

2026 First Friends Devotionals - JHS	
Transforming Our Minds	
Week 1	Jan 19
	Refuge of Hope: "There is surely a future hope for you, and your hope will not be cut off." (Proverbs 23:18)
Week 2	Jan 26
	Our Minds: "For the mouth speaks what the heart is full of." (Matthew 12:34)
Week 3	Feb 2
	Exposure: "Above all else, guard your heart, for everything you do flows from it." (Proverbs 4:23)
Week 4	Feb 9
	Insecurity: "I will give you a new heart and put a new spirit in you: I will remove from you your heart of stone and give you a heart of flesh." (Ezekiel 36:26)
Week 5	Feb 16
	Despair: "and free those who all their lives were held in slavery by their fear of death." (Hebrews 2:15)
Week 6	Feb 23
	Gospel: "The thief comes only to steal and kill and destroy: I have come that they may have life, and have it to the full." (John 10:10)
Week 7	Mar 2
	Transformed: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." (Romans 12:2)