



Summer

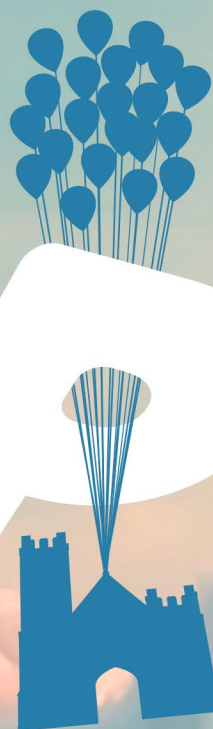
IN THE *City* WITH ATLANTA FIRST
UNITED METHODIST CHURCH



**The Gospel in
Disney-Pixar's**

UP

**Faith that
Lifts Us**



At-Home Devotional Guide



The Gospel in Disney-Pixar's *UP*: Faith that Lifts Us

June 2026
A Companion Devotional
for the Worship Series

Sometimes life feels heavy.

Dreams change. Plans unravel. Grief lingers. Fear settles in.

And yet the Gospel keeps inviting us higher.

Throughout this series inspired by Disney/Pixar's *Up*, we are journeying with Abraham and Sarah, Carl and Russell, and all the ways God calls ordinary people into courage, compassion, release, and hope.

This devotional is designed to help you continue the journey after Sunday worship. Each weekday includes:

- * a scripture
- * a brief reflection
- * a simple spiritual practice or question
- * a prayer

Saturday and Sunday are intentionally left open as Sabbath space for:

- * worship
- * rest
- * family
- * joy
- * reflection

The goal is not perfection.

The goal is presence.

WEEK 1 – CALLED HIGHER: A SPIRIT OF ADVENTURE

June 8 - 12, 2026

Theme: Trusting God with the Unknown

Sunday Worship Scripture – Genesis 12:1-9 (New Living Translation)

The Lord had said to Abram, "Leave your native country, your relatives, and your father's family, and go to the land that I will show you. I will make you into a great nation. I will bless you and make you famous, and you will be a blessing to others. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you."

So Abram departed as the Lord had instructed, and Lot went with him. Abram was seventy-five years old when he left Haran. He took his wife, Sarah, his nephew Lot, and all his wealth—his livestock and all the people he had taken into his household at Haran—and headed for the land of Canaan. When they arrived in Canaan, Abram traveled through the land as far as Shechem. There he set up camp beside the oak of Moreh. At that time, the area was inhabited by Canaanites.

Then the Lord appeared to Abram and said, "I will give this land to your descendants." And Abram built an altar there and dedicated it to the Lord, who had appeared to him. After that, Abram traveled south and set up camp in the hill country, with Bethel to the west and Ai to the east. There he built another altar and dedicated it to the Lord, and he worshiped the Lord. Then Abram continued traveling south by stages toward the Negev.



Weekly Psalm – Psalm 33:1-12 (NLT)

Let the godly sing for joy to the Lord; it is fitting for the pure to praise him. Praise the Lord with melodies on the lyre; make music for him on the ten-stringed harp. Sing a new song of praise to him; play skillfully on the harp, and sing with joy. For the word of the Lord holds true, and we can trust everything he does. He loves whatever is just and good; the unfailing love of the Lord fills the earth.

The Lord merely spoke, and the heavens were created. He breathed the word, and all the stars were born. He assigned the sea its boundaries and locked the oceans in vast reservoirs. Let the whole world fear the Lord, and let everyone stand in awe of him. For when he spoke, the world began! It appeared at his command.

The Lord frustrates the plans of the nations and thwarts all their schemes. But the Lord's plans stand firm forever; his intentions can never be shaken.

What joy for the nation whose God is the Lord, whose people he has chosen as his inheritance.

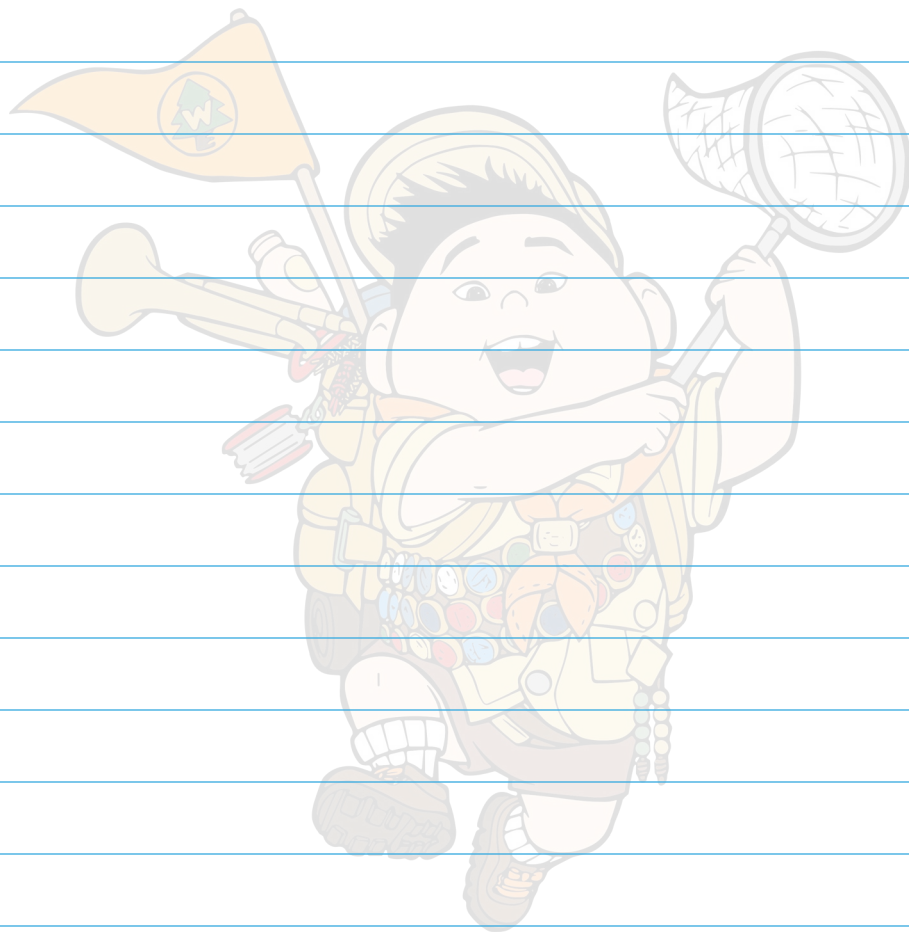
Prayer for the Week

Dear Lord,
Call us beyond what is familiar and enable us to follow in faith.
Lift us beyond fear as we trust the One who leads us.
Come, Holy Spirit, let us worship the God of holy adventure.
In Jesus' Name we pray, Amen.

