD

DA BAD

AND DA UGLY

