

January invites us to pause. The beginning of a new year offers a natural *reset*—a chance to begin again with intention, hope, and faith. While the world often pressures us to change everything at once, God gently invites us to start fresh by drawing closer to Him, one small step at a time.

A reset does not mean perfection. It means alignment. It means asking ourselves, *What habits are shaping my days, and do they draw me closer to Jesus?* New habits don't have to be dramatic to be meaningful. Sometimes the most powerful changes are the quiet ones—setting aside a few minutes each morning, choosing rest over rush, or opening our Bibles before reaching for our phones. When we open Scripture, we open our hearts to God's voice. Even a single verse read slowly and prayerfully can bring peace, direction, and encouragement. This is an intentional way to begin or end your day-taking care of yourself with prayer.

As we reset spiritually, we are also reminded that caring for ourselves is not selfish—it is faithful. God created us as whole beings: body, mind, and spirit. Jesus withdrew to quiet places to rest and pray. Self-care can look like honoring healthy boundaries, getting enough rest, nourishing our bodies, and making space for prayer and reflection. When we care for ourselves, we are better able to care for others and serve God with joy rather than exhaustion.

This new year, let us release the pressure to “do more” and instead focus on *being rooted*. Rooted in God’s Word. Rooted in prayer. Rooted in healthy rhythms that sustain us. A reset is not about erasing the past, but about trusting God with what lies ahead. A reset is not only good for our spiritual health but for our mental health as well.

As we step into this year together as a church family, may we encourage one another to start fresh, lean into God’s grace, and walk forward with renewed faith. God is not finished with us yet. His mercies are new every morning—and that is the greatest reset of all.