

**I Am Ice Cream Journal Entry 8-2-19 @ 2:13 AM**

Jesus woke me up with these words this morning: A Christian's life is like homemade ice cream. It has to be churned to reach perfection and also various ingredients like sugar, ice, milk, flavorings and rock salt are needed. Rock salt is your main ingredient. Jesus is the rock salt of our lives. He should be the main ingredient that when we are churned, we will become solid and firm.