




BETH-EL

SPIRITUAL HEALTH & WELLNESS

January 2026

Renewing with Purpose: *Starting the New Year with Focus*

As we step into January 2026, it's a time of new beginnings and renewed focus. After the busyness of the holidays, the new year offers a chance to pause, refocus, and set our hearts and minds on what truly matters—both spiritually and naturally. Here at Beth-El, we encourage everyone to *embrace* this time of reflection and renewal. Let's renew with purpose, setting a strong foundation for our spiritual journey and well-being in the new year.



Reflect, Refocus, Rejuvenate

- **Seek God First:** Begin the year with prayer and scripture reading, prioritizing time with the Lord to seek His guidance and strength.
- **Evaluate Your Life:** Take some quiet time to reflect on the past year. *Consider both* your spiritual and personal growth. What *were* your successes and challenges? What areas need *more focus* and improvement?
- **Simplify and Prioritize:** Clear out distractions and clutter, both in your schedule and your mind, to make more room for God's peace and purpose.
- **Practice Gratitude:** Reflect on God's goodness, in the past year. Start a gratitude journal to record blessings, big and small, and cultivate a heart of thankfulness.

Steps for Spiritual and Natural Renewal

- **Deepen Your Devotion:** Begin each day with prayer, Bible study, and meditating on God's Word. Join our weekly Bible study or start a new devotional that inspires you.
- **Take Care of Your Temple:** Balance spiritual health with caring for your body. Eat nutritious foods, get regular exercise, and rest well to sustain your energy and vitality.
- **Fast with Purpose:** Consider fasting as a way to draw closer to God, seek His will, and renew your spirit. Join our church's prayer and fasting initiative to begin the year.
- **Serve with Love:** Find ways to serve others in our church and community. Acts of service renew our spirits and reflect Christ's love.

Start the new year with intention, focusing on your relationship with God and caring for your body and mind. May you find divine renewal and purpose as you walk in faith each

www.beth-elcogic.com

Don't forget to stay connected for church updates, weekly prayer meetings, Bible studies, and upcoming events at www.beth-elcogic.com