



Kickstart a morning habit of meeting with Jesus and eating a healthy breakfast every day. Join Bible teacher and author Asheritah Ciuciu for 31 devotions for busy women and 31 breakfast recipes that are healthy enough for you to feel good about and tasty enough that your kids will eat them.

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PREP TIME: 5 minutes

COOK TIME: 17 minutes

YIELD: 12 muffins

❄️ Freezer-friendly

👤 Kid-friendly

☑️ Meal Prep

2/3 cup all-purpose flour
2/3 cup whole wheat pastry flour
1/2 cup cocoa powder
1 tsp baking soda
1/2 tsp kosher salt
1 tsp instant coffee, optional
3 ripe bananas, mashed
1/4 cup maple syrup
1 tsp vanilla extract
1/3 cup Greek yogurt
1/3 cup coconut oil, melted
1 large egg, beaten
1/3 cup mini chocolate chips,
plus more for topping

1. Preheat oven to 375 ° F. Spray a 12-cup muffin tin with nonstick cooking spray or line with baking cups.

2. In a large bowl, stir the dry ingredients together (except for the chocolate chips). Use a spatula to gently push the dry ingredients against the sides of the bowl to make a well.

3. In a small bowl, mix together wet ingredients just until combined. Pour wet ingredients into the well and mix carefully, running the spatula around the edge of the bowl and pulling dry ingredients over and into the wet ingredients until barely combined. Some lumps are okay. (This method of mixing ensures your muffins turn out tender.) Gently fold in chocolate chips.

4. Divide batter equally among muffin cups, topping each with a few extra chocolate chips.

5. Bake for 15–17 minutes or until a toothpick inserted into the center comes out clean. Cool on a wire rack. To freeze, wrap cooled muffins in plastic wrap. Store in freezer in an airtight container up to 3 months.

Double Chocolate Banana Muffins

While trying to decide which recipe to feature first in this book, I realized this one was simply begging to go first. Chocolatey, banana-y, yummy, and healthy—it's all I could ask for in a morning muffin, satisfying my sweet tooth while avoiding a sugar crash. You can top these with an extra dollop of Greek yogurt or peanut butter to keep you fueled all morning long.

DAY 1

Start Fresh



Snack on the go

If you're in a rush, the short devotional below is a quick "spiritual snack" to feed your soul and meditate on all day long.

When you think of your grandmother's house, what tastes come to mind?

I can picture Buna, my paternal Romanian grandmother, bent over the stove in her country kitchen, flipping little pastries in a pot of hot oil. The powdered sugar melted as I bit into the puff of airy deliciousness—the memory so vivid I can almost taste it now. And this is good! After all, both food and taste buds are God's gifts to us, and He also gifted us with complex taste-memory neurological pathways that inform our decisions.⁸

When we recall a pleasant food experience, we're more likely to try that same food again. This makes total sense when thinking of Buna's pastries, but it also makes the psalmist's invitation fascinating:

*Taste and see that the LORD is good;
blessed is the one who takes refuge in him. (Ps. 34:8)*

When we personally taste the Lord's goodness, we're creating a pathway in our souls that imprints the memory deep within us and guides us to keep coming back to Him. Elsewhere in Scripture we read that God's Word is as sweet as honey (Ps. 19:10 and 119:103), and Jesus said that He Himself is the bread from heaven that gives life to the world, and "whoever eats this bread will live forever" (John 6:51). In 1 Peter 2:2–3 we're encouraged to continue craving the pure and sweet Word of God since we have already tasted the kindness of the Lord.

Think of it: God's Word could have been compared to a bitter medicine—horrible to swallow but ultimately necessary for our good. Instead, the Lord made Scripture and time with Jesus not only spiritually nourishing but also satisfyingly sweet! And as we feast, we're teaching our souls to keep coming back for more.

If you haven't yet experienced the sweetness of God's Word, well friend, you are in for a treat. Today the Lord is inviting you to taste His goodness and delight your soul in Him. Like children in their grandma's kitchen, let us relish the simple pleasures of His Word.

Read the psalmist's words above again (Ps. 34:8) and rewrite them in your own words as a personal invitation.

Taste and see for yourself that the Lord is good. And then keep coming back each day for more of Him.



Feast at the table

If you have more time to linger at the breakfast table, open your Bible and let's FEAST on God's Word together!