Focus

God calls us beyond fear and familiarity into holy adventure. Faith begins with trusting God enough to move. Faith is not always about having a map. Sometimes it is simply trusting God enough to take the next step.

SERMON NOTES AND REFLECTIONS



MONDAY – GO

Scripture - Genesis 12:1

"Go from your country... to the land that I will show you."

Focus

God calls us beyond fear and familiarity into holy adventure. Faith begins with trusting God enough to move. Faith is not always about having a map. Sometimes it is simply trusting God enough to take the next step.

Reflection

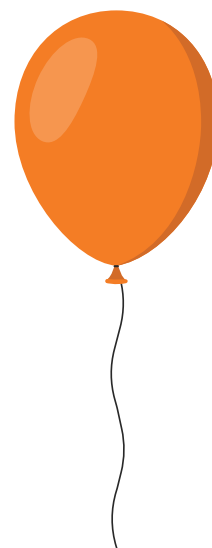
Abram receives almost no details from God – only an invitation. That is often how faith works. We want guarantees. God offers presence. Carl lifts the house before he fully knows where the journey will lead. Abram leaves home before he can see the destination. Faith is not certainty. Faith is movement.

Practice

What is one small next step God may be inviting you to take? Write it down.

Prayer

God of holy adventure, help me trust You even when I cannot see the whole path ahead. Amen.



TUESDAY – COURAGE

Scripture - Psalm 33:4

"For the word of the Lord is upright..."

Focus

God calls us beyond fear and familiarity into holy adventure. Faith begins with trusting God enough to move. Faith is not always about having a map. Sometimes it is simply trusting God enough to take the next step.

Reflection

Courage is not the absence of fear. Courage is trusting God enough to move anyway. Sometimes the bravest thing we do is:

- | | | |
|-----------------|-----------------|----------------|
| * make the call | * start again | * ask for help |
| * forgive | * begin healing | * say yes |

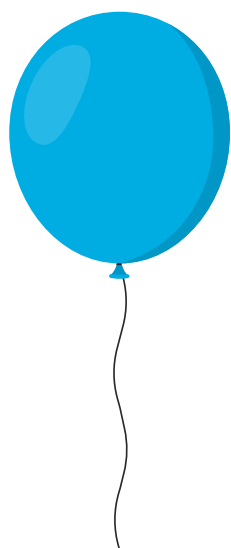
Practice

Name one fear that has been keeping you grounded.

Ask: "What might happen if I trusted God more than this fear?"

Prayer

God, lift me beyond fear and into deeper trust. Amen.



WEDNESDAY – LIGHTEN THE LOAD

Scripture - Hebrews 12:1

"Lay aside every weight..."

Focus

God calls us beyond fear and familiarity into holy adventure. Faith begins with trusting God enough to move. Faith is not always about having a map. Sometimes it is simply trusting God enough to take the next step.

Reflection

The house in Up only rises when enough balloons lift it. But eventually Carl realizes some things must be released if he wants to keep moving forward. Some burdens belong to us. Others were never ours to carry.

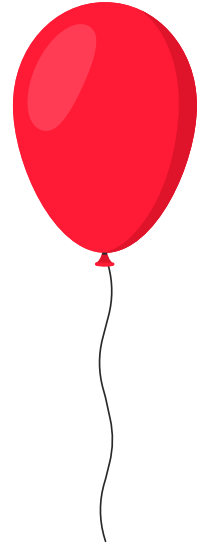
Practice

Take five minutes to reflect:

- * What emotional weight am I carrying?
- * What might God be inviting me to release?

Prayer

God, help me release what keeps me from fully living. Amen.



THURSDAY – THE SKY IS STILL OPEN

Scripture - Psalm 33:5

"The earth is full of the steadfast love of the Lord."

Focus

God calls us beyond fear and familiarity into holy adventure. Faith begins with trusting God enough to move. Faith is not always about having a map. Sometimes it is simply trusting God enough to take the next step.

Reflection

Sometimes disappointment narrows our vision. Grief can make us believe:

- * joy is over
- * possibility is gone
- * life has passed us by

But God keeps reminding us: The sky is still open.

There is still beauty. Still purpose. Still wonder ahead.

Practice

Spend time outdoors today if possible. Notice:

- * the sky
- * the wind
- * light
- * movement
- * beauty

Let creation remind you that God is still present.

Prayer

Open my eyes to hope I have stopped noticing, O God. Amen.



FRIDAY – NEW BEGINNINGS

Scripture - Isaiah 43:19

"I am about to do a new thing..."

Focus

God calls us beyond fear and familiarity into holy adventure. Faith begins with trusting God enough to move. Faith is not always about having a map. Sometimes it is simply trusting God enough to take the next step.

Reflection

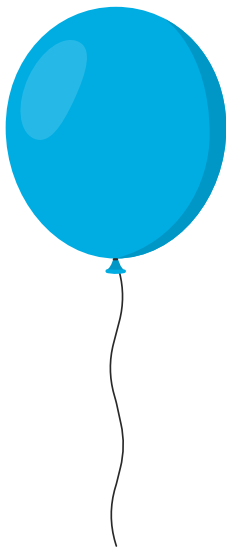
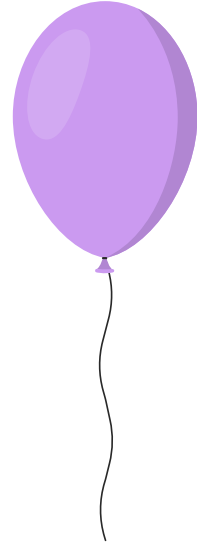
God specializes in new beginnings. Not because the past did not matter – but because the future still does. Ellie's final message to Carl was not: "Stay stuck in memory." It was: "Go have a new adventure."

Practice

Complete this sentence: "Maybe God is inviting me to..."

Prayer

God of new beginnings, help me step into the future with hope. Amen.



