



Spring Renewal: Living in Resurrection Hope

"Therefore if any man be in Christ, he is a new creature: Old things are passed away; behold all things are become new."

2 Corinthians 5:17 (KJV)

Easter proclaims new life—Chris is Risen! As the earth awakens around us, spring invites us to reflect on how resurrection touches not only our faith, but also, our health and daily life.

With longer days and warmer weather, this season gently encourages movement, light, and renewal. Simple activities such as walking outdoors, stretching or tending a garden can lift our spirits, strengthen our bodies and remind us of God's ongoing work restoration. These small acts are not about achieving perfection, but about receiving life as a gift.

Caring for our health is one way we live in Easter joy. Nourishing our bodies, honoring rest and reconnecting with others become responses of gratitude for the new life Christ promises—now and always.

After Easter, we hear how risen Christ meets the disciples exactly where they are—with peace, patience and reassurance. Healing and well-being rarely happen all at once, yet God is present in every step.

Spring can be a quiet reminder to address what God may be calling you to right now—rest, renewal through movement or grace for yourself. Even the smallest changes matter. If you are living with illness, pain or weariness, you know this: Resurrection hope does not require instant joy. God is still at work, holding you in grace.

A Closing Prayer

Gracious God,
Thank You for the promise of New Life through the resurrection of Your Son. As spring renews the earth, renews our bodies, minds, and spirits. Guide us to care for ourselves and one another with patience and gratitude. Grant us strength for today and hope for tomorrow, trusting always in Your healing presence.

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