

A Fresh Start in Faith

Dear Friends in Christ,



As we step into the new year, 2025 greets us with a beautiful promise—a chance to begin anew, leave behind the past, and walk forward with renewed faith. Each new year is a gift from God, a blank canvas upon which we can paint a picture of love, purpose, and hope guided by His hand.

The start of the year is not merely a time to make resolutions but a sacred invitation to deepen our relationship with the Lord. It is a call to trust Him more fully, to seek Him more earnestly, and to let Him guide every decision, every plan, and every moment of our lives. As Scripture reminds us, "Commit your work to the Lord, and your plans will be established" (Proverbs 16:3).

This is also the perfect time to set spiritual goals—not as obligations but as opportunities to grow in holiness and align our hearts with God's will. As we set goals for health, career, or family, we should also ask: How can I grow closer to God this year? Perhaps it's dedicating a few extra minutes each day to prayer, committing to reading the Scriptures regularly, or making time for acts of kindness and service. Small, consistent steps can lead to profound transformation.

Remember that new beginnings do not mean striving for perfection but opening our hearts to grace. God doesn't ask for flawless efforts; He asks for faithfulness. Even when we falter, His mercies are new every morning (Lamentations 3:23). Trust that He walks with you through every joy and challenge, ready to strengthen you for the journey ahead.



As you embark on this year, I encourage you to take moments of reflection:

- What is God calling you to leave behind?
- What dreams and desires is He asking you to pursue?
- How can you make time to listen to His voice each day?

In 2025, may we all strive to seek Him more deeply, love Him more fully, and share His light more boldly with the world. Let us begin this year with hearts open to His guidance, trusting that He is making everything new in our lives.

With prayerful blessings, Fr. Veigas Dominic SVD



2 Minutes of Divine Wisdom

REFLECTION ON THE WORD OF GOD

"Behold, I am making all things new." - Revelation 21:5

This verse is part of the Apostle John's vision of the new heaven and the new earth in the Book of Revelation. It speaks to the ultimate renewal and restoration of creation by God. In this passage, God declares His work of re-creation, assuring His people that the old order of sin, suffering, and death will pass away, replaced by a new reality where God dwells fully with humanity.



The Greek word for "new" (kainos) doesn't just mean something brand new but something transformed—renewed in quality and essence. This implies that God is not discarding His creation but redeeming and perfecting it. The verse reflects the culmination of God's redemptive plan, fulfilled through Jesus Christ.

Take a moment to reflect: This verse offers hope and encouragement, especially as we begin a new year. It reminds us that God is always at work in our lives, even in moments of despair, failure, or stagnation. His promise to "make all things new" applies to our hearts, relationships, and circumstances.

In our personal lives, this renewal might involve letting go of past hurts, embracing forgiveness, or trusting God to bring growth in areas of struggle. It is also a call to partner with God in this transformation, aligning ourselves with His will through prayer, repentance, and faith-filled action.

7 Days to Strengthen Your Faith

A Prayer Challenge for Spiritual Growth

Prayer is not just about speaking to God; it's about aligning our hearts with His will, listening to His voice, and allowing Him to guide our daily lives. This sevenday prayer challenge is designed to help you grow in gratitude, forgiveness, trust, and action—key elements of a deep and thriving faith.

Take just 2 minutes each day to pause, pray, and reflect.

Day 1: Gratitude

Prayer: "Lord, help me see the opportunities You have placed before me today."

Reflection: Start your week by focusing on gratitude. Often, we miss the blessings in our daily routines because we're too focused on what's missing or what's next. Today, pause and notice the small opportunities God has placed before you—a kind word to a stranger, a chance to lend a hand or a moment of peace amid chaos.

Action Step: Write down three things you are grateful for today.

Day 2: Trust

Prayer: "Lord, I trust Your plan for me, even when I cannot see the way forward."

Reflection: Trust isn't about having all the answers but believing that God does. Surrender your fears, doubts, and uncertainties to Him today. Rest in the assurance that He is guiding every step you take.

Action Step: Identify one worry you're holding onto. Write it down and intentionally offer it to God in prayer.

Day 3: Forgiveness

Prayer: "Lord, grant me the grace to forgive others as You have forgiven me."

Reflection: Forgiveness sets our hearts free. Whether you forgive someone else or yourself, let today be a day of release. Remember, forgiveness isn't saying what happened was okay—it's choosing to let go of the burden.

Action Step: Think of one person you need to forgive. Pray specifically for them today.

Day 4: Guidance

Prayer: "Lord, guide my steps and help me follow Your path today."

Reflection: Sometimes, we rush ahead without seeking God's direction. Pause today and ask for His wisdom before making decisions, big or small.

Action Step: Take one decision or challenge to prayer today before acting on it.

Day 5: Humility

Prayer: "Lord, teach me to serve others humbly and love."

Reflection: Jesus calls us to serve others without seeking recognition. Today, look for ways to serve quietly, without expectation of reward.

Action Step: Perform one act of kindness today—anonymously, if possible.

