

## CUCUMBER MINT WATER

### Ingredients:

- *1/2 cucumber, thinly sliced*
- *8–10 fresh mint leaves*
- *4 cups cold water*
- *Ice cubes*
- *Optional: squeeze of fresh lemon for extra brightness*

### Instructions:

- Add cucumber slices and mint leaves to a large pitcher of cold water.
- Let it infuse in the fridge for at least 30 minutes.
- Pour over ice and refresh your heart and mind.



### Devotional Thought:

When life feels overwhelming, wisdom invites us to refresh our trust.

Instead of leaning on our plans, we lean into God's steady arms.

Clear your mind like cucumber water clears your body — light, fresh, and free.

You don't have to figure it all out. You just have to trust the One who already has.

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” — Proverbs 3:5–6 (NIV)