

MINDFUL MONDAY DECEMBER 30TH

“For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope.” Jeremiah 29:11

As the new year arrives many of us will have resolutions. It could be a new diet or more exercise. Although those are great choices for your health, consider making a resolution to work on your spiritual health.

- Connect with your faith family
- Practice self-care
- Donate and volunteer more
- Set goals
- Read and study books and the Bible
- Use a prayer journal
- Embrace forgiveness
- Seek spiritual guidance or someone to share your faith with
- Make room for prayer

You could choose one or all, but whatever you do, choose to have a closer relationship with God and others. This can start today in prayer together as we join virtually for Mindful Monday.

We pray for those that are starting this year with struggle or heartache. We pray for those that need Your extra support, guidance, and peace. We pray for the joys ahead of us and the new and exciting things the year has in store. We pray for the church and any challenges and new beginnings that may come. Pray for those on our prayer list and those prayers lifted up in worship. Pray for the unspoken prayers. Please take all these prayers to the Lord today.

Pray for the congregations, pastors, and ministries that are on the Regional prayer calendar this week and all of those from the calendar this past year. We look forward to lifting up the 2025 prayer calendar as well.

Garden City, Christian Church, Garden City, MN, Kathy Einan

First Christian Church, Hampton, IA

Jacqueline Hickox-Morgan, Carla Hillyer

Christian Church in Pennsylvania