Day 6: Faith in Action

Prayer: "Lord, give me the courage to act on my faith boldly today."

Reflection: Faith without action is like a seed that is never watered. God calls us to live out our faith in tangible ways. Step out in courage and let your actions reflect your trust in Him.

Action Step: Today, do one thing that stretches your faith—a conversation, a commitment, or a new habit.

Day 7: Rest in God's Presence

Prayer: "Lord, let me find peace in Your presence today."

Reflection: After a week of prayer and reflection, today is about simply resting in God's love. Sit in silence, breathe deeply, and know He is with you.

Action Step: Spend 5 minutes in silence with God, letting His peace wash over you.

Final Thought

As you complete this seven-day journey, remember that prayer isn't about perfect words or flawless rituals—it's about an open heart. May these seven days spark a deeper habit of daily connection with God, one step, one prayer, and one day at a time.



JUBILEE YEAR 2025 PILGRIMS OF HOPE

The Jubilee Year 2025, themed "Pilgrims of Hope," commenced on December 24, 2024, with Pope Francis opening the Holy Door of St. Peter's Basilica, symbolizing a call to renewal and spiritual journey for Catholics worldwide.

Key Highlights:

Opening of Holy Doors: In a historic first, Pope Francis opened a Holy Door at Rome's Rebibbia prison on December 26, 2024, extending the Jubilee's message of hope and redemption to inmates, whom he referred to as living in a "cathedral of pain and hope."

Call for Debt Relief: In line with the Jubilee's emphasis on justice and mercy, Pope Francis has urged wealthy nations and financial institutions to consider reducing or canceling the debts of poorer countries, highlighting the moral imperative of alleviating economic burdens that hinder development.

City Preparations: Rome has undertaken extensive infrastructure projects to accommodate the anticipated influx of approximately 32 million pilgrims during the Jubilee Year. Notably, an €85 million road junction near the Vatican has been completed, transforming the area into a pedestrian-friendly zone leading to St. Peter's Basilica.

INSTA-SAINT



Arnold Janssen



1875 Posts

1.2 M **Followers**

33 **Following**

@AJ May the darkness of sin and the night of unbelief vanish before the light of the Word and the Spirit of Grace.

- Bio:
- **†** Goch, Germany
- TPriest | Founder of Three Missionary **Congregations**
- Patron Saint of Missionaries
- A visionary who believed the Gospel must reach every corner of the world.

Follow

Message







SSpSAP



Steyl



Stadt Gottes



China

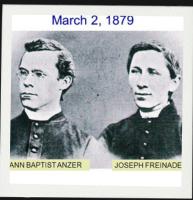


Argentina













SAINT ARNOLD JANSSEN

Highlights:

Early Life: A quiet priest with a bold dream of worldwide evangelization.

Founding Vision: Founded the Society of the Divine Word (SVD) in 1875 despite immense challenges.

Legacy: Also founded the Missionary Sisters Servants of the Holy Spirit (SSpS) and SSpSAP (Holy Spirit Adoration Sisters).

Story Post:

When others doubted, St. Arnold said, "If God wants it, it will happen." Against all odds, he built missionary houses and sent missionaries across continents, spreading faith and love.

#FaithTip:

Start each day with St. Arnold's prayer:
"Lord, send forth Your Spirit and renew the face of the earth."

Quick Challenge:

Take two minutes today to pray for missionaries around the world. Ask God to strengthen them in their mission.

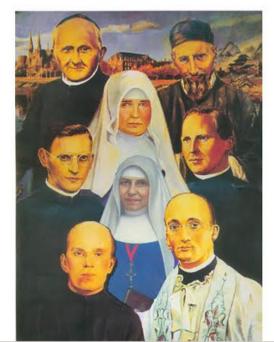
Fun Fact:

St. Arnold's first missionary was sent to China in 1879, and today his mission spans 70+ countries!

#InstaSaint Vibes:
#LightOfTheWord #MissionSpirit
#StArnoldJanssen #GlobalFaith

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Season One: Faith Series
Season Two: Hope Series
Season Three: Miracle Series
Season Four: Parable Series

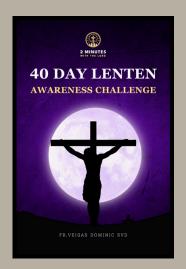
Season Five: Psalm Series

12 Episodes every season

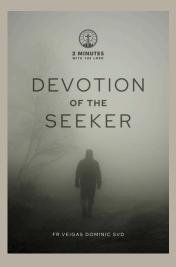




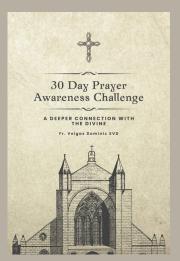
Books



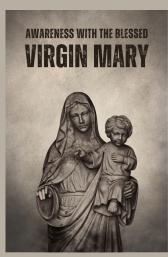
40 Day Lenten Awareness Challenge



Devotion of the Seeker



30 Day Prayer Awareness Challenge



Awareness of the Blessed Virgin Mary

Available on Amazon.com