

Winter 2025
Volume 4, Issue 3



Redemption Bible Chapel Women's Ministry



1 Peter 1:24

All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, but the Word of the Lord remains forever

A Prayer for the New Year:

Father, I trust and believe that your love and kindness will be my theme in the year ahead. I entrust the future to you and I do it with joy and with confidence. I do it with sure hope that you already know each step I will take and that you will be with me to direct each one of them.

If you have appointed trials and tribulation, I know that you will guide and comfort me through them all. If I pass through persecution or times of deep temptation, I can have full confidence that you will never leave me nor forsake me. If this is to be the year you call me home, I can receive that with joy, knowing that I will rejoice to be in your presence at last. If this is the year that Christ returns, then I will join with all Creation in rejoicing and praising your name.

But if you grant me length of days, and if you grant me health and safety through the year ahead, it is my prayer and my deep desire that I would live them all in your service and to your glory. Please grant me a grace that guides, sustains and sanctifies me every day and every hour, that in this new year I would not live a moment apart from you. Let me rely on your Spirit to supply every word I need to speak, to direct my every step, to prosper all I do, to build up my faith, and to grant me the heartfelt desire to display your glory, to advance your kingdom, and to declare your gospel.

Whatever may come in the year ahead, I pray that you would glorify yourself through me. In times of joy or sadness, in times of security or trial, in times of peace or temptation, make yourself known and make yourself great through me. Amen.

(From www.challies.com)

Welcome Winter!

Happy new year, Redemption Women!

The older I get, the faster the years roll by. Perhaps you can relate. When I was younger, I often counted the days, even the months, until certain milestones were reached. The next best thing couldn't come quick enough. However, as the decades pass, I long for life to slow down. Most of all, I realize how the shortness of our days on earth reminds us that we should live with purpose for God's Kingdom.

Everyone has their opinion about resolutions for the new year. Some people write a list of goals to accomplish. Others choose a word for the year. Then there are those who ignore resolutions altogether!

Over the past few years, I've moved away from resolutions because they were often unachievable. It was an "all or nothing" type of thing for me and I easily became discouraged. Instead, I've learned the importance of building new habits as a way of welcoming a new year. As this quote expresses, "Your habits are one of the most important things about you. Those repeated actions you take over and over, almost mindlessly, reveal your true self over time as much as anything else." (David Mathis)

As we begin 2025, is there a new habit that you would like to build into your life, especially in relationship to your spiritual growth? We never grow without intentionality. So here are six tips (adapted from *How to Grow* by Darryl Dash) to making a new habit a part of who you are:

1. If these aren't a habit already, choose these three core habits to begin: Bible reading, prayer, and regularly participating in a church community.
2. Add a supporting habit when the core habits are established. These can include habits such as scripture memorization, journaling, serving, sharing the Gospel, and practicing Sabbath rest.
3. Think through your roles and responsibilities. How can these habits be integrated daily, weekly and monthly into your life rhythms?
4. Adapt as necessary. What fits your schedule, family life, work life and personality? Are you a morning person or a night owl?
5. Be realistic and simplify. What is doable? The tendency is to try to do too much at once. Build habits one block at a time.

Building good habits often means evaluating the things we do, how we spend our time, and adjusting our priorities accordingly. But when they become a part of our daily routine and we see growth and change, it's worth it!

Linda Seabrook, Director of Women's Ministry

Resource Recommendations:

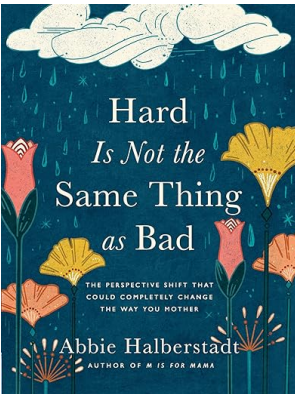
[How to Grow by Darryl Dash](#)



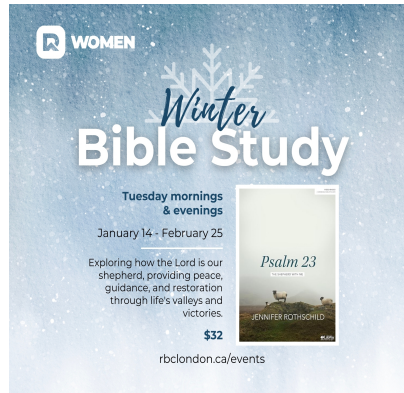
[The Melissa Doughtry podcast](#)



Hard Is Not the Same Thing as Bad
by Abbie Halberstadt



What's happening in Women's Ministry this winter?



Join us for our winter session of Bible Study, "Psalm 23," by Jennifer Rothschild.

Women's Bible Study is an opportunity to study God's Word in-depth, as well as connect with other like-minded women through weekly discussion, prayer and encouragement. If you haven't been a part of one of our studies, you're missing out!

For more details and to register, go to: <https://www.rbclondon.ca/women/>



Are you single or single again?

"Better Together" is just for you! Spend a Saturday morning enjoying food and fellowship, as well as encouragement from God's Word.

Date: Saturday, February 15, 9 – 11 am
Cost: \$ 12 (Registration opens January 16.)

More 2025 Dates to Keep in Mind . . .

Spring Brunch Event – Saturday, March 29, 9:30 am

Mom's Night Out – Friday, April 25, 7 pm

Radiant Conference – June 6-7



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