



Tic Tacs were introduced in 1969 and were originally named “Refreshing Mints,” but the name was changed to reflect the sound of the mints shaking in their container. The original

flavors offered were orange and fresh mint. Each 1oz Tic Tac box contains about 36 Tic Tacs. October 10 is National TIC TAC day. ORANGE you glad

you now know more about Tic Tacs! *Christine*

Come to me all who are weary and heavy burdened, and I will refresh you.

Matthew 11:28

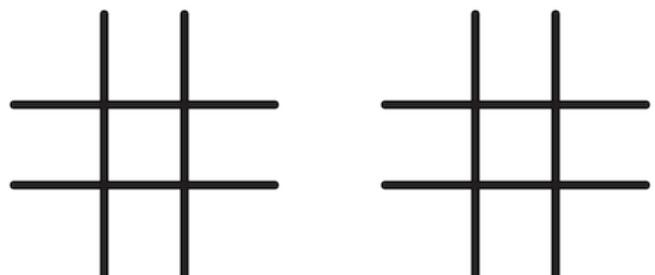
Are you weary and heavy burdened? Do you need refreshed? Here are 36 (one for each refreshing Tic Tac) Scriptures to refresh those who need an encouraging word from the Lord.

- **Isaiah 30:15** *In quietness and trust is your strength.*
- **Isaiah 40:31** *But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*
- **Isaiah 46:4** *Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and carry you I will sustain you and I will rescue you.*
- **Exodus 15:2** *The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him.*
- **Romans 15:13** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*
- **Psalms 23:1-3** *The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.*
- **Psalms 27:13-14** *I remain confident of this: I will see the goodness of the LORD in the land of the living. ¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.*
- **Psalms 34:1** *I will extol the LORD at all times; his praise will always be on my lips.*

- Psalm 34:4-5** *I sought the LORD, and he answered me; he delivered me from all my fears. ⁵ Those who look to him are radiant; their faces are never covered with shame.*
- Psalm 34:8** *Taste and see that the LORD is good; blessed is the one who takes refuge in him.*
- Psalm 37:7** *Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.*
- Psalm 42:1-2** *As the deer pants for the water brooks, so pants my soul for you, O God. My soul thirsts for God, for the living God.*
- Psalm 46:1** *God is our refuge and strength.*
- Psalm 46:10** *He says, "Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*
- Psalm 63:1** *You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.*
- Psalm 145:9** *The Lord is good to all; he has compassion on all he has made.*
- Psalm 118:24** *This is the day the Lord has made; we will rejoice and be glad in it.*
- Psalm 119:105** *Your word is a lamp unto my feet and a light unto my path.*
- Philippians 4:4** *Rejoice in the Lord always. I will say it again: Rejoice!*
- Philippians 4:6-7** ⁶ *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*
- Philippians 4:8-9** *Finally, dear brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*
- Philippians 4:13** *I can do all things through Christ who gives me strength.*
- Philippians 4:23** *The grace of the Lord Jesus Christ be with your spirit. Amen.*

- **Proverbs 3:5-6** *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him and he will make your paths straight.*
- **Proverbs 11:25** *A generous person will prosper; whoever refreshes others will be refreshed.*
- **Matthew 6:21** *For where your treasure is, there your heart will be also.*
- **Matthew 11:28** *Come to Me, all you who labor and are heavy laden, and I will give you rest.*
- **Matthew 11:29** *Take my yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.*
- **John 10:10** *The thief comes to steal, kill, and destroy, but I have come to give life and give it abundantly.*
- **John 15:5** *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*
- **Deuteronomy 33:25** *Your strength will equal your days.*
- **2 Chronicles 16:9** *The eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him.*
- **Nehemiah 8:10** *The joy of the Lord is your strength.*
- **Habakkuk 3:19** *The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.*
- **Galatians 5:22-23** *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.*
- **Romans 8:31b** *If God is for us, who can be against us?*

A game of Tic-Tac-Toe to celebrate!



SHOWERS OF BLESSING

1. There shall be showers of blessing:
This is the promise of love;
There shall be seasons refreshing,
Sent from the Savior above.
 - *Refrain:*
Showers of blessing,
Showers of blessing we need:
Mercy-drops round us are falling,
But for the showers we plead.
2. There shall be showers of blessing,
Precious reviving again;
Over the hills and the valleys,
Sound of abundance of rain.
3. There shall be showers of blessing;
Send them upon us, O Lord;
Grant to us now a refreshing,
Come, and now honor Thy Word.
4. There shall be showers of blessing:
Oh, that today they might fall,
Now as to God we're confessing,
Now as on Jesus we call!
5. There shall be showers of blessing,
If we but trust and obey;
There shall be seasons refreshing,
If we let God have His way.