



Rest | Reflect | Reset

2 0 2 6

Dear Covenant Fellowship Family,

As we step into a new year, we sense a clear and gentle invitation from the Lord, not to rush forward, but to pause. Before we build, plan, or press ahead, God is calling us to begin this year grounded in His presence. That is the heart behind this season we are calling Rest, Reflect, Reset.

For six weeks, we are intentionally stepping away from our normal Wednesday night gatherings to make room for something deeply personal and powerfully communal: seeking the Lord diligently in our homes. Scripture reminds us that renewal does not begin with activity, but with abiding. Jesus Himself often withdrew to quiet places to pray, and we believe there is fruit waiting for us when we do the same.

This devotional is designed for our entire church family: adults, youth, and children, to move in the same spiritual direction together. Whether you are single, married, raising young children, or leading teenagers, our prayer is that these weeks would help you cultivate rhythms of rest, honest reflection, and spiritual reset right where you are. Parents, we especially want to encourage you: you do not have to have all the answers. Simply creating space for God, opening His Word, and inviting your children into the journey is powerful discipleship.

As a Spirit-filled church, we value both the Word of God and the work of the Holy Spirit. Throughout this devotional, you'll find opportunities to listen, pray, worship, journal, and respond. There is no pressure to perform, only an invitation to encounter. Let the Holy Spirit lead your pace, highlight what He wants to speak, and shape what needs to be aligned.

Our prayer is that as we rest in His presence, reflect with humility, and allow Him to reset our hearts, we will emerge renewed and ready to walk in obedience, clarity, and fresh passion for Jesus. We believe God has much to do in and through Covenant Fellowship this year, and it begins right here.

We are grateful to walk this journey with you.

With love and expectation,
The Pastoral Leadership Team

WEEK 1 & 2 — REST

Instructions

1. Rest in beloved identity. You are saved by His grace, because of His love for you. You are fearfully and wonderfully made. You are called by His name.
2. Rest in His promises to you. He will not leave you nor forsake you. He will not leave you an orphan. He sends the comforter. Rest when others depart from your life. Rest in that He still has a plan for your life and future.
3. Rest in His sovereignty. He is in control. Trust Him with all your heart. Let Him be God in all areas of your heart and life.

Write a prayer to the Lord below individually or as a family that discusses what you hope to learn from the next two weeks of resting with The Lord:

[illegible]

WEEK 1 — REST

Returning to the Presence of God

Key Scripture: *Psalm 46:10*

Devotional:

“Be still” is not a suggestion, it is an invitation. In a world that rewards hurry, noise, and productivity, God calls His people to pause and recognize who He is. Stillness is where striving ends and trust begins. When we quiet our hearts, we are reminded that God is not reacting to chaos, He reigns over it. Knowing God does not come from doing more for Him, but from being *with* Him. Stillness realigns our perspective, reminding us that God is sovereign, present, and near. As we begin this season, rest becomes the foundation for everything God desires to rebuild.

Church-Wide Focus:

This first week is about slowing our pace and re-centering our hearts on God’s presence. Before we evaluate, change, or move forward, we must learn to be still before the Lord. Rest positions us to hear Him clearly and trust Him fully.

Weekly Family Memory Verse:

Psalm 46:10 (NLT): “Be still, and know that I am God!”

Kids:

Big Truth: God loves when we spend quiet time with Him.

Teaching: God is always with us, but when life is loud and busy, it can be hard to notice Him. When we slow down and get quiet, we can feel God’s peace and remember how much He loves us.

Activity: Create a “God Space” in your home using a pillow, chair, or blanket. Sit quietly for one minute and thank Jesus for one thing.

Prayer: “Jesus, thank You for being with me. Help me slow down and rest with You. Amen.”

Youth:

Teaching: Our world is loud and demanding. God often speaks in stillness, not chaos. Learning to rest helps us recognize His voice and stay spiritually sensitive.

Reflection:

- What distractions make it hardest for you to slow down?
- How do you usually respond to silence?

Challenge: Set aside 10 uninterrupted minutes this week to sit quietly before God with no phone, music, or distractions.

Adults:

Teaching: Rest is an act of trust. Jesus regularly withdrew to be alone with the Father. When we rest, we acknowledge that God, not our effort, is our source.

Reflection:

- Where has busyness replaced intimacy with God?
- What would true rest look like in this season?

Challenge: Remove one unnecessary distraction this week to intentionally create space for God.

