153 YEARS TAKING HOPE TO THE WORLD

JANUARY 2026

5 Fantastic ways to improve your mental health.

Rooted and Grounded: Stepping into the New Year.

TRU Youth AWANA Club Kiks off January 7th - March 4th.

Rooted and Grounded: Stepping into the New Year

As we step into a new year, many of us come carrying a mix of emotions - hope, gratitude, uncertainty, and expectation. Some of us are excited about what's ahead, while others may still be healing from what was. Wherever you find yourself today, know this: God is with you, and He is already at work in the year before you. Our confidence doesn't come from having everything figured out, but from being rooted in Christ and grounded in His unfailing love.

This year, we are intentionally committing ourselves to discipleship - growing as followers of Jesus, not just in knowledge, but in daily obedience and relationship with Him. Through Experiencing God, we will learn to recognize God's voice and respond to where He is leading us. The Purpose Driven Life will help us realign our lives with God's design, reminding us that discipleship means living on purpose, not by accident. And through Rooted, we will build strong spiritual rhythms and authentic community, walking alongside one another as we learn what it truly means to follow Christ.

Our prayer is that these discipleship journeys will lead to real transformation - not just for a season, but for a lifetime. That your roots would grow deeper in God's Word, your faith would become steadier in every circumstance, and your walk with Jesus would feel more intentional and personal. No matter what this year holds, you don't walk into it alone. We move forward together - rooted in truth, grounded in love, and committed to becoming more like Christ.

Prayer Brunch

Join us for the TRU Youth 2026 Prayer Brunch on Sunday, January 4, 2026, as we begin the new year in heartfelt prayer with and for our youth. This special gathering will celebrate our 2025 accomplishments and share the vision for our 2026 goals, highlighting the growth, service, and spiritual strides our students are making. It's a meaningful way to start the year together—lifting our youth, our leaders, and our mission before God. The event is free, but RSVP is required.

Super Service Weekend

Men of Hope Men's Ministry is calling all men to serve and fellowship on Our Annual Super Service and Fellowship weekend. We serve our Community Saturday 2/7/2026 followed by a Super Bowl Watch Party 2/8/2026. Service, Food, Fellowship, Fun.

Wills & Estate Planning Panel Discussion

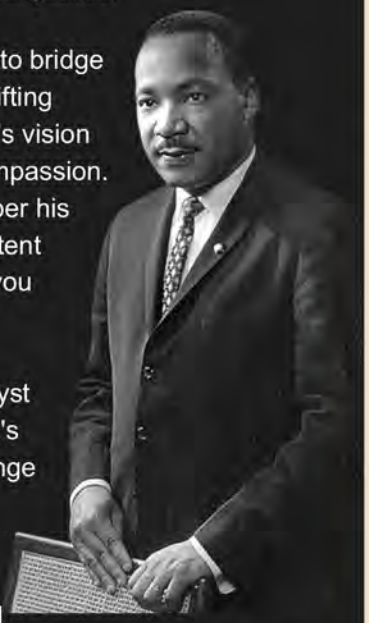
Good Hope's Legal Ministry and The People's Legal Clinic will host a Wills & Estate Planning Panel Discussion on Saturday, February 28th from 10:00 a.m. until 12 noon at Good Hope Missionary Baptist Church. Panel Speakers will address the Probate process, Wills, Powers of Attorney, Homestead issues, Texas laws on distribution and much more. There is no cost to attend the event and you may register at GoodHope.org. To obtain more information, you may contact Denise Scott at (832) 512-1972.

Happy New Year

2026

LIVING THE DREAM: EXTENDING THE IMPACT OF DR. MARTIN LUTHER KING, JR.

The legacy of Dr. Martin Luther King, Jr. can awaken the dreamer and the doer within you – if you allow it! His life was a testament to the power of hope, courage, and unwavering love for humanity. Celebrate by decisively stepping forward — volunteer more in the church, your community, stand up for justice, and reach out to those in need.



Every act of kindness, every effort to bridge divides, and every moment spent lifting others is a living tribute to Dr. King's vision of a world united in dignity and compassion. As you honor his memory, remember his timeless words: "Life's most persistent and urgent question is, 'What are you doing for others?'"

Let this day be more than a commemoration — let it be a catalyst for ongoing change. Read Dr. King's speeches, an allow them to challenge and inspire you, sharing his message with those around you. Engage in honest conversations about justice, educate yourself and others, and find ways—big or small—to advance the dream of equality. By living out these values, you become a beacon of hope and progress, carrying forward the torch that Dr. King lit for us all. Your actions, no matter how small, are the building blocks of a more just and loving world. Live his dream out loud!

Five Fantastic Ways to Improve During Mental Wellness Month

Did you know January is Mental Wellness Month? Daily mental wellness habits are