SABBATH PRACTICE FOR THE WEEKEND

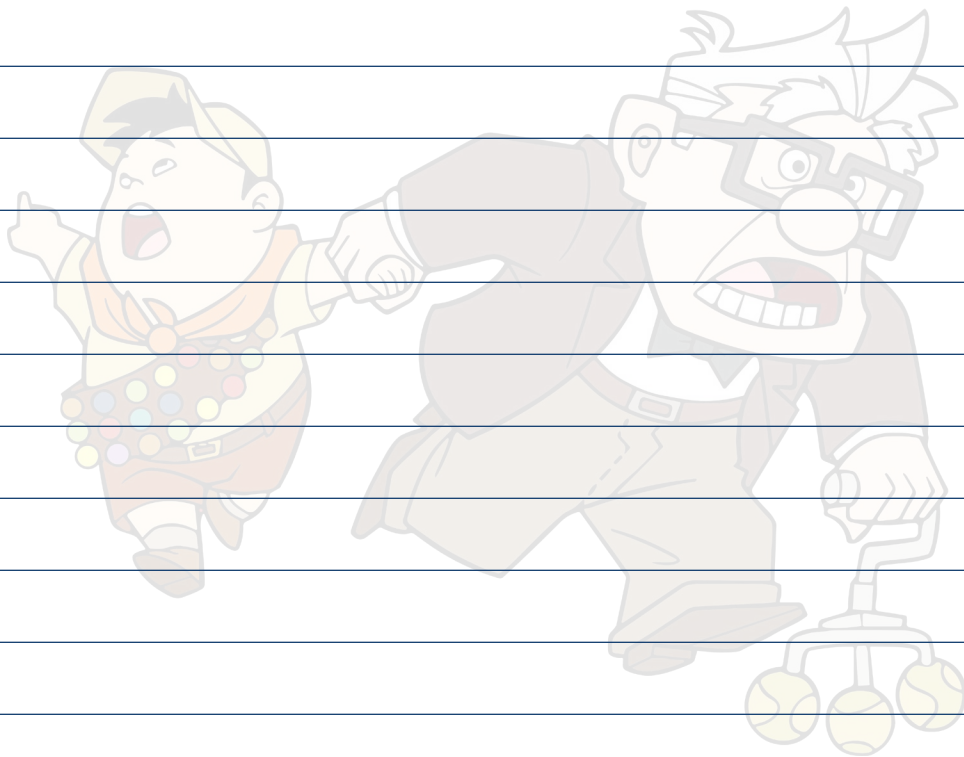
Saturday

Rest.
Breathe.
Make space for joy.
Take a walk.
Share a meal.
Spend time with people you love.

Sunday

Gather for worship.
Reflect on the week.
Notice what God may be teaching you through this journey.

DAILY NOTES AND REFLECTIONS



WEEK 2 – LAUGHING AT THE PROMISE

June 15 – 19, 2026

Theme: Hope After Disappointment

Sunday Worship Scripture – Genesis 18:1-15; 21:1-7 (NLT)

The Lord appeared again to Abraham near the oak grove belonging to Mamre. One day Abraham was sitting at the entrance to his tent during the hottest part of the day. He looked up and noticed three men standing nearby. When he saw them, he ran to meet them and welcomed them, bowing low to the ground.

"My lord," he said, "if it pleases you, stop here for a while. Rest in the shade of this tree while water is brought to wash your feet. And since you've honored your servant with this visit, let me prepare some food to refresh you before you continue on your journey."

"All right," they said. "Do as you have said."

So Abraham ran back to the tent and said to Sarah, "Hurry! Get three large measures of your best flour, knead it into dough, and bake some bread." Then Abraham ran out to the herd and chose a tender calf and gave it to his servant, who quickly prepared it. When the food was ready, Abraham took some yogurt and milk and the roasted meat, and he served it to the men. As they ate, Abraham waited on them in the shade of the trees.

"Where is Sarah, your wife?" the visitors asked.

"She's inside the tent," Abraham replied.

Then one of them said, "I will return to you about this time next year, and your wife, Sarah, will have a son!"

Sarah was listening to this conversation from the tent. Abraham and Sarah were both very old by this time, and Sarah was long past the age of having children. So she laughed silently to herself and said, "How could a worn-out woman like me enjoy such pleasure, especially when my master—my husband—is also so old?"

Then the Lord said to Abraham, "Why did Sarah laugh? Why did she say, 'Can an old woman like me have a baby?' Is anything too hard for the Lord? I will return about this time next year, and Sarah will have a son."

Sarah was afraid, so she denied it, saying, "I didn't laugh."

But the Lord said, "No, you did laugh."



Weekly Psalm – Psalm 116:1-2,12-19 (NLT)

I love the Lord because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath!

What can I offer the Lord for all he has done for me?

I will lift up the cup of salvation and praise the Lord's name for saving me. I will keep my promises to the Lord in the presence of all his people.

The Lord cares deeply when his loved ones die. O Lord, I am your servant; yes, I am your servant, born into your household; you have freed me from my chains. I will offer you a sacrifice of thanksgiving and call on the name of the Lord. I will fulfill my vows to the Lord in the presence of all his people—in the house of the Lord in the heart of Jerusalem.

Praise the Lord!

Prayer for the Week

Lord, even when hope feels distant, God is still at work. Even when laughter sounds impossible, You, Lord, still speak promises. Come, Holy Spirit, let us worship the God of resurrection hope. In Jesus' Name we pray, Amen