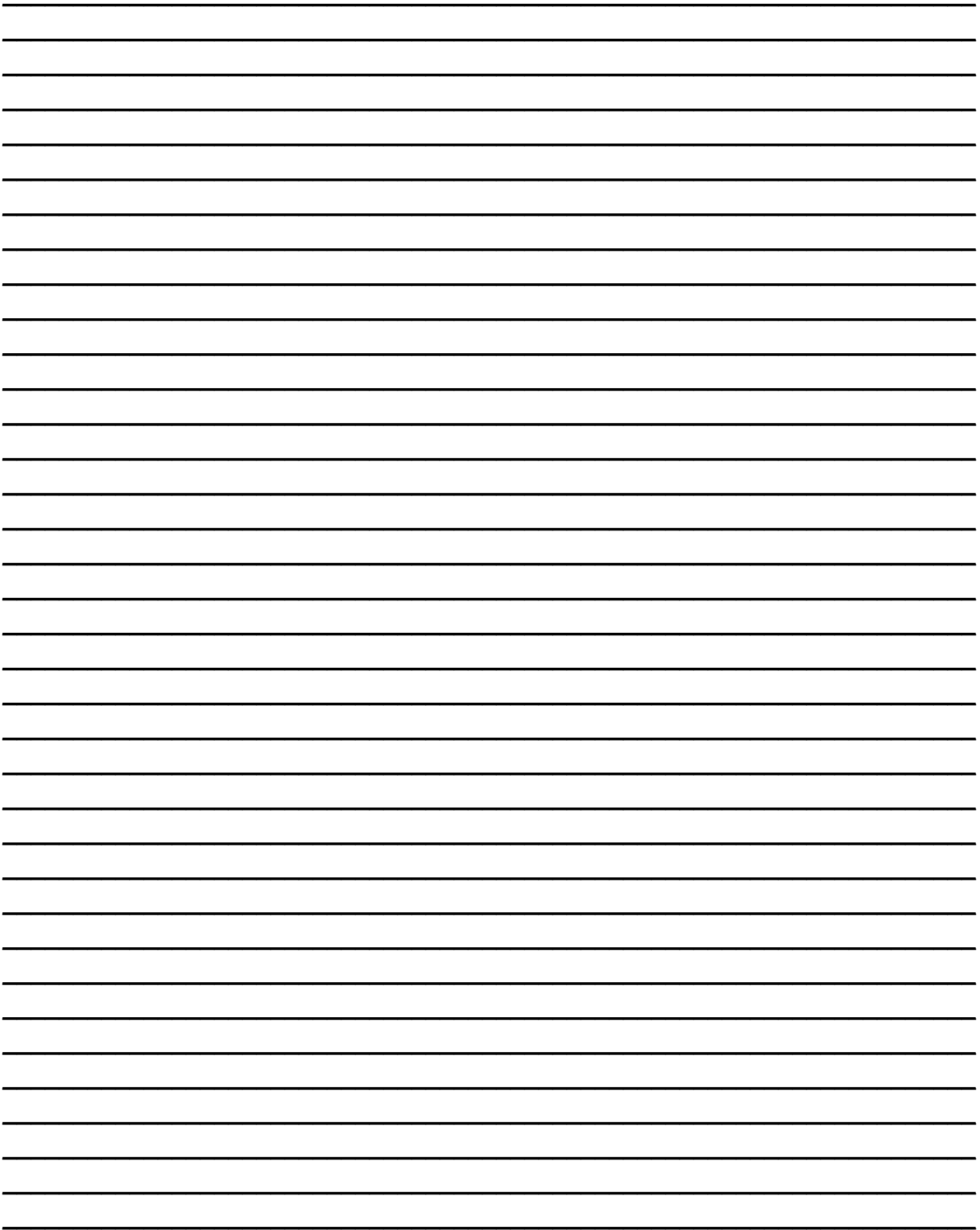
Family Discussion Guide:

This week invites your family to pause and become aware of God's presence together. These questions are meant to help everyone slow down and understand the value of resting in the Lord.

- Why do you think God wants us to slow down?
- What does resting in God look like for our family?

Activation Moment:

Listening Prayer: Sit together in silence for 2–3 minutes. Ask, "Holy Spirit, what do You want us to know this week?" Share briefly.



WEEK 2 — REST

Surrendering Control

Key Scripture: *Matthew 11:28–29*

Devotional:

Jesus does not invite the strong, the accomplished, or the self-sufficient. He invites the weary. His call is not to try harder, but to come closer. Rest is found not in escaping responsibility, but in learning to carry life alongside Him. When we surrender control, we exchange heavy burdens for a gentle yoke. Jesus teaches us a new rhythm of grace, where trust replaces striving and peace replaces pressure. Rest flows naturally from surrender.

Church-Wide Focus:

True rest grows when we release control. This week focuses on trusting God with our worries, plans, and expectations instead of carrying them ourselves.

Weekly Family Memory Verse:

Matthew 11:28 (NLT): “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”

Kids:

Big Truth: God is strong and takes care of me.

Teaching: Sometimes we feel worried or overwhelmed. God invites us to give Him our worries because He is strong enough to carry them.

Activity: Draw or write something that worries you. Pray and give it to Jesus.

Prayer: “Jesus, I trust You. Thank You for taking care of me. Help me remember for my whole life that you never change and you will always take care of me. Amen.”

Youth:

Teaching: Trying to control everything creates stress and fear. God invites us to trust Him instead of carrying life's weight alone.

Reflection:

- What areas of your life are hardest to trust God with?
- What can you do to practice trusting Him?

Challenge: Write down one thing you need to surrender to God and pray over it every day this week.

Adults:

Teaching: Control exhausts the soul. Surrender invites peace. Trusting God is the pathway to rest.

