



Heart2Heart Ministries

IN THIS EDITION:

Reminders

Reflections

Caring for Your Soul

Heart2Heart Pastor's
Wives Connection
resumes in 2026 on
January 5, 2026 at
7:00pm.

*“It’s the most wonderful time
of the year!”*

That’s usually my refrain when the month of December rolls around. I get excited about holiday decorating, planning for the family to come together, shopping, and most of all—church festivities. I also look forward to the holiday break from university life: no more grading, no more teaching, no more meetings. Just shutting everything down for at least three weeks.

When we were in the pastorate, December was filled with community outreach events, ministry celebrations, and of course our annual Christmas production. We planned months ahead. We committed time and resources. We held meetings and rehearsals. Everyone contributed in some meaningful way. The month was exciting and overwhelming, and if you’re like me, after pouring your heart into a multitude of activities, you often feel depleted by the time Christmas arrives.

So, I offer a few reminders as we step into this season:

1. Celebrate Jesus

December is about the Advent of Christ.

Advent is a season of expectation, preparation, and hope. While the world has commercialized Christmas, we understand the true meaning of the Advent: Christ came to seek and to save all who are lost. This is a wonderful time to share His love with friends, co-workers, neighbors, and loved ones—especially those who have lost hope.

2. Care for Your Family

This goes without saying, yet the busyness of the season can cause us to overlook the needs of those closest to us. Be intentional about planning memory-making activities that strengthen connection, conversation, and emotional presence. Invite everyone in the family to submit one quality time activity they would like to do (and lead). Take turns leading family devotions. Walk together. Cook a meal together. Establish technology-free time. Create moments that remind your family that they are treasured.



3. Practice Self-Care

It's easy to focus on everyone else and forget about your own well-being. Nourish your body and soul. Set healthy boundaries. Embrace rest without guilt. Cultivate relationships with other women who pour life and encouragement into you. A replenished you is a gift to your family, your church, and the people you serve.

4. Remember Children and Youth

Many children and teens — especially those who do not live in faith-filled homes — experience the holiday season differently. Be mindful of their needs. Give a small gift or gift card. Help single mothers to purchase gifts for their children or sponsor their Christmas meal. Invite students over for dinner or game night during the holidays. The smallest gestures often make the biggest impact on young hearts.

5. Prepare for Our COGOP Global Fast

Eat, celebrate, and enjoy the festivities, but also begin preparing your heart for our global season of seeking Christ. The fast is a sacred time for renewal, reflection, and resetting our spiritual compass for the year ahead. Let this December joy flow into January devotion.

Aileen Reid



Closing Prayer

Lord, I thank you for the beautiful, gifted women who serve the wonderful congregations you have entrusted to us. I ask that you would bless them in all that they do; in their going out and coming in. Touch and renew their mind, body, soul and spirit. Let your joy be their strength during this season.

As we enter this beautiful season of Advent, quiet our hearts and draw us near to You. Help us celebrate Jesus with joy, care well for our families, and steward our well-being with grace. Prepare our spirits as we look ahead to a new year of seeking You. Amen.

Reflections for the Season*

What Is Advent? (Quick Facts)

- **Advent means “arrival” or “coming.”**

It reminds us of Christ’s first coming in Bethlehem and His promised return.

- **It begins four Sundays before Christmas.**

Traditionally, it marks the start of the Christian liturgical year.

- **The themes of Advent are Hope, Peace, Joy, and Love.**

Many believers light a candle each week representing these themes.

- **Advent invites preparation, reflection, and holy expectation.**

It is not only about looking back, but also forward—to the return of Christ.



Scriptures for the Season

- **Hope:** “The people walking in darkness have seen a great light.” — Isaiah 9:2

- **Peace:** “My peace I give you... not as the world gives.” — John 14:27

- **Joy:** “Behold, I bring you good tidings of great joy for all people.” — Luke 2:10

- **Love:** “God so loved the world that He gave His one and only Son.” — John 3:16

- **Expectation:** “Come, Lord Jesus.” — Revelation 22:20



Family-Friendly Advent Activities

- **Advent Blessing Jar:** Each day, write one thing you're grateful for or praying about and place it in a jar. Read them together on Christmas Eve.

- **Candlelight Devotion Night:** Turn off the lights, light a candle, read a Scripture, and pray together. Keep it simple.

- **Acts of Kindness Countdown:** Instead of treats, give each day a kindness assignment: Write an encouraging note, donate a toy, call a relative, pray for a neighbor.

- **Memory-Making Moments:**

- o Bake one family recipe together.

- o Take a “gratitude walk” and talk about God’s blessings.

- o Choose one night for a technology-free dinner and meaningful conversation.

- **Service Project as a Family:** Deliver treats to someone alone this season, support a charity, or help a family in need.



Reflection Question for the Month

Where do I need Christ’s hope, peace, joy, or love to show up in my life this season? Write it down and pray for God to meet you and your family in that place.

*Note: Created with help from ChatGpt

Caring for Your Soul as a Pastor's Wife*

Guard Your Quiet Time With God

"Be still, and know that I am God." — Psalm 46:10

In a role where many expect your presence, God invites you into His. Your quiet time is not another task—it is your lifeline. Let stillness become sacred, not scarce.

Prayer: Lord, help me rest in Your presence and draw strength from You each day.

Set Healthy Boundaries Without Guilt

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

God does not call you to burnout. Jesus Himself withdrew often to rest. When you say "no," you preserve the heart God entrusted to you.

Prayer: Father, give me wisdom to protect my heart and courage to say no when needed.

Cultivate Friendships That See You

"Two are better than one... if either falls, one can help the other up." — Ecclesiastes 4:9–10

Pastors' wives often carry hidden weight. God sends companions who lift you, laugh with you, and listen to your heart.

Prayer: Lord, send authentic, safe friendships that refresh my soul.

Embrace Rhythms of Rest

"He makes me lie down in green pastures; He leads me beside quiet waters." — Psalm 23:2

Rest is not weakness—it's worship. When you stop, you declare God is still God, even when you're not serving.

Prayer: Good Shepherd, teach my heart to rest in You.

Ask for Help When Your Strength Wavers

"Bear one another's burdens, and so fulfill the law of Christ." — Galatians 6:2

You were never meant to carry ministry alone. God provides people to support and strengthen you.

Prayer: Lord, help me recognize when I need help and receive it with humility.

Cherish a Joy-Filled Hobby

"A cheerful heart is good medicine." — Proverbs 17:22

Joy is holy. Creative expression and simple pleasures are gifts God uses to renew your spirit.

Prayer: Jesus, breathe delight into my days and remind me to enjoy the gifts You've given.

Protect Your Marriage Time

"What God has joined together, let no one separate." — Mark 10:9

Ministry is demanding, but your marriage is sacred. Guard your time together and nurture connection.

Prayer: Lord, bless our marriage with unity, laughter, rest, and love.

Release the Pressure to Be Everything

"My grace is sufficient for you, for My power is made perfect in weakness." — 2 Corinthians 12:9

You are not called to be omnipresent. Embrace grace and let go of unrealistic expectations.

Prayer: Father, free me from pressure and help me live in Your sufficiency.

Remember God's Faithfulness

"Forget not all His benefits." — Psalm 103:2

Gratitude strengthens resilience. Celebrate testimonies and the evidence of God's goodness.

Prayer: Lord, open my eyes to see Your hand in every detail of my life.

Seek Support Without Shame

"With many advisers plans succeed." — Proverbs 15:22

Counseling and mentorship are wisdom, not weakness. God uses others to guide healing.

Prayer: God, give me peace as I seek wise counsel.

Nourish Your Body as God's Temple

"Your body is a temple of the Holy Spirit." — 1 Corinthians 6:19

Caring for your physical health honors the God who dwells in you.

Prayer: Holy Spirit, help me honor You by caring for my body.


Give Yourself Permission to Be Human

"He remembers that we are dust." — Psalm 103:14

God never asked you to be perfect—only faithful. You are fully known and fully loved.

Prayer: Father, thank You for loving me as I am. Teach me to walk in grace.

*Note: Created with help from ChatGpt



**Mark your calendars
Heart2Heart Pastor's Wives
Connection resumes
Monday, January 5th
@ 7:00 p.m.
Look out for a calendar invite
with connection details.**