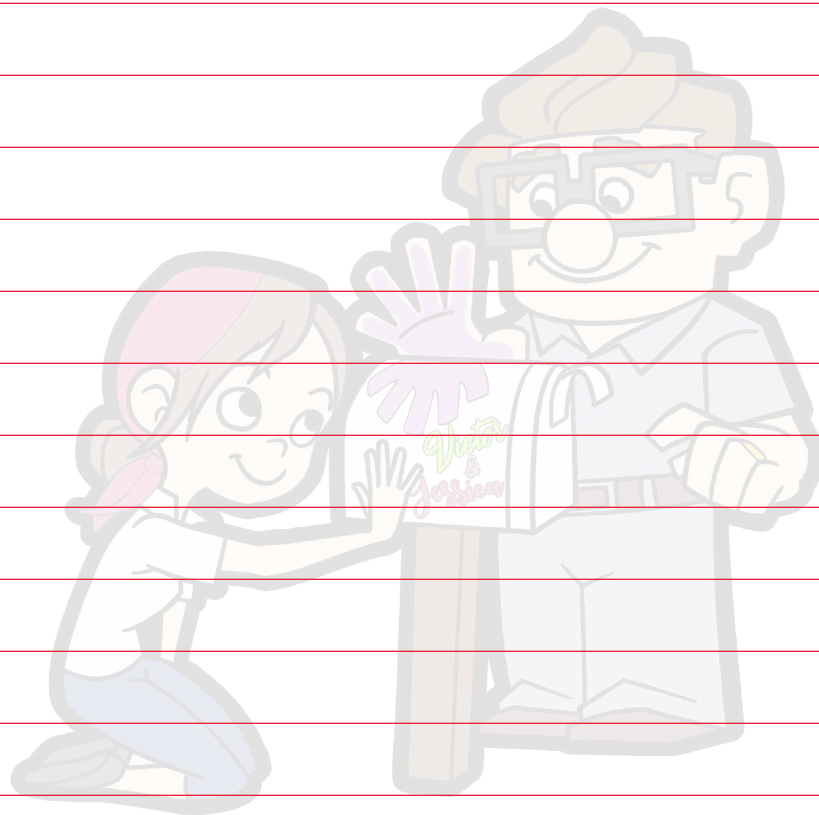
Focus

God can still bring life where we have given up hope.

Resurrection hope often begins where human certainty ends.

The story is not over simply because life did not unfold the way we expected.

SERMON NOTES AND REFLECTIONS



MONDAY – WHEN HOPE FEELS IMPOSSIBLE

Scripture - Genesis 18:14

"Is anything too wonderful for the Lord?"

Focus

God can still bring life where we have given up hope. Resurrection hope often begins where human certainty ends. The story is not over simply because life did not unfold the way we expected.

Reflection

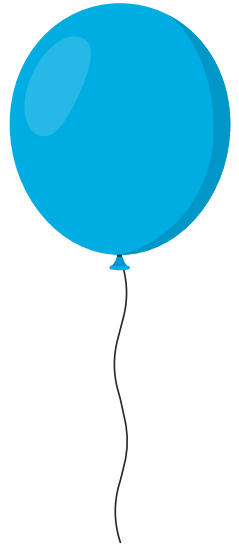
Sarah laughs because the promise feels absurd. Sometimes disappointment teaches us to expect less from life. But God keeps planting hope in impossible places.

Practice

What hope have you quietly stopped praying for?

Prayer

God, awaken hope where disappointment has settled in. Amen.



TUESDAY – GOD STILL SEES POSSIBILITY

Scripture - Psalm 116:1

"I love the Lord, because he has heard my voice..."

Focus

God can still bring life where we have given up hope. Resurrection hope often begins where human certainty ends. The story is not over simply because life did not unfold the way we expected.

Reflection

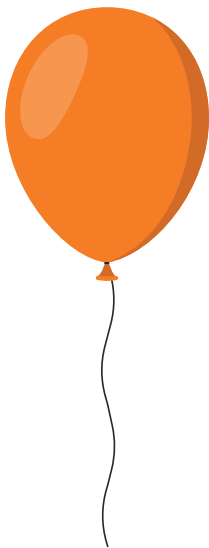
One of the hardest spiritual practices is believing God still hears us after heartbreak. But the Psalmist insists:
God listens.
God notices.
God remains near.

Practice

Speak honestly with God today. No polished words required.

Prayer

Thank You for hearing me, even when I struggle to believe. Amen.



WEDNESDAY – GRIEF AND LOVE

Scripture - John 11:35

"Jesus began to weep."

Focus

God can still bring life where we have given up hope.
Resurrection hope often begins where human certainty ends.
The story is not over simply because life did not unfold the way we expected.

Reflection

Grief exists because love existed first.
Carl's sorrow reveals how deeply he loved Ellie.
Jesus weeps too.
The Gospel never asks us to pretend loss does not hurt.

Practice

Light a candle for someone or something you miss.

Prayer

God of compassion, sit with me in my grief and remind me I am not alone. Amen.



THURSDAY – SMALL JOYS

Scripture - Philippians 4:4

"Rejoice in the Lord always..."

Focus

God can still bring life where we have given up hope.
Resurrection hope often begins where human certainty ends.
The story is not over simply because life did not unfold the way we expected.

Reflection

Joy does not always arrive dramatically. Sometimes it looks like:

- * laughter
- * friendship
- * sunlight
- * music
- * conversation
- * a quiet moment of peace

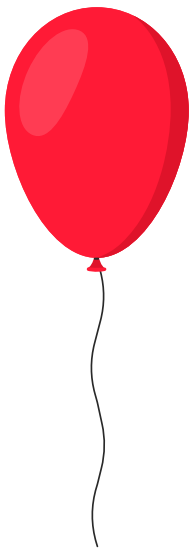
Carl slowly rediscovers joy through ordinary connection.

Practice

Pay attention to one small joy today. Write it down.

Prayer

Help me notice joy again, O God. Amen.



FRIDAY – THE STORY IS NOT OVER

Scripture - Lamentations 3:22–23

"His mercies never come to an end..."

Focus

God can still bring life where we have given up hope.
Resurrection hope often begins where human certainty ends.
The story is not over simply because life did not unfold the way we expected.

Reflection

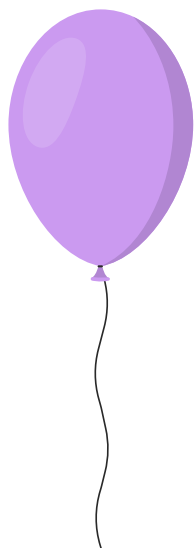
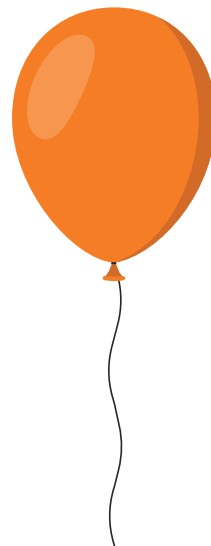
The story is not over because disappointment arrived.
God still writes resurrection into human lives.

Practice

Finish this sentence: "I still hope..."

Prayer

God of resurrection, keep teaching me to hope again. Amen.