Reflection:

- What am I holding onto that God is asking me to release?
- What positive benefits would I experience from surrendering control?

Challenge: Verbally surrender one area of concern to God each day this week.

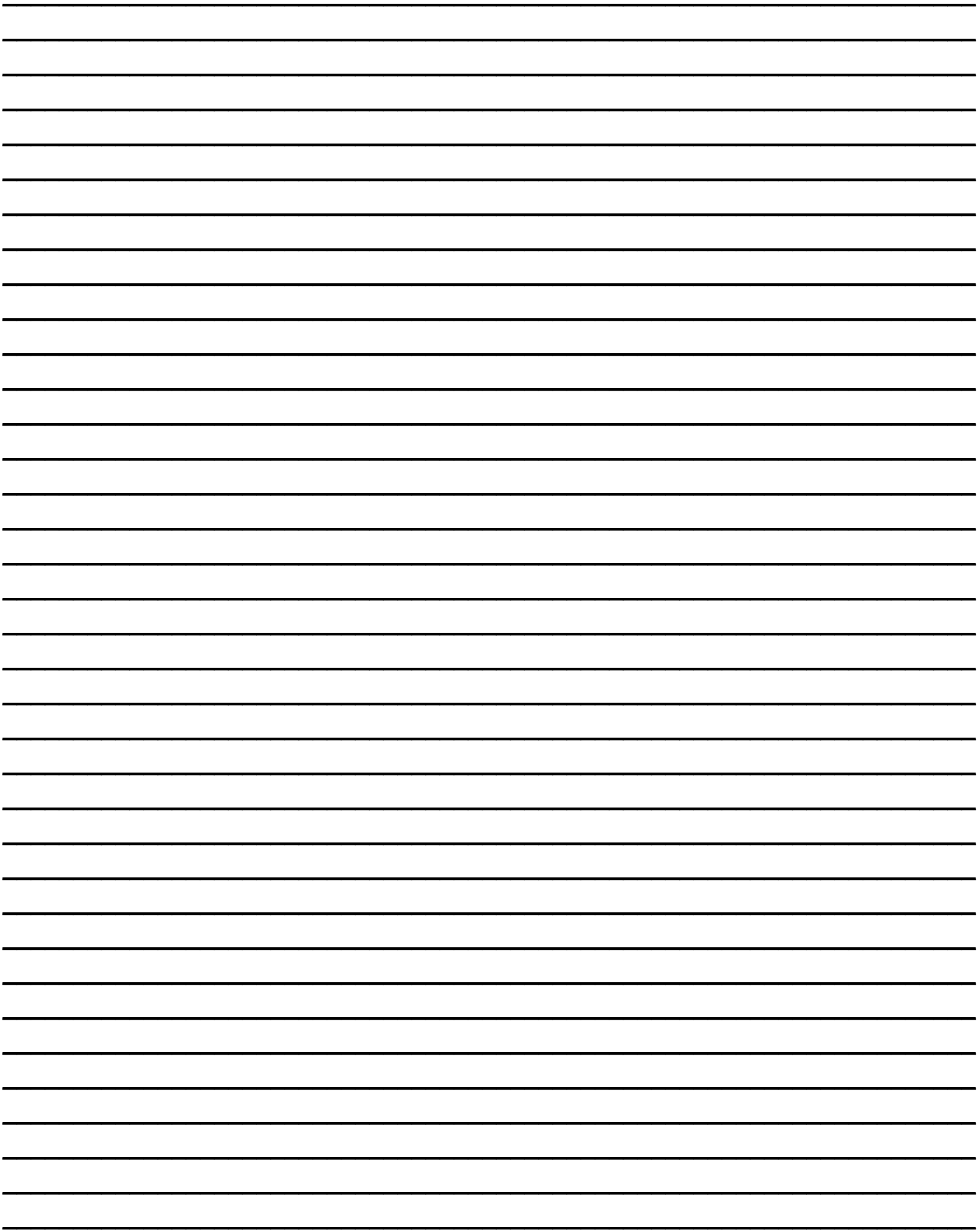
Family Discussion Guide:

This week helps families practice trust together. As you talk, emphasize that surrender is not weakness, it is faith.

- What is something our family needs to trust God with?
- How can we remind each other to trust Him?

Activation Moment:

Prophetic Journaling: Write, "Lord, I give You ____." Ask the Holy Spirit to respond. Write down what you feel the Holy Spirit is speaking to you. Make sure you date this journal entry so you can easily reflect back on it and celebrate the move of God in your life. This will be a great testimony!



WEEK 3 & 4 — REFLECT

Instructions

1. Reflect on your salvation moment/story.
2. Reflect on what He has done for you since you met Him.
3. Reflect on your calling and ministry.
4. Reflect on why He is worthy of your praise, worship and devotion.
5. Reflect on events when He came through for you.
6. Reflect on the doors He shut and the times He said no.