Focus on God

Open your Bible to Matthew 4:4. Write it out as a prayer to the Lord as you begin your study of His Word today.

Engage the Text

Read Psalm 34 out loud. Now, read it again, underlining anything that stands out to you.

Your Bible may contain a description at the very beginning of the psalm, explaining that David wrote these verses when he pretended to be crazy in front of Abimelek. That sounds like a fascinating story! To better understand the context of this psalm, let's back up to 1 Samuel 21:10–15 (where the king is likely being referred to by his name, Achish, rather than a title) and read what happened there. After you read that text, summarize the story below, describing the various threats to David's life.

Let's go back to Psalm 34 now, and read it again. In light of what was going on in David's life at the time, does anything new stand out to you?

Consider the following questions:

How did God show His goodness to David, according to verses 4 and 6–7?

How did David respond to God's goodness (see verses 1–2)?

How does David describe the Lord?

Two of the main themes in this psalm are the Lord's provision and the Lord's deliverance. According to verses 9–10, how does God provide for His people?

How does this psalm describe the Lord's deliverance (see verses 17–20)?

What does David call the righteous to do in verses 3 and 8?

Verse 8 uses taste to describe one's personal experience of God. How did David taste God's goodness? How does he contrast hunger and fullness in verse 10?

According to verses 15–22, how are the righteous and the unrighteous similar? How are they different?

Assess the Main Idea

Summarize the main idea of this psalm in a single sentence.

Spark Transformation

In your own life, what do you need deliverance from? What do you need provision for?

What would it look like for you to “taste and see that the Lord is good” in these areas of your life? In contrast, what does it look like for you to trust yourself?

Turn to God in Worship

In your own life, how can you attest to God’s deliverance and goodness? In the space below, recount one specific situation in which God intervened for your good.

Now, as verse 3 says, let’s “glorify” Him and “exalt his name.” Write a prayer praising the Lord for the ways that He is showing His goodness to you, and trusting Him for the specific situations in your life you’ve listed above.

PREP TIME: 10 minutes

COOK TIME: 3 minutes each

YIELD: four servings

❄️ Freezer-friendly

🚫 Gluten-free

👶 Kid-friendly

☑️ Meal Prep

4 pint-sized mason jars with lids

Nonstick cooking spray

1 cup shredded sharp Cheddar
cheese

1 cup diced ham

1 cup finely chopped onion

1 red pepper, finely chopped

3 green onions, finely chopped

Salt and pepper, to taste

8 large eggs

Extra shredded cheese and
chopped green onions,
for serving

1. Spray the inside of the mason jars with nonstick cooking spray. Then layer the ingredients in the mason jars and season with salt and pepper to taste. To freeze, stop at step 1 and screw on the lids. When you're ready to make a fresh omelet, remove the lid and microwave the filling for about one minute. Proceed to step 2.

2. Crack two eggs into each jar. Marvel at the beauty of mason jar breakfasts and snap a picture to share on social media with #bibleandbreakfast.

3. Screw the lids on the jars and give it a few good shakes until the eggs are scrambled and the fillings are all mixed up. Kids especially love doing this part.

4. Remove the lids. This is important! No metal in the microwave, please, unless you want to see a fireworks show. Ask me how I know.

5. Microwave each on high for 2–3 minutes, stirring every 30 seconds. Use an oven mitt when removing because these little jars are hot!! Garnish with extra cheese and green onions.

Mason Jar Omelets

This is the perfect *Bible and Breakfast* on the go . . . I prep one of these as I'm getting the kids out the door and grab bites at stoplights while we listen to the audio Bible. This recipe easily doubles or triples if you're meal prepping for the month, and it's infinitely customizable with your favorite omelet fillings.



DAY 2

Made Right



Snack on the go

If you're in a rush, the short devotional below is a quick "spiritual snack" to feed your soul and meditate on all day long.

Why did Jesus die?

That may seem like a simple question, especially if you've spent much time in church, but take a moment to really consider your answer.

Why did Jesus die?

These are the kinds of questions my preschooler asks me, and I try to give her age-appropriate answers that teach her who God is. But every time she asks a question I'm challenged to rethink the answer for myself.

Why *did* Jesus die? And what would have happened had He not died?

If I spent the rest of my days trying to understand the magnitude of what happened on the cross, I would still only scratch the surface.⁹ But recently God has been teaching me one reality of what happened on the cross through my study in Galatians 2:21: "I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!"