SABBATH PRACTICE FOR THE WEEKEND

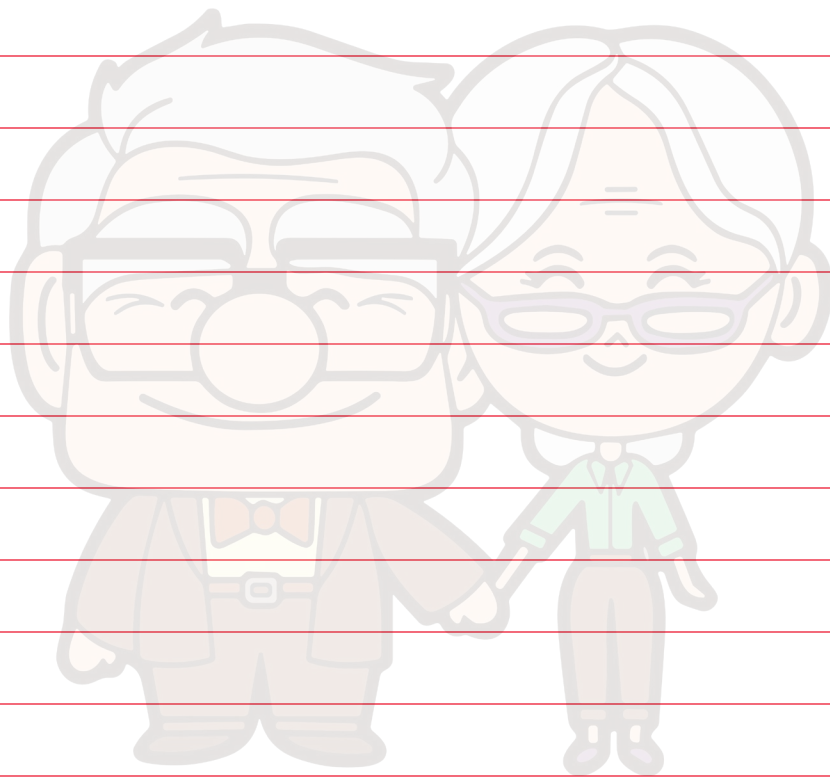
Saturday

Rest.
Breathe.
Make space for joy.
Take a walk.
Share a meal.
Spend time with people you love.

Sunday

Gather for worship.
Reflect on the week.
Notice what God may be teaching you
through this journey.

DAILY NOTES AND REFLECTIONS



WEEK 3 – UNEXPECTED FAMILY

June 22 – 26, 2026

Theme: Belonging and Compassion

Sunday Worship Scripture - Genesis 21:8-21 (NLT)

When Isaac grew up and was about to be weaned, Abraham prepared a huge feast to celebrate the occasion. But Sarah saw Ishmael—the son of Abraham and her Egyptian servant Hagar—making fun of her son, Isaac. So she turned to Abraham and demanded, “Get rid of that slave woman and her son. He is not going to share the inheritance with my son, Isaac. I won’t have it!”

This upset Abraham very much because Ishmael was his son. But God told Abraham, “Do not be upset over the boy and your servant. Do whatever Sarah tells you, for Isaac is the son through whom your descendants will be counted. But I will also make a nation of the descendants of Hagar’s son because he is your son, too.”

So Abraham got up early the next morning, prepared food and a container of water, and strapped them on Hagar’s shoulders. Then he sent her away with their son, and she wandered aimlessly in the wilderness of Beersheba.

When the water was gone, she put the boy in the shade of a bush. Then she went and sat down by herself about a hundred yards away. “I don’t want to watch the boy die,” she said, as she burst into tears.

But God heard the boy crying, and the angel of God called to Hagar from heaven, “Hagar, what’s wrong? Do not be afraid! God has heard the boy crying as he lies there. Go to him and comfort him, for I will make a great nation from his descendants.”

Then God opened Hagar’s eyes, and she saw a well full of water. She quickly filled her water container and gave the boy a drink.

And God was with the boy as he grew up in the wilderness. He became a skillful archer, and he settled in the wilderness of Paran. His mother arranged for him to marry a woman from the land of Egypt.



Weekly Psalm - Psalm 86:1-10,16-17 (NLT)

Bend down, O Lord, and hear my prayer; answer me, for I need your help. Protect me, for I am devoted to you. Save me, for I serve you and trust you. You are my God. Be merciful to me, O Lord, for I am calling on you constantly. Give me happiness, O Lord, for I give myself to you. O Lord, you are so good, so ready to forgive, so full of unfailing love for all who ask for your help. Listen closely to my prayer, O Lord; hear my urgent cry. I will call to you whenever I’m in trouble, and you will answer me.

No pagan god is like you, O Lord. None can do what you do!

All the nations you made will come and bow before you, Lord; they will praise your holy name. For you are great and perform wonderful deeds. You alone are God.

Look down and have mercy on me. Give your strength to your servant; save me, the son of your servant. Send me a sign of your favor. Then those who hate me will be put to shame, for you, O Lord, help and comfort me.

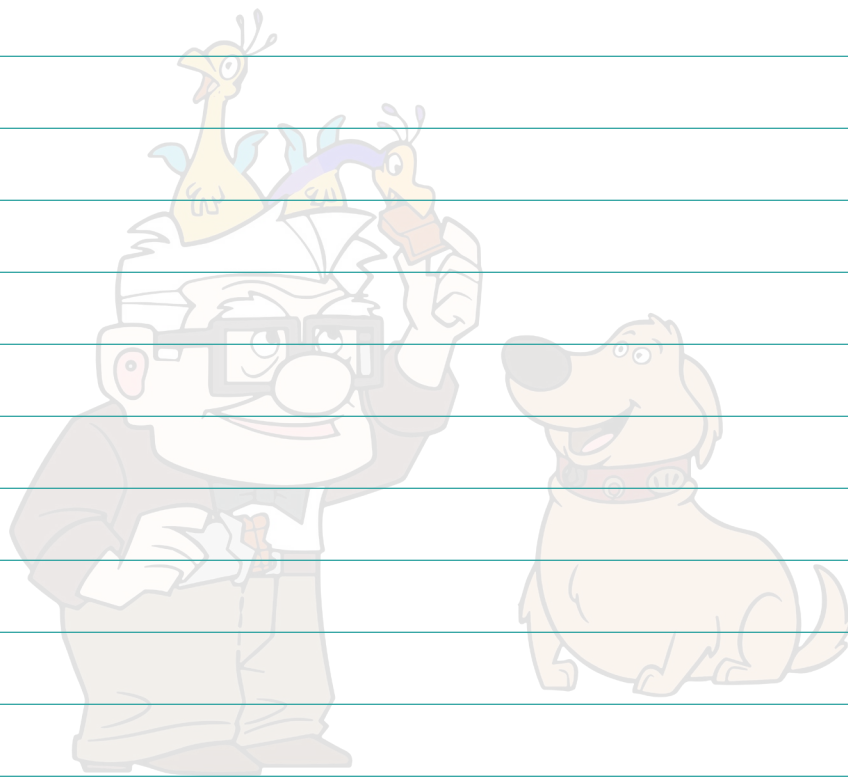
Prayer for the Week

God, you see the forgotten. You welcome the outsider.
You gather strangers into community. We are family through grace.
Come, Holy Spirit, so that we may worship the God who sees us all.