Write a prayer to the Lord below individually or as a family that discusses what you hope to learn from the next two weeks of reflecting with The Lord:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 3 — REFLECT

Examining the Heart

Key Scripture: *Psalm 139:23-24*

Devotional:

God's invitation to reflection is rooted in love, not accusation. When we ask Him to search our hearts, we are welcoming truth that leads to freedom. He reveals not to shame us, but to heal us. Reflection allows us to partner with the Holy Spirit in growth. As hidden places come into the light, transformation begins. A surrendered heart is always a fertile place for renewal.

Church-Wide Focus:

Reflection allows God to lovingly search our hearts. Conviction is not condemnation, it is an invitation to healing and growth.

Weekly Family Memory Verse:

Psalm 139:23 (NLT): "Search me, O God, and know my heart."

Kids:

Big Truth: God helps my heart make good choices.

Teaching: God cares about what's in our hearts. When we ask Him for help, He teaches us how to choose what is right.

Activity: Talk about one good choice you can make this week.

Prayer: "Jesus, help my heart love what You love. Show me what it loves that is not good and help me to fix that. Amen."

Youth:

Teaching: Reflection helps us recognize what influences our thoughts, actions, and decisions. When we slow down and think about why we do what we do, God helps us see what's shaping us.

Reflection:

- Are there habits pulling you away from God?
- What has prevented you from removing those habits from your life so far?

Challenge: Ask God to show you one area that needs to change and take one step toward obedience.

Adults:

Teaching: The Holy Spirit reveals what needs alignment so healing can begin. When we allow Him to search us and lead us, we create space for true freedom, growth, and spiritual renewal.

Reflection:

- What might God be inviting me to confront or change?
- How will making the necessary change impact others?

Challenge: Spend intentional time this week asking God to search your heart.

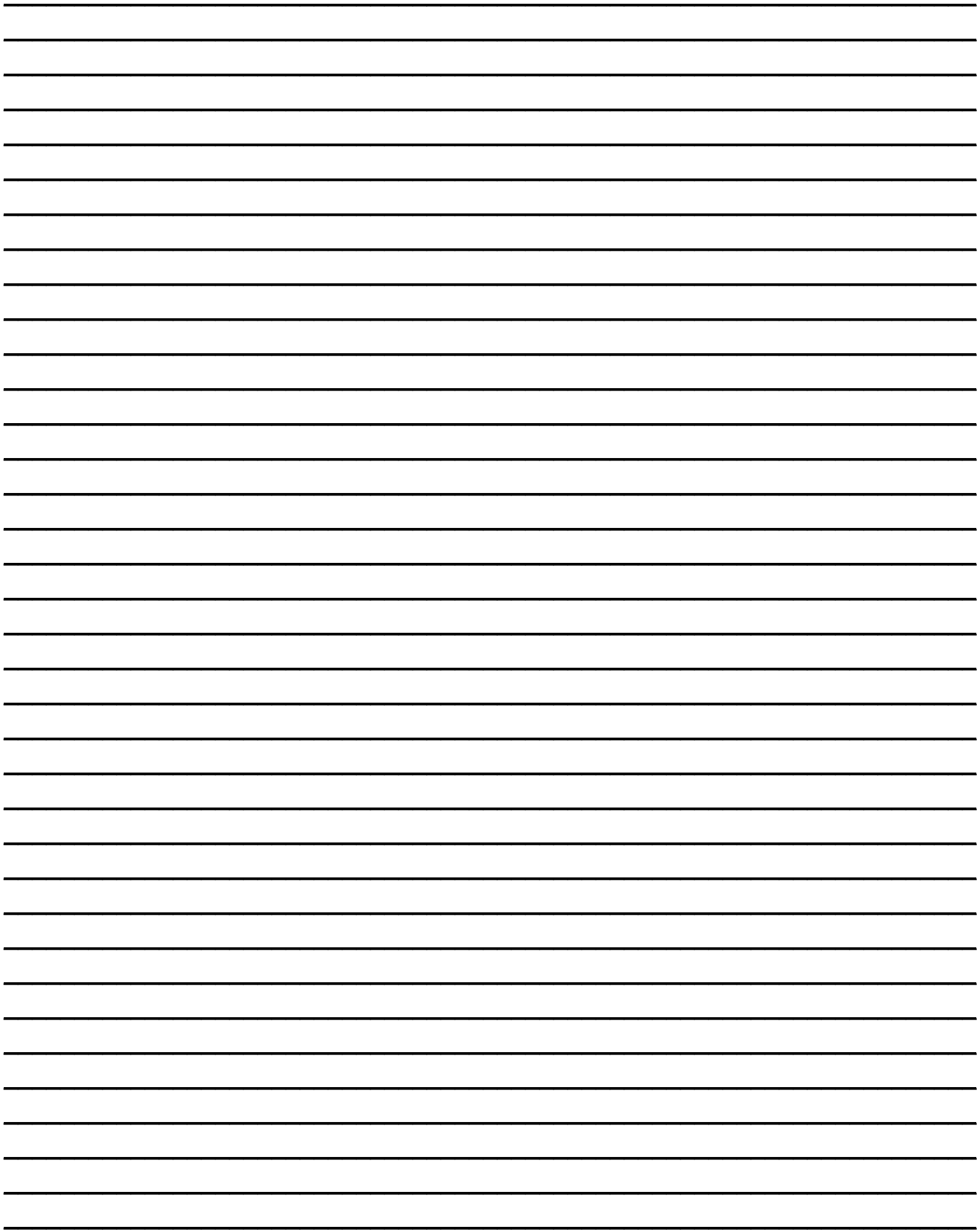
Family Discussion Guide:

This week encourages honesty and humility as a family. Reflection brings freedom when we invite God into every area of our lives.