Wow. Those are strong words! To think that Christ could have died for nothing ought to give us pause. But Paul argues that if we rely on our own good works (law) to secure God's forgiveness and favor (righteousness), then we're basically rejecting Christ's death on the cross (as good for nothing).

None of our works are good enough to secure God's favor. But the good news is that we can stop trying to impress God and rest instead in Jesus' finished work on the cross. He lived the perfect life, died a sinner's death, and was resurrected to victorious life to invite us to join His royal family forever and ever.

Why did Jesus die? That's one reason why. As you reflect on this invitation, what's one thing you want to say to Jesus in response?

If you haven't yet received God's gift of forgiveness in Jesus, make today the day. Admit that your own good works are not good enough to save you. Believe that Jesus died for your sins and was raised to life again. Confess to God that you need His forgiveness. Open wide your hands to receive His gift of life with Him forever as His beloved child. And then share your decision with someone who is a child of God that you may celebrate together!



Feast at the table

If you have more time to linger at the breakfast table, open your Bible and let's FEAST on God's Word together!

Focus on God

Open your Bible to 1 Peter 2:2, and ask God to grow your appetite for His Word.

Engage the Text

Read Galatians 2:11–21 out loud. In your own words, describe the confrontation between Paul and Peter. Why was Paul upset with Peter?

Read Acts 11:1–18 for more context. How did Peter’s vision affect his understanding of Old Testament prohibitions regarding clean and unclean foods?

What were the implications for non-Jewish converts (see Acts 11:18)? In other words, how would Peter’s vision affect them?

In light of this context, why did Paul react so strongly to Peter’s actions described in Galatians 2?

At issue here is the question of how a person is made right with God. According to verse 16, what is Paul’s answer?

How does human effort to gain favor with God downplay Jesus’ sacrifice on the cross (Gal. 2:21b)?

The climax of Paul’s argument is found in verses 20–21. Rewrite these verses in your own words.

Assess the Main Idea

In one sentence, summarize the main point of this passage.

Spark Transformation

This temptation to seek God's favor through our behavior continues to be a struggle for twenty-first-century believers. What does this look like in your life? How are you tempted to allow old rules to steal the glory of Jesus' sacrifice?

Turn to God in Worship

Today, take a few moments to express to God your need to understand His grace in a new and deeper way. Ask God to show you any ways you're trying to earn His love, and then worship Jesus for His finished work on the cross.



PREP TIME: 20 minutes

COOK TIME: 60 minutes

YIELD: 8 servings

❄️ Freezer-friendly

🚫 Gluten-free

✅ Meal Prep

8 cups water

1 tsp salt

2 cups yellow polenta (although

I usually use cornmeal because that's what I have on hand)

¼ tsp freshly ground black pepper

4 oz sharp Cheddar cheese, freshly grated, plus additional for

topping, if desired

4 oz Parmesan cheese, freshly grated

3 large eggs, beaten

1 cup whole milk

12 oz breakfast sausage

1. Preheat oven to 350° F.

2. In a large saucepan, bring to a boil the water and salt. In a separate pan, cook the sausage (breaking it up into pieces) until it's no longer pink, then set aside.

3. Using a wire whisk, stir the water to create a vortex, and slowly add polenta, stirring continuously. Slow and steady here—adding too much too soon will result in clumps, but a steady stream will give you a smooth composition. Cover, reduce heat to low, and cook for 10 minutes. Stir frequently to avoid sticking.

4. Add pepper and cheeses, stirring until melted. Remove from heat and stir in eggs and milk until combined.

5. Pour half the polenta into an 8x11 greased baking dish. Layer in the breakfast sausage, then top with remaining polenta. Bake about an hour until set and lightly browned. Top with additional cheese and broil until cheese forms a crunchy layer. Let cool 15 minutes before serving.

Optional: Double the recipe, and freeze the unbaked extra portion in a baking dish for up to 3 months. To bake, thaw overnight in the fridge, and then allow the dish to warm up on the stove top while you preheat the oven. Increase the total baking time from one hour to about 90 minutes.

Baked Cheesy Polenta

This reminds me of my childhood in Romania, where polenta is a kitchen staple and readily served for breakfast, lunch, or dinner. But the addition of cheese, eggs, and sausage transforms this from a side dish into a protein-packed breakfast. Plus you can prep everything the night before and just pop it in the oven in the morning to bake while you dig into God's Word. Pair with a side of fresh fruit salad (p. 45) and you have yourself a complete breakfast.

DAY 3

Trusting the Provider



Snack on the go

If you're in a rush, the short devotional below is a quick "spiritual snack" to feed your soul and meditate on all day long.

"No, it's not!" my preschooler protests.

"Yes, sweetie," I counter, trying to keep my voice even. "This is the way to Grandma's house."

"No, it's not!" comes her retort.

She had been challenging me on the smallest details of our routine until one day she quietly asked, "How do you know SO MANY THINGS?" I realized her challenges were born not out of defiance, but out of wonder. Within her small understanding of the world, my own limited knowledge seemed gargantuan—so far beyond her comprehension that the only way to process it was to doubt.

Don't we often do the same with God? From where we're standing, arms crossed in defiance, we can't see God working disjointed details for our good and His glory (Rom. 8:28–30). Yet God's thoughts are far beyond our thoughts, as high as the heavens are from the earth (Isa. 55:8–9).

Like little children, we doubt what we don't know. But the Bible is filled with stories of people commended for their faith not because they never doubted, but because they trusted God with their unease. Just look at Hebrews 11 and you'll see that God's people weren't faultless in their faith—they were devoted when details didn't make sense, and they kept seeking Him: "And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (Heb. 11:6).

God doesn't expect us to understand what He is doing; He invites us to step into a closer walk with Him. This hand-in-hand walk is far different from the cross-armed stance we often start with.

Just as my daughter is learning to trust me, so we learn to trust God—walking with Him as He works in our lives and recognizing His worth in Scripture.

Go for a walk today, bringing to mind the situation in your life that may be causing you to doubt God's goodness and power. Picture yourself taking a hold of your heavenly Father's hand, and declare your trust in Him as you learn to "walk by faith, not by sight" (2 Cor. 5:7 ESV).



Feast at the table

If you have more time to linger at the breakfast table, open your Bible and let's FEAST on God's Word together!

Focus on God

Open your Bible to Psalm 33:4. Begin today's study by asking God's Holy Spirit to help you receive what He has to say to you today.

Engage the text

Read Hebrews 11 out loud. In the space below, write a short description of how each of the men and women listed demonstrated faith:

Abel (v. 4):

Enoch (v. 5):

Noah (v. 7):

Abraham (vv. 8–12, 17–19):

Sarah (v. 11):

Isaac (v. 20):

Jacob (v. 21):

Joseph (v. 22):

Moses's parents (v. 23):

Moses (vv. 24–28):

Israelites (v. 29):

Rahab (v. 31):

Gideon, Barak, Samson, Jephthah, David, Samuel, and the prophets (vv. 32–38):

What do these men and women have in common? How are they different?

According to verses 1–2, what is faith?

Why is faith required, according to verse 6?

Choose one of the people mentioned above, and in 2–3 sentences, describe how they demonstrated certainty in what they didn't see. Consider looking up cross-references to read more about their lives.

Throughout history women and men have risked (and sometimes given up) their lives for the sake of their faith in God. And at the time the book of Hebrews was written, the recipients would have been facing persecution for their faith in Jesus at the hands of both Jews and Romans. What assurance does this chapter give regarding the life of faith? In other words, what is the greatest reward of the life of faith, according to verse 6?

What does Jesus say about faith and persecution in Matthew 5:11–12?

As inspiring as it is to reflect on the lives of the faithful in the past, we should not get stuck staring into the rearview mirror. Read Hebrews 12:1–3. The word “therefore” means that everything

written in chapter 11 is building up to the culmination that follows. What does the writer instruct his readers to do in these verses?

How is Jesus the ultimate example of a life of faith in God's faithfulness?

Assess the Main Idea

Summarize the main point of Hebrews chapter 11 through 12:3 in a single sentence.

Spark Transformation

Today, take a few moments to do what the writer of Hebrews instructs: confess any sin that is hindering you.

Renew your commitment to live a faith-filled life as you await Jesus' return. Worship Jesus.

Turn to God in worship

What's one attribute of God revealed in today's text that you can praise Him for? Take a few moments to do just that.

As you go about your day, also pray for our sisters and brothers around the world who face persecution for their faith. Want to learn more about the persecuted church today? Check out Voice of the Martyrs at persecution.com.

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