Focus

God sees the overlooked and creates belonging. Healing happens in community. Sometimes the people God sends into our lives become the very grace that heals us.

SERMON NOTES AND REFLECTIONS



MONDAY – THE GOD WHO SEES

Scripture - Genesis 21:17

"God heard the voice of the boy..."

Focus

God sees the overlooked and creates belonging. Healing happens in community. Sometimes the people God sends into our lives become the very grace that heals us.

Reflection

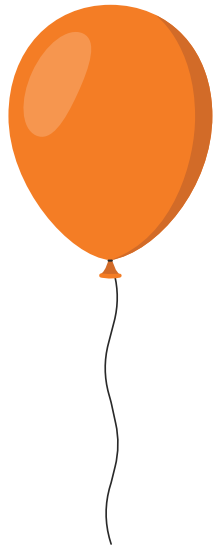
Hagar believed she and Ishmael had been abandoned. But God saw them. Sometimes the holiest thing we can do is help another person feel visible again.

Practice

Who in your life may feel unseen right now? Reach out intentionally.

Prayer

God who sees us all, help me notice those the world overlooks. Amen.



TUESDAY – BELONGING

Scripture - Psalm 86:6

"Give ear, O Lord, to my prayer..."

Focus

God sees the overlooked and creates belonging. Healing happens in community. Sometimes the people God sends into our lives become the very grace that heals us.

Reflection

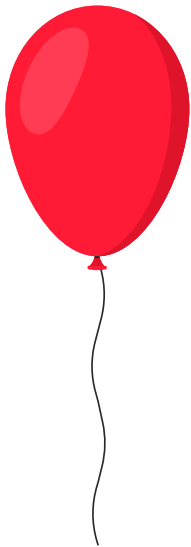
We were created for connection. Carl isolates himself after grief. Russell longs for attention and care. Dug simply wants to belong. So do we.

Practice

Text or call someone you trust simply to reconnect.

Prayer

God, draw me deeper into community and compassion. Amen.



WEDNESDAY – KINDNESS

Scripture - Micah 6:8

“What does the Lord require of you but to do justice, love kindness...”

Focus

God sees the overlooked and creates belonging. Healing happens in community. Sometimes the people God sends into our lives become the very grace that heals us.

Reflection

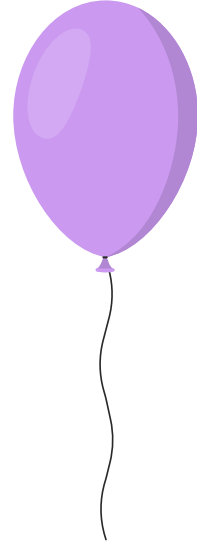
Kindness is holy. Not superficial politeness – but deep compassion that notices, listens, and responds.

Practice

Commit one intentional act of kindness today.

Prayer

Teach me to reflect Your compassion, O God. Amen.



THURSDAY – FOUND FAMILY

Scripture - Acts 2:44

“All who believed were together...”

Focus

God sees the overlooked and creates belonging. Healing happens in community. Sometimes the people God sends into our lives become the very grace that heals us.

Reflection

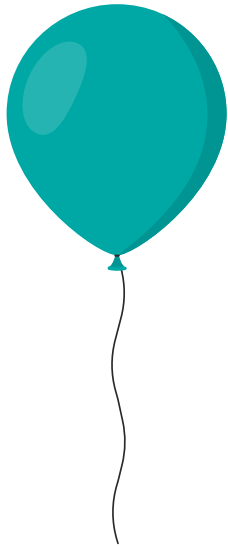
Some of the most important people in our lives are not related to us by blood. God often creates family through grace.

Practice

Reflect on someone who became “family” to you unexpectedly. Thank God for them.

Prayer

Thank You for the people who carry us through life. Amen.



FRIDAY – LOVE LIVES HERE

Scripture - 1 John 4:7

"Let us love one another..."

Focus

God sees the overlooked and creates belonging. Healing happens in community. Sometimes the people God sends into our lives become the very grace that heals us.

Reflection

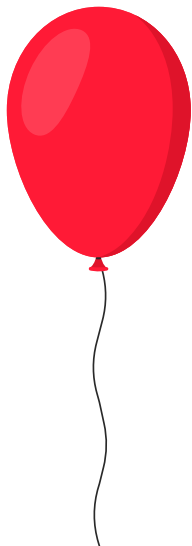
The real heart of Up is not adventure. It is love.
Love that stays. Love that heals. Love that changes us.

Practice

Ask yourself: "How can I make someone feel loved today?"

Prayer

Fill my life with the kind of love that reflects You. Amen.



SABBATH PRACTICE FOR THE WEEKEND

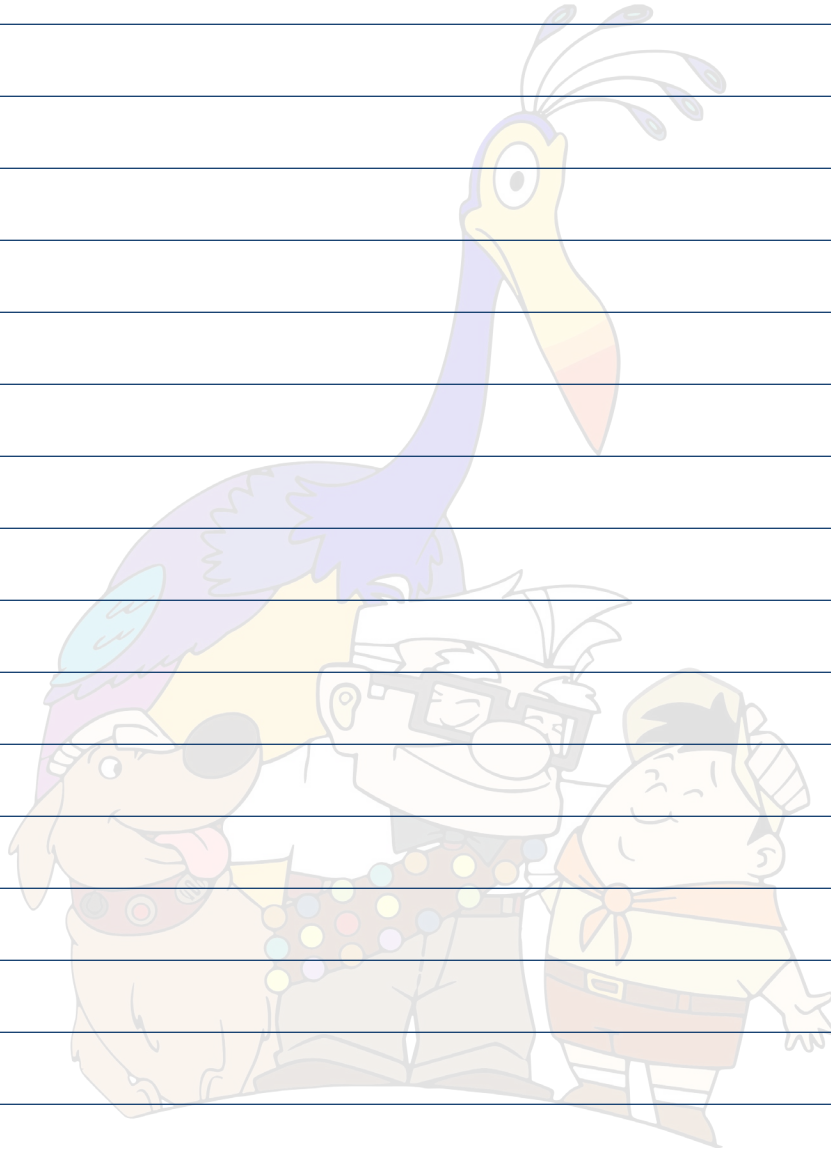
Saturday

Rest.
Breathe.
Make space for joy.
Take a walk.
Share a meal.
Spend time with people you love.

Sunday

Gather for worship.
Reflect on the week.
Notice what God may be teaching you through this journey.

DAILY NOTES AND REFLECTIONS



WEEK 4 – THE REAL ADVENTURE

June 29 – July 3, 2026

Theme: Letting Go and Living Forward

Sunday Worship Scripture – Genesis 22:1–14 (NLT)

Some time later, God tested Abraham's faith. "Abraham!" God called.

"Yes," he replied. "Here I am."

"Take your son, your only son—yes, Isaac, whom you love so much—and go to the land of Moriah. Go and sacrifice him as a burnt offering on one of the mountains, which I will show you."

The next morning Abraham got up early. He saddled his donkey and took two of his servants with him, along with his son, Isaac. Then he chopped wood for a fire for a burnt offering and set out for the place God had told him about. On the third day of their journey, Abraham looked up and saw the place in the distance. "Stay here with the donkey," Abraham told the servants. "The boy and I will travel a little farther. We will worship there, and then we will come right back."

So Abraham placed the wood for the burnt offering on Isaac's shoulders, while he himself carried the fire and the knife. As the two of them walked on together, Isaac turned to Abraham and said, "Father?"

"Yes, my son?" Abraham replied.

"We have the fire and the wood," the boy said, "but where is the sheep for the burnt offering?"

"God will provide a sheep for the burnt offering, my son," Abraham answered. And they both walked on together.

When they arrived at the place where God had told him to go, Abraham built an altar and arranged the wood on it. Then he tied his son, Isaac, and laid him on the altar on top of the wood. And Abraham picked up the knife to kill his son as a sacrifice. At that moment the angel of the Lord called to him from heaven, "Abraham! Abraham!"

"Yes," Abraham replied. "Here I am!"

"Don't lay a hand on the boy!" the angel said. "Do not hurt him in any way, for now I know that you truly fear God. You have not withheld from me even your son, your only son."

Then Abraham looked up and saw a ram caught by its horns in a thicket. So he took the ram and sacrificed it as a burnt offering in place of his son. Abraham named the place Yahweh-Yireh (which means "the Lord will provide"). To this day, people still use that name as a proverb: "On the mountain of the Lord it will be provided."

Weekly Psalm – Psalm 13 (NLT)

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

Turn and answer me, O Lord my God! Restore the sparkle to my eyes, or I will die. Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

But I trust in your unfailing love. I will rejoice because you have rescued me. I will sing to the Lord because he is good to me.

Prayer for the Week

God, call us forward and help us to trust You with the future.
Lift us beyond fear. Release us from what holds us back.
Come, Holy Spirit, as we worship the God of new adventures.

Focus

Faith means trusting God enough to release what we cling to. The Gospel is not about escaping life but loving courageously within it. The greatest adventure is becoming a person of courage, compassion, and love.



SERMON NOTES AND REFLECTIONS



MONDAY – TRUSTING THE JOURNEY

Scripture - Genesis 22:2

"Take your son... and go to the land of Moriah..."

Focus

Faith means trusting God enough to release what we cling to. The Gospel is not about escaping life but loving courageously within it. The greatest adventure is becoming a person of courage, compassion, and love.

Reflection

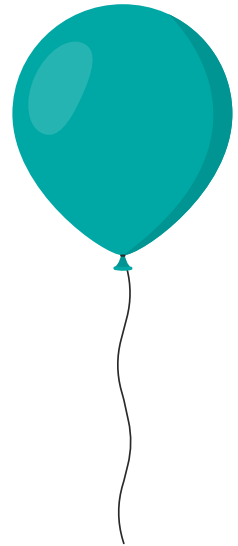
Some journeys in life require tremendous trust. Abraham does not have all the answers. He only knows that God is asking him to keep walking. Faith is not always clarity. Sometimes it is simply continuing the journey while trusting God's presence.

Practice

What uncertainty are you carrying right now? Offer it honestly to God.

Prayer

God, help me trust You even when the road feels uncertain. Amen.



TUESDAY – WHAT WE CLING TO

Scripture - Hebrews 12:1

"Lay aside every weight..."

Focus

Faith means trusting God enough to release what we cling to. The Gospel is not about escaping life but loving courageously within it. The greatest adventure is becoming a person of courage, compassion, and love.

Reflection

Carl finally realizes the house itself was never the real adventure. Sometimes we cling tightly to:

*memories	*fear	*control
*bitterness	*old identities	*what used to be

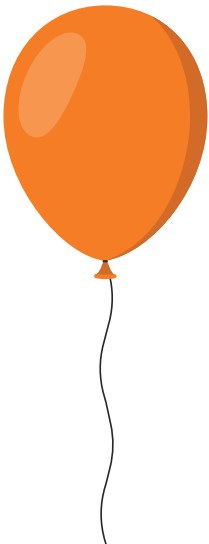
But God keeps inviting us forward.

Practice

Ask yourself: "What am I holding onto that may be keeping me from fully living?"

Prayer

God, help me release what keeps me from moving forward. Amen.



WEDNESDAY – GOD PROVIDES

Scripture - Genesis 22:14

"So Abraham called that place 'The Lord will provide.'"

Focus

Faith means trusting God enough to release what we cling to. The Gospel is not about escaping life but loving courageously within it. The greatest adventure is becoming a person of courage, compassion, and love.

Reflection

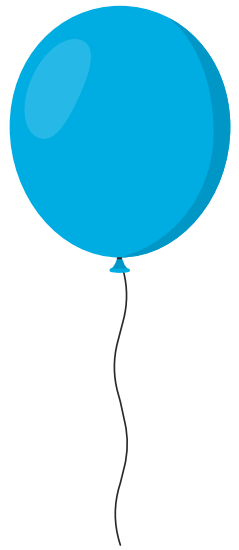
Again and again, scripture reminds us that God meets us along the journey. Not always early. Not always in the ways we expect. But faithfully. The Gospel reminds us that we do not walk alone.

Practice

Reflect on a time God provided strength, hope, friendship, or guidance when you needed it most.

Prayer

Thank You, God, for sustaining me through every season. Amen.



THURSDAY – A NEW ADVENTURE

Scripture - Isaiah 43:19

"I am about to do a new thing..."

Focus

Faith means trusting God enough to release what we cling to. The Gospel is not about escaping life but loving courageously within it. The greatest adventure is becoming a person of courage, compassion, and love.

Reflection

At the end of *Up*, Ellie's final words to Carl become an invitation: "Thanks for the adventure — now go have a new one." The Gospel is full of new beginnings. God is always creating:

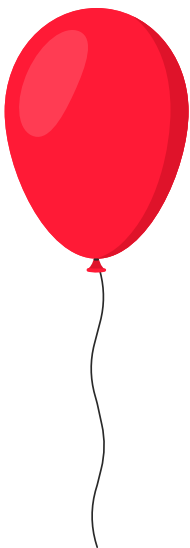
*fresh hope *renewed purpose *unexpected joy *new possibilities

Practice

Complete this sentence: "Maybe my next adventure with God looks like..."

Prayer

God of resurrection and renewal, help me embrace the future with courage. Amen.



FRIDAY – LOVE LIFTS US HIGHER

Scripture - 1 Corinthians 13:13

"And now faith, hope, and love abide, these three; and the greatest of these is love."

Focus

Faith means trusting God enough to release what we cling to. The Gospel is not about escaping life but loving courageously within it. The greatest adventure is becoming a person of courage, compassion, and love.

Reflection

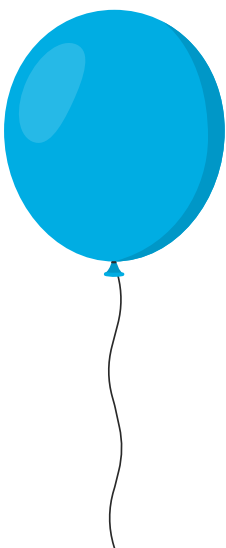
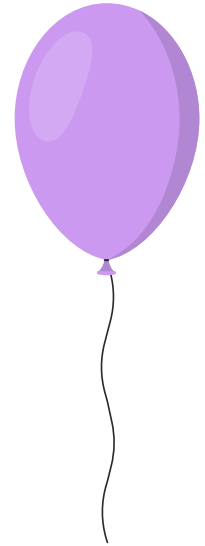
The real treasure in Up was never Paradise Falls. It was love. Love shared. Love remembered. Love given away. Love that continues long after loss. The greatest adventure is becoming a person shaped by compassion, courage, grace, and hope.

Practice

How can you intentionally share love this weekend?

Prayer

God, let my life reflect the kind of love that lifts others toward hope. Amen.



SABBATH PRACTICE FOR THE WEEKEND

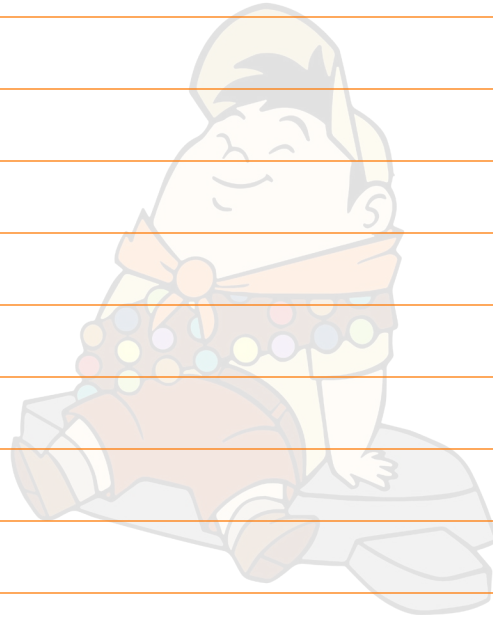
Saturday

Rest.
Breathe.
Make space for joy.
Take a walk.
Share a meal.
Spend time with people you love.

Sunday

Gather for worship.
Reflect on the week.
Notice what God may be teaching you through this journey.

DAILY NOTES AND REFLECTIONS



FINAL BLESSING



May you trust God enough to rise.

May you release what weighs you down.

May you discover companions along the way.

May you remember that grief is not the end of the story.

And may you keep saying yes to the new adventures God places before you.

Amen.



ATLANTA FIRST
UNITED METHODIST CHURCH

Rev. Jasmine R. Smothers, Lead Pastor



@atlantafirstumc
atlantafirstumc.org