- What helps us stay close to Jesus?
- How can we encourage one another to grow?

Activation Moment:

Prayer of Surrender: Invite God to search hearts and pray together.



WEEK 4 — REFLECT

Remembering God's Faithfulness Key Scripture: *Lamentations 3:22-23*

Devotional:

In seasons of hardship, Jeremiah anchored his hope in what never changes, God's mercy and faithfulness. Every morning is evidence that God has not given up on His people. Remembering God's faithfulness strengthens our trust for today and our hope for tomorrow. Gratitude becomes a weapon against discouragement and fear.

Church-Wide Focus:

Looking back reminds us that God has been faithful. Gratitude strengthens our faith for the future.

Weekly Family Memory Verse:

Lamentations 3:23 (NLT): "Great is His faithfulness; His mercies begin afresh each morning."

Kids:

Big Truth: God is always faithful

Teaching: God keeps His promises. He helps us again and again. Even when things feel hard or scary, God never forgets us and never stops loving us.

Activity: Share one thing God has helped you with before.

Prayer: "Thank You, God, for always helping me. Amen!"

Youth:

Teaching: Remembering God’s faithfulness builds trust and hope. When we look back at how God has helped us before, it becomes easier to trust Him with what we’re facing now.

Reflection:

- Where have you seen God move in your life?
- Have you ever told other people about those moments?

Challenge: Write down three ways God has been faithful and thank Him.

Adults:

Teaching: Gratitude strengthens faith and fuels expectancy. Thanksgiving shifts our focus from what is lacking to who God is, positioning us to recognize and receive His promises.

Reflection:

- Where have I seen God’s faithfulness in my life?
- Why do I so easily forget about that?

Challenge: Share one testimony of God’s faithfulness with someone this week.

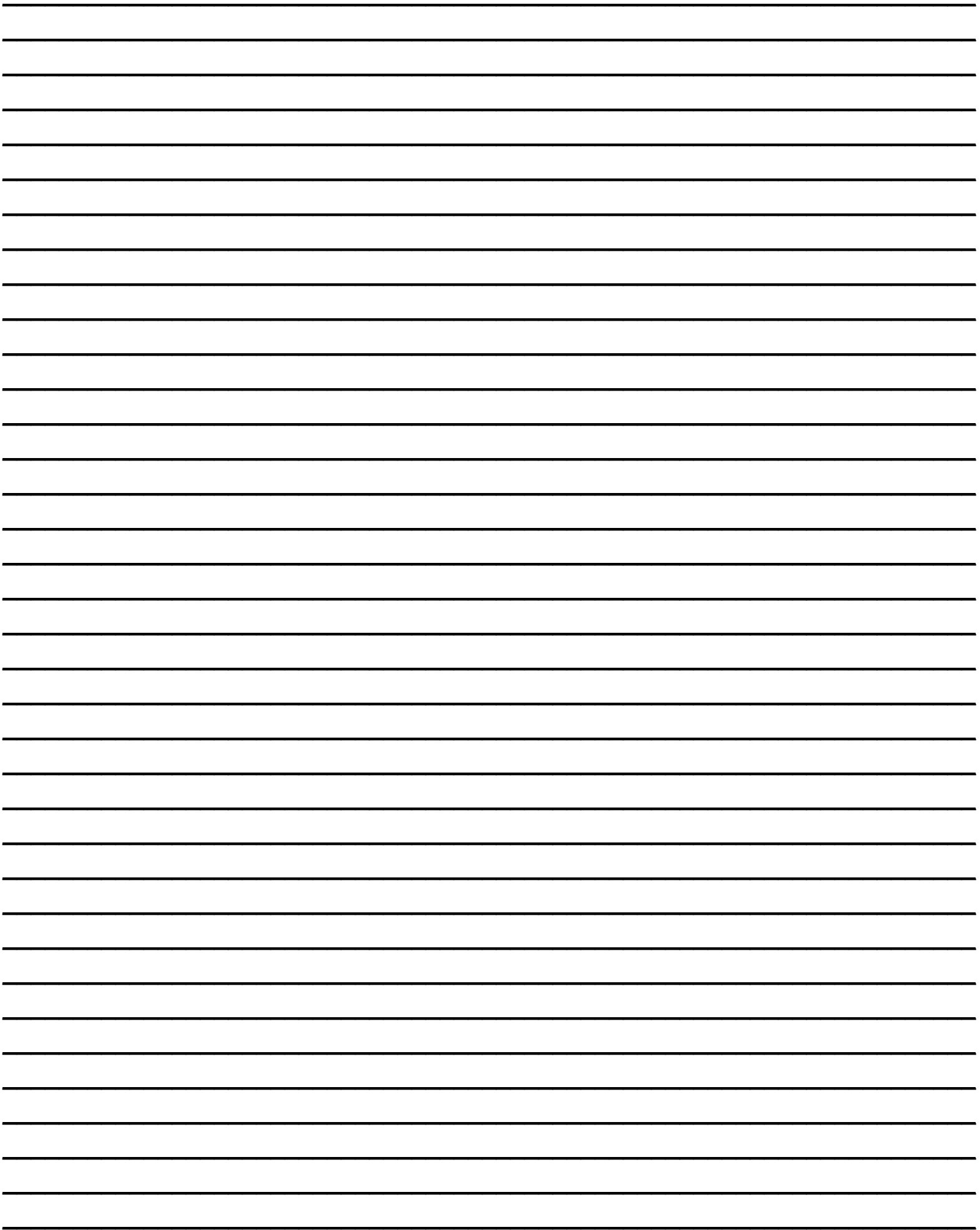
Family Discussion Guide:

This week helps families remember what God has already done. Testimony builds faith for what is ahead.

- How has God been faithful to our family?
- How can we thank Him together?

Activation Moment:

Family Testimony Time: Share stories and thank God together.



WEEK 5 & 6 — RESET

Instructions

1. Reset your focus on Him completely.
2. Reset your heart for kingdom purpose as the highest value for accomplishments.
3. Reset your priorities: prayer, purpose, family, ministry, money, goals
4. Reset your life again with a God-centered value.

Write a prayer to the Lord below individually or as a family that discusses what you hope to learn from the next two weeks of resetting with The Lord:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

WEEK 5 — RESET

Renewing the Mind

Key Scripture: *Romans 12:1-2*

Devotional:

Transformation begins in the mind. Paul reminds believers that renewal requires intention. We must allow God to reshape how we think, believe, and respond. As our minds are renewed by truth, our lives begin to reflect God's will. Resetting is not about self-improvement, but spiritual surrender.

Church-Wide Focus:

Resetting means aligning our thoughts with God's truth instead of the world's patterns.

Weekly Family Memory Verse:

Romans 12:2a (NLT): "Let God transform you into a new person by changing the way you think."

Kids:

Big Truth: God's Word helps me live right.

Teaching: The Bible teaches us how to follow Jesus. When we read it, we learn how to love God, love people, and trust Him every day.

Activity: Read a short Bible verse together.

Prayer: "Jesus, help me listen and obey You. Amen."

Youth:

Teaching: Renewing minds lead to changed lives. As we fill our minds with God's truth, He helps us grow and become more like Jesus.

Reflection:

- What influences your thinking most?
- If this needs adjustment, what steps will you take to do so?

Challenge: Commit to regular Bible reading this year.

Adults:

Teaching: God transforms us by renewing our minds. Through His Word and Spirit, He changes us from the inside out so we can live in freedom and truth.

Reflection:

- What thought patterns of mine need renewal?
- If they aren't renewed, what will the result be? How will it impact those around me?

Challenge: Declare Scripture over your mind daily this week.

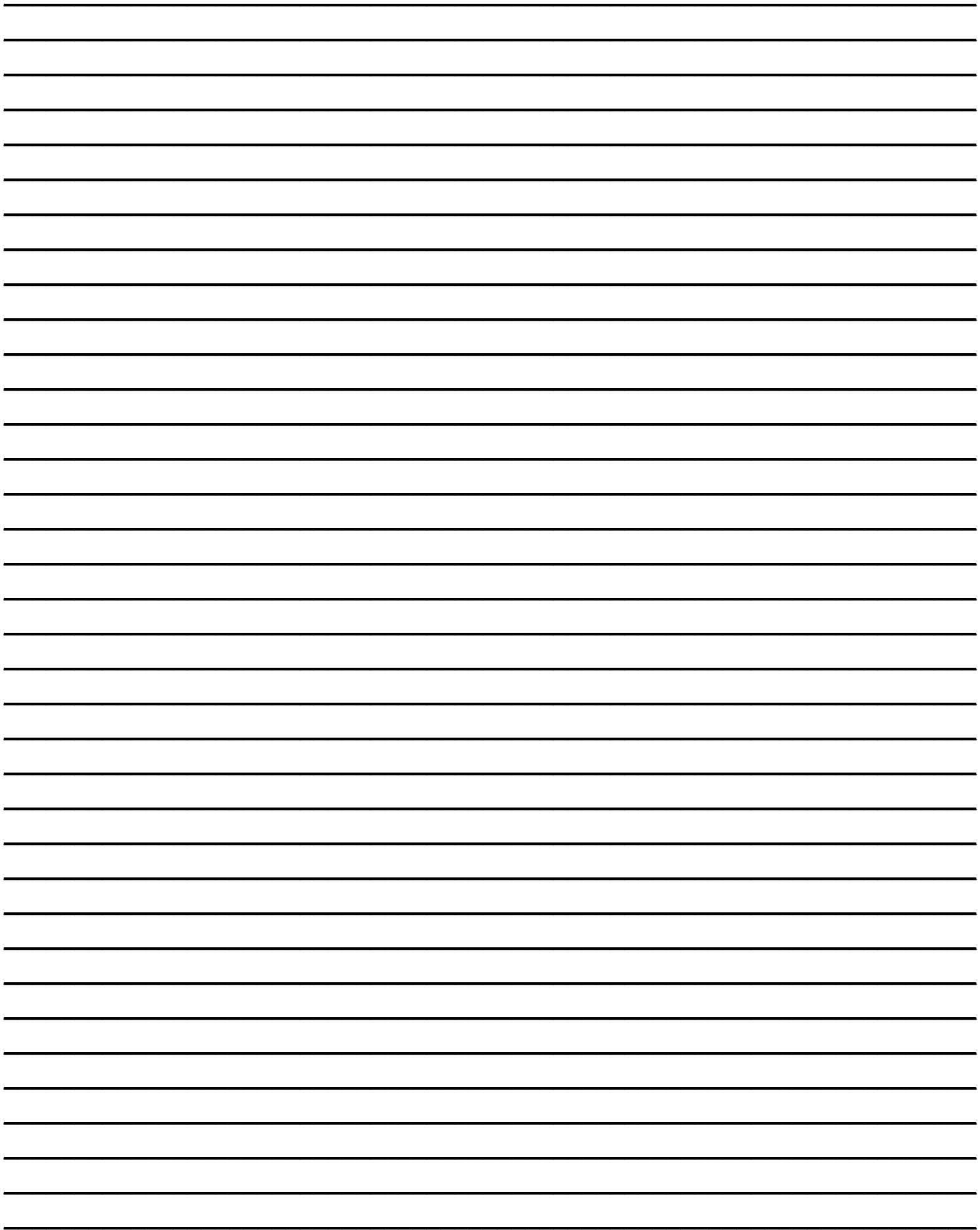
Family Discussion Guide:

This week focuses on aligning thoughts and habits with God's Word as a family.

- What habits help us grow closer to God?
- How can we prioritize Scripture together?

Activation Moment:

Read Romans 12:2 aloud together.



WEEK 6 — RESET

Stepping Into the New

Key Scripture: *Isaiah 43:18-19*

Devotional:

God invites His people not to live anchored to the past, but attentive to what He is doing now. Even when the way forward seems unclear, God promises provision and direction. Reset positions us to step forward with faith. Obedience opens the door to new beginnings and fresh encounters with God.

Church-Wide Focus:

God is doing something new. This final week prepares us to walk forward together in obedience and expectancy.

Weekly Family Memory Verse:

Isaiah 43:19a (NLT): “For I am about to do something new. See, I have already begun!”

Kids:

Big Truth: God has good plans for me.

Teaching: God loves us and leads us into new things. When we follow Him, we can be brave because God is right beside us.

Activity: Draw a picture of something you hope God does this year.

Prayer: “God, help me follow You this year. Amen.”

Youth:

Teaching: God invites us into new seasons with purpose. When we follow Him, we can step into new opportunities knowing He is leading the way.

Reflection:

- What do you sense God calling you into?
- Are there certain feelings/emotions that are keeping you from obeying?

Challenge: Write one step of obedience God is asking of you.

Adults:

Teaching: Obedience positions us for renewal and revival. Saying “yes” to God creates space for Him to move powerfully in and through us.

Reflection:

- Where is God calling me to step forward in faith?
- Why am I hesitant?

Challenge: Pray daily for courage to obey.

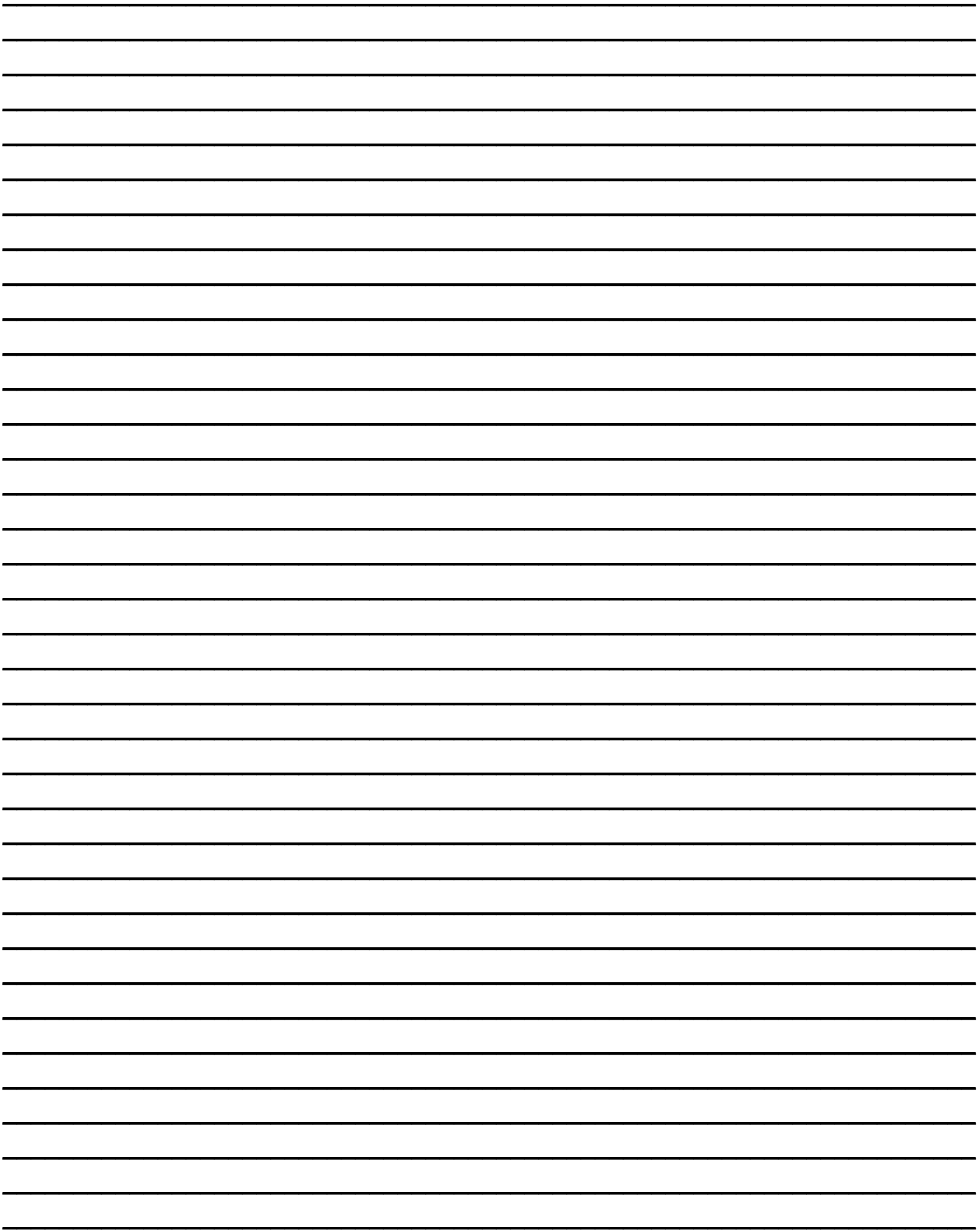
Family Discussion Guide:

This final week invites families to look forward with faith and unity.

- What do we believe God is calling our family into this year?
- How can we support one another in obedience?

Activation Moment:

Family Worship: Pray, worship, and commit the year to the Lord together.



Father God,

We thank You for meeting us in this season of Rest, Reflection, and Reset. Thank You for the moments of stillness where You reminded us that You are near, the honest reflection where You revealed what needed healing or surrender, and the renewal You have begun in our hearts. We acknowledge that every good work You start, You are faithful to complete.

Lord, we do not want to leave this season unchanged. We ask that what You have planted in us would take deep root. Help us carry these rhythms into our daily lives: listening before speaking, resting before striving, and obeying before understanding. Teach us to remain aware of Your presence, sensitive to Your voice, and quick to respond in faith.

For our families, we pray unity and spiritual hunger. May our homes be places where Your Word is opened, Your Spirit is welcomed, and Your love is lived out. For our children and students, we ask that they would grow in discernment, courage, and passion for Jesus. Protect what You have stirred in them.

As Covenant Fellowship, we offer ourselves anew. Reset our priorities, realign our desires, and refine our witness. Send us out refreshed, not burned out, anchored in truth, filled with the Holy Spirit, and ready to walk in obedience wherever You lead. We step forward into this new season with gratitude and expectation, trusting that You are already at work ahead of us.

In Jesus' name, Amen.

OTHER SCRIPTURES TO REMEMBER:

Ephesians 2:8-9 & 4:1-16

Romans 3:23-24

Titus 3:5

Psalms 139:1-18

Isaiah 43:1

Hebrews 13:5-6

John 14:15-18

2 Corinthians 1:20

Revelation 11:6-21

week
ONE

“BE STILL, AND
KNOW THAT I
AM GOD!”

Psalms 46:10

week
TWO

“COME TO ME, ALL OF YOU
WHO ARE WEARY AND
CARRY HEAVY BURDENS,
AND I WILL GIVE YOU REST.”

Matthew 11:28

week
THREE

“SEARCH ME, O
GOD, AND
KNOW MY
HEART.”

Psalms 139:23

week
FOUR

“GREAT IS HIS
FAITHFULNESS; HIS
MERCIES BEGIN AFRESH
EACH MORNING.”

Lamentations 3:23

week
FIVE

“LET GOD
TRANSFORM YOU
INTO A NEW PERSON
BY CHANGING THE
WAY YOU THINK.”

Romans 12:2a

week
SIX

“FOR I AM ABOUT TO
DO SOMETHING NEW.
SEE, I HAVE ALREADY
BEGUN!”

Isaiah 43:19a