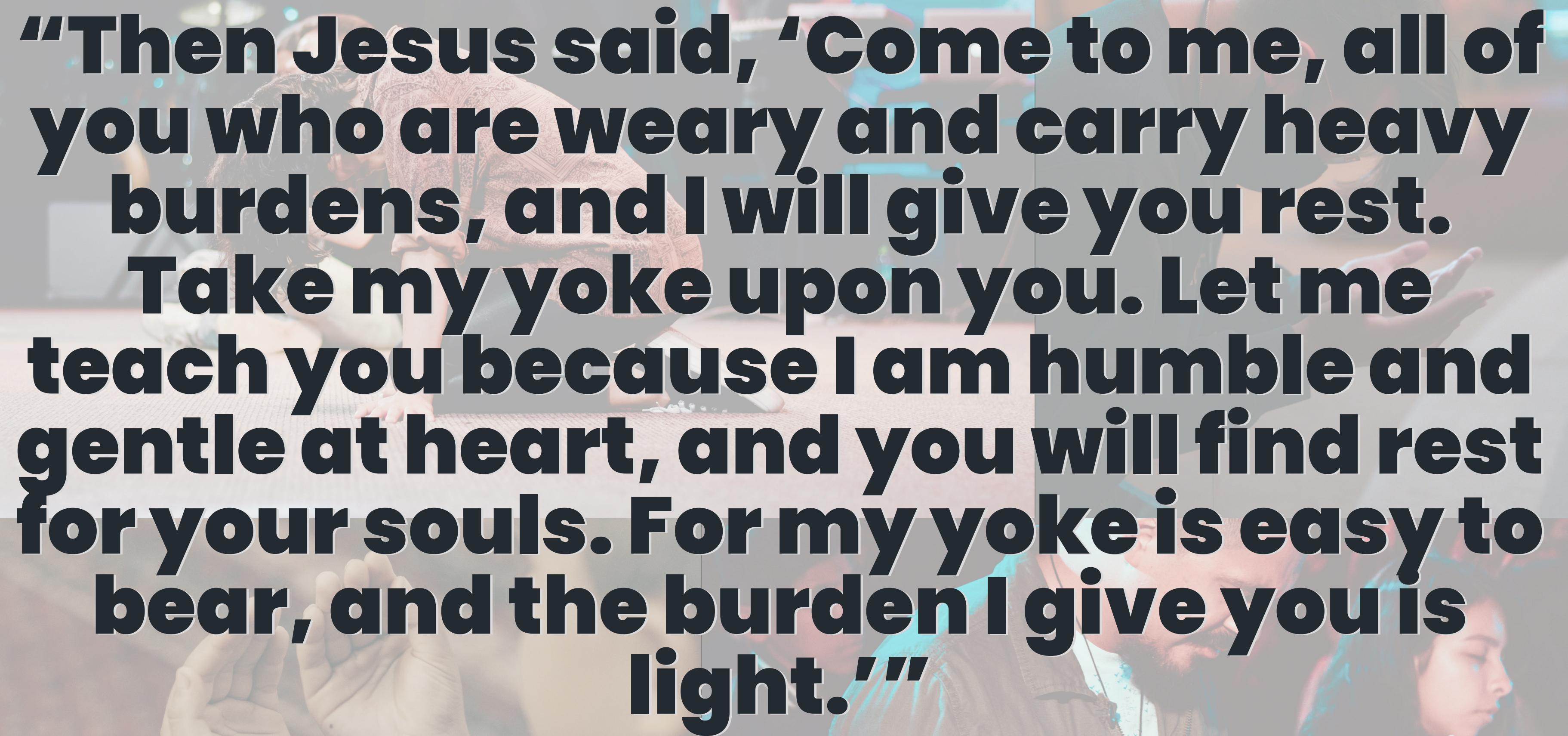


I want us to enter 2026 with a clean heart, renewed faith, and a vibrant spirit, ready to handle whatever comes our way, knowing that God is for us and we will overcome together.



Releasing & Rejoicing

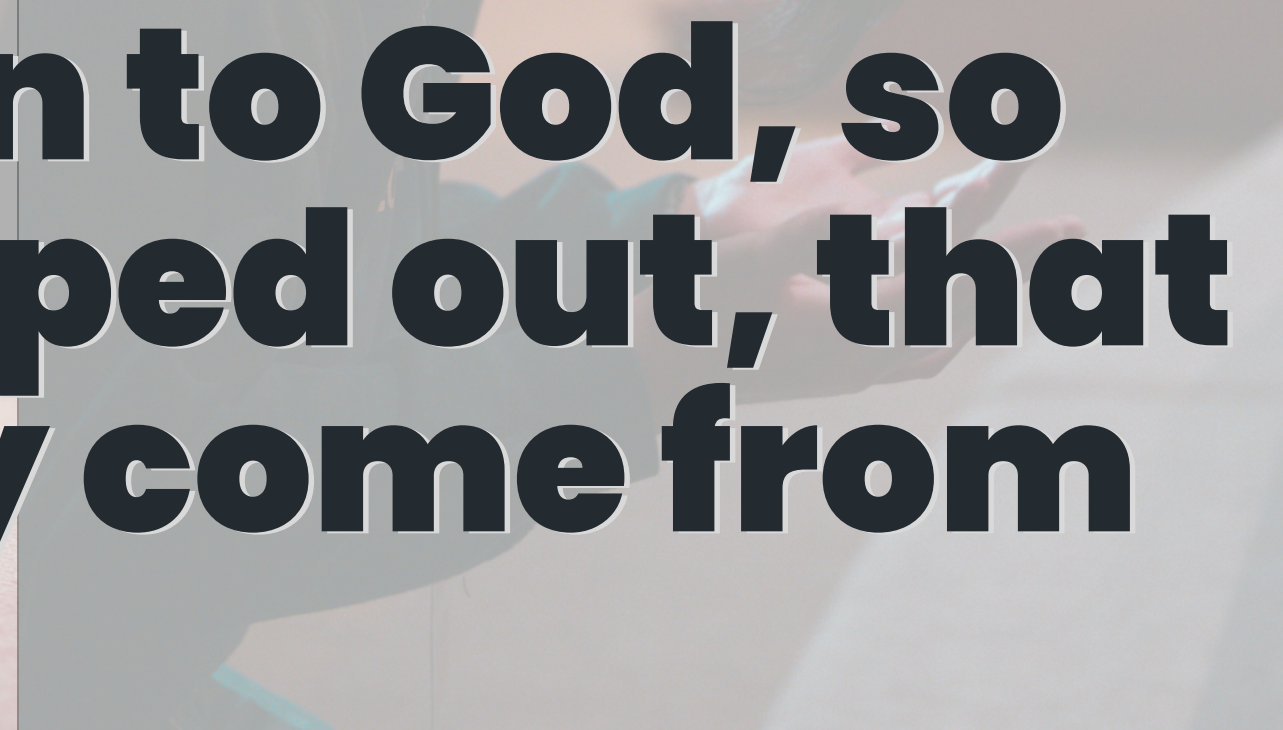

**A Time of
Prayer and
Celebration**




"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.'"

Matthew 11:28-30 NLT

Releasing &
Rejoicing



“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”



Acts 3:19 NIV



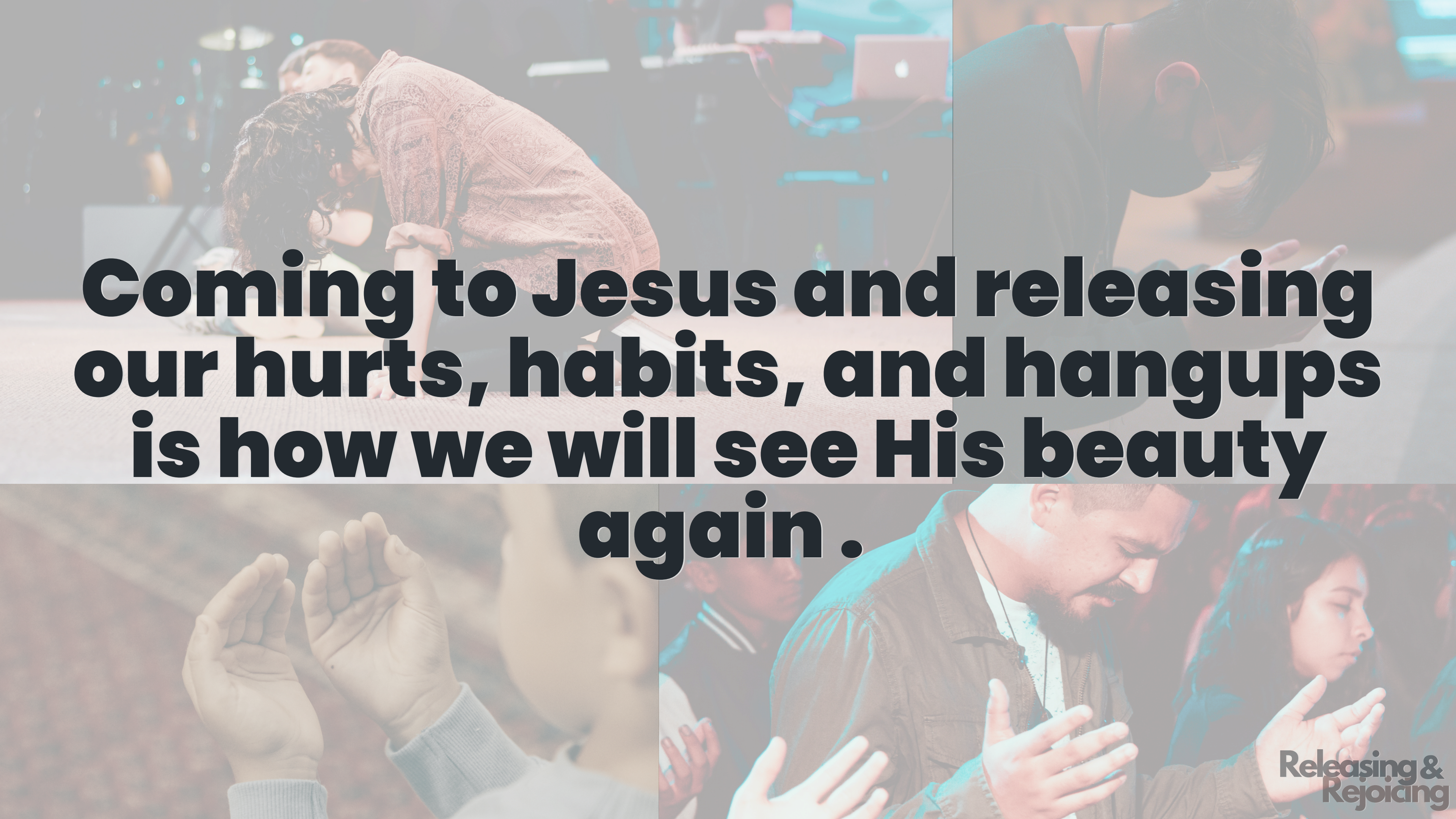
Promises from these verses:

- 1. Rest**
- 2. Teaching that leads to rest**
- 3. Easy, bearable yoke**
- 4. Light burden**
- 5. Times of refreshing**



What do these promises require of us?

- 1. Come to Jesus**
- 2. Admit that you are carrying a heavy burden and need rest**
- 3. Learn from Jesus**
- 4. Repent**



**Coming to Jesus and releasing
our hurts, habits, and hangups
is how we will see His beauty
again .**



Palms Up & Palms Down

**Releasing &
Rejoicing**



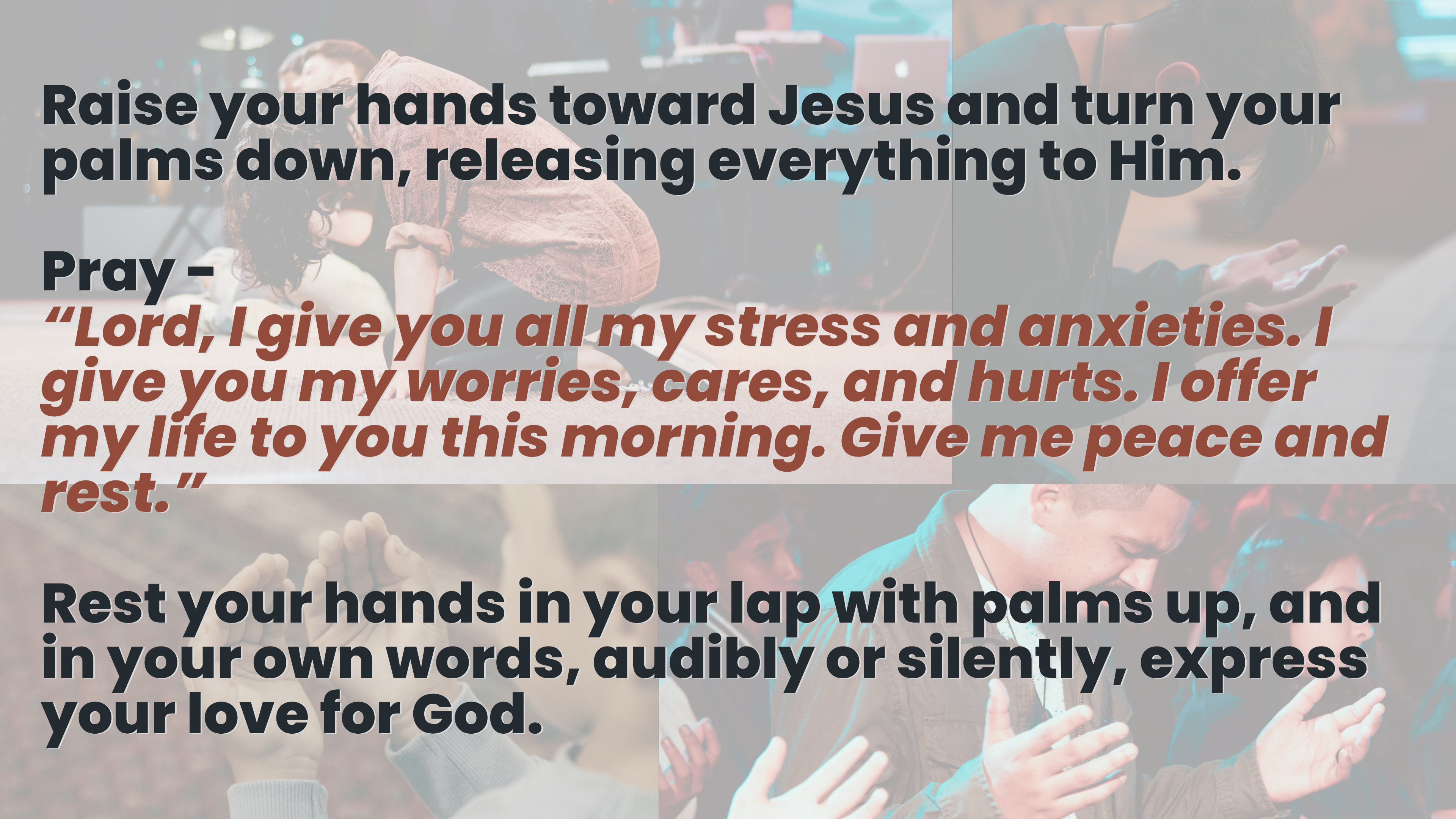
Pray –

“Lord, I welcome your presence.

Give me the grace to give all my cares and worries to You.”



Posture your hands with your palms up and place your burdens and worries in your hands.



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Lord, I give you all my stress and anxieties. I give you my worries, cares, and hurts. I offer my life to you this morning. Give me peace and rest.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Lost Family & Friends

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release the weight I’ve carried in grief and loss. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.

**Releasing &
Rejoicing**



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the weight I’ve carried through grief and loss. I trust You fully and find hope in Your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Diminished Health

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release my health challenges and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.

**Releasing &
Rejoicing**



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the weight I’ve carried in diminished health. I trust You fully and find hope in Your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Financial Stress

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release my financial stress and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.

**Releasing &
Rejoicing**



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the financial stress I’ve carried. I trust You fully and find hope in Your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Missed Opportunities

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release the burden of missed opportunities and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the burden of missed opportunities that I’ve carried. I trust You fully and find hope in Your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Sinful Habits & Patterns

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me repent and release the burden of sinful habits and patterns, and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.

Releasing &
Rejoicing



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the burden of sinful habits and patterns that I’ve carried. I trust You fully and find hope in Your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Fears & Worries



Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release the burden of fears and worries and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.

**Releasing &
Rejoicing**



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the burden of fears and worries that I’ve carried. I trust You fully and find hope in Your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Worship





Desire to Control

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release my need and desire to control and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the burden I’ve carried of needing and desiring control. I trust you fully and find hope in your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Emotional & Relational Health

Releasing &
Rejoicing



Pray –

“Lord, I welcome your presence.

Jesus, help me release the unhealthy emotional and relational burdens and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.

Releasing &
Rejoicing



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray -

“Jesus, I give you the unhealthy emotional and relational burdens I’ve carried. I trust you fully and find hope in your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Lack of Purpose & Direction



Pray –

“Lord, I welcome your presence.

Jesus, help me release the unhealthy burdens of lacking purpose and direction and give me peace. Help me trust You fully and find peace in Your goodness and compassion. Amen.”

Posture your hands with your palms up and place your burdens and worries in your hands.



Raise your hands toward Jesus and turn your palms down, releasing everything to Him.

Pray –

“Jesus, I give you the unhealthy burdens I’ve carried around lacking purpose and direction. I trust you fully and find hope in your goodness and compassion. I offer my life to you this morning. Give me peace and rest in these things. Amen.”

Rest your hands in your lap with palms up, and in your own words, audibly or silently, express your love for God.



Receiving & Rejoicing

Releasing &
Rejoicing



**“Enter His gates with thanksgiving
and His courts with praise.”**

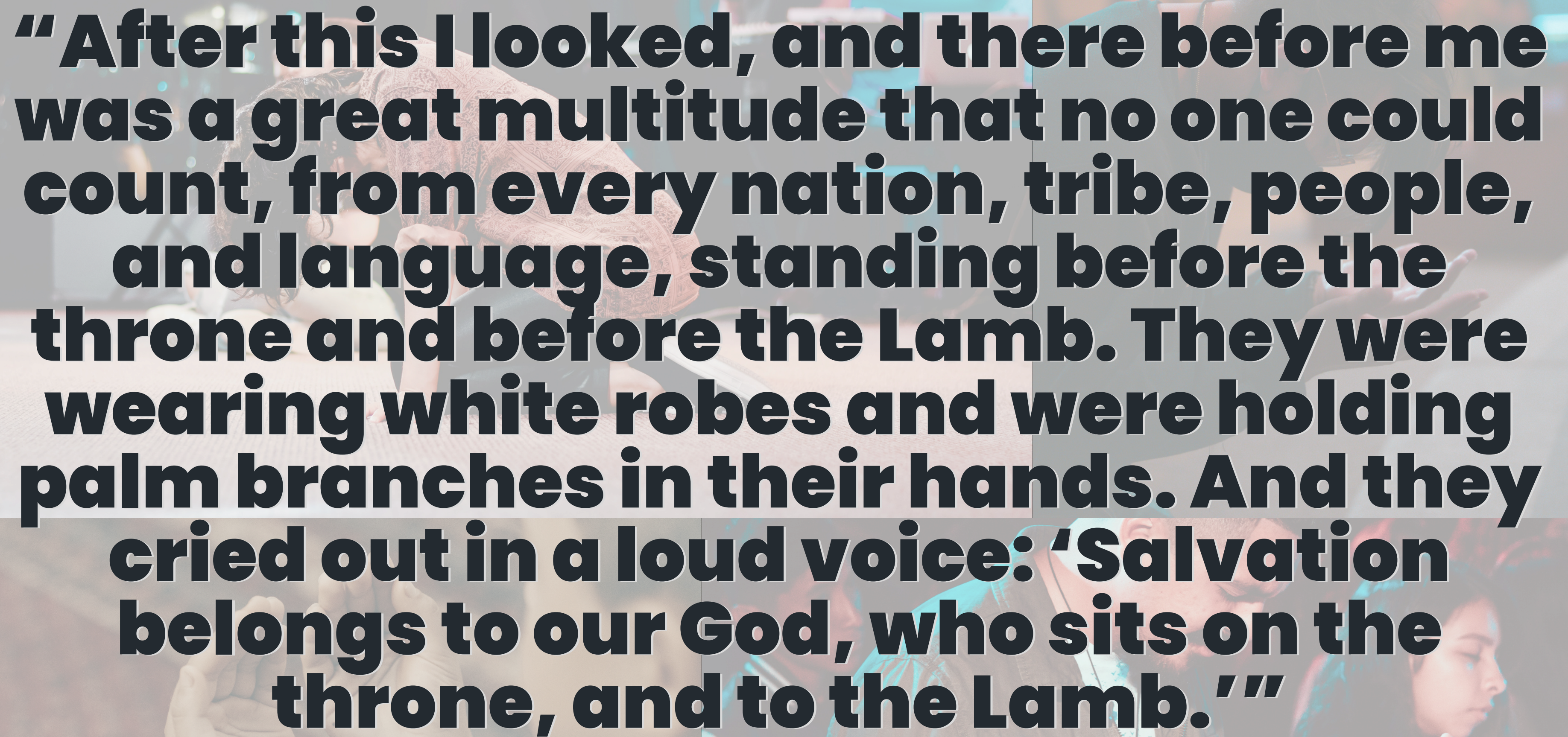
Psalms 100:4–5





“No matter how many promises God has made, they are ‘Yes’ in Christ.”

2 Corinthians 1:20



“After this I looked, and there before me was a great multitude that no one could count, from every nation, tribe, people, and language, standing before the throne and before the Lamb. They were wearing white robes and were holding palm branches in their hands. And they cried out in a loud voice: ‘Salvation belongs to our God, who sits on the throne, and to the Lamb.’”

Revelation 7:9–10

Releasing &
Rejoicing



Worship

