

THE DEEPS



chasing **deep** spiritual relationship with Jesus

FBC Students, Summer 2025

Key Dates:

June 4 - *Service Project*

June 22-26 - *Vacation Bible School*

July 13-18 - *STL Mission Trip*

(Sunday nights throughout the summer will be designated mission trip training.

If you plan to attend the mission trip, make sure to attend these trainings.)



Wednesday Night Schedule

Each Wednesday night service listed below will begin at 6:30 PM (youth room) and end at 8:30 PM (CAC).

June 4 - *Introduction to Spiritual Disciplines*

June 11 - *Prayer*

June 18 - *Bible Reading*

June 25 - NO MEETING (VBS)

July 2 - *Meditation / Silence*

July 9 - *Service*

July 16 - NO MEETING (St. Louis Mission Trip)

July 23 - *Fasting*

July 30 - *Recap of Spiritual Disciplines*

Wednesday Morning Schedule

On the following Wednesdays throughout the summer, we will meet at 11:30 AM in the Andrews' house for a intensive look at the topics covered, as well as practicing these topics together.

June 4 - *Introduction to Spiritual Disciplines*

June 11 - *Prayer*

June 18 - *Bible Reading*

June 25 - NO MEETING (VBS)

July 2 - *Meditation / Silence*

July 9 - *Service*

July 16 - NO MEETING (St. Louis Mission Trip)

July 23 - *Fasting*

July 30 - *Recap of Spiritual Disciplines*

Team Challenge

Red Team: Katie

Gracyn Rouse (Lead)	Cassie	Ryleigh	McKenzie
Madelynn	Clara	Parker	Lana
Kayle Romine	Izzy	Lilly Collins	

Blue Team: Jalen

Atley Woods (Lead)	Carson	Kaden	Chloe
Corwin	Becca	Cameron	Hudson
Jackson Romine	Connor	Natalyn	

Green Team: Julie

Gavin Morris (Lead)	Cooper	Hattie	Jacelyn
Grayson	Dorothy	Brock	Tabby
Kaylee	Jaelyn	Dirk	

White Team: Cody

Tucker Edwards (Lead)	Max	Ryan	Jace
Riley Orf	Lillian	Brock	Weston
Colton Albritton	Tony	Hunter	

Ways to Earn Points

Attendance: 50 points

Attend Wednesday AM: 100 points

Mission Trip / VBS / Service Day: 75 points (per day)

Bible Memorization: 200 points (per verse)

Bring your Bible: 50 points

Wear your color: 50 points

Bring a friend: 100 points

Win Games: 200 (for team)

Mascot / Flag: 100 points

Bible Verses to Memorize

Prayer

- **1 Thessalonians 5:16–18** - [16] Rejoice always, [17] pray without ceasing, [18] give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Bible Reading

- **2 Timothy 3:16–17** - [16] All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, [17] that the man of God may be complete, equipped for every good work.

Meditation

- **Psalms 1:1–2** - [1] Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; [2] but his delight is in the law of the LORD, and on his law he meditates day and night.

Service

- **Matthew 20:27–28** - [27] and whoever would be first among you must be your slave, [28] even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many."

Fasting

- **Luke 5:35** - [35] The days will come when the bridegroom is taken away from them, and then they will fast in those days."

Articles for Students to Read

These articles are to help our students deepen their understanding of the spiritual disciplines discussed. The specific articles are to be read PRIOR TO the dates listed below, in order to facilitate knowledgeable, deep, and serious discussion when gathering on Wednesday mornings.

To be read by:

- **June 11**

- Spiritual Disciplines: <https://www.desiringgod.org/interviews/what-are-spiritual-disciplines>
- Prayer: <https://www.desiringgod.org/articles/prayer-for-beginners>

- **June 18**

- Bible Reading: <https://www.desiringgod.org/messages/how-to-read-the-bible-well>

- **July 2**

- Meditation / Silence: <https://www.desiringgod.org/articles/when-my-heart-is-cold>
- <https://www.desiringgod.org/articles/the-difficult-habit-of-quiet>

- **July 9**

- Service: <https://www.desiringgod.org/articles/the-art-of-one-anothering>

- **July 23**

- Fasting: <https://www.desiringgod.org/articles/why-do-christians-fast>