

MINDFUL MONDAY DECEMBER 9TH

As we come to the second week of Advent we light the candle of peace. This season welcomes us to reflect and have peace in our lives. That may sound impossible when we think of all the things we must do to prepare for Christmas. The gifts to buy, the parties to plan, the food to prepare. All the preparation can be anything but peaceful. So today this is your reminder to give your stress and your worries to the Lord. Ask for peace in your heart and request help to relieve the weight of the holiday season. When you bring your anxious heart to God, you will receive the peace you desire. This peace is offered to us all year, not just during Advent. When we come to God in prayer, we receive guidance and the sense of relief only God can provide.

²⁷Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. John 14:27

We pray for the Bane family with the loss of Vernon. We pray for them to feel peace through this difficult time. We pray for those struggling during the holiday season. We pray for them to find strength and guidance. We pray for those on our prayer list. We pray for those that are sick and recovering. We pray for joys and blessings. We pray for all those in need.

We lift up the pastors, congregations, and ministries from this week's Regional prayer calendar.

First Christian Church, Creston, IA, Tony Thurston
Christian Church Disciples, Rock Rapids, IA, Corilee Boer
Melanie VanWeelden, Dave Neas, C. J. Latham
Christian Church in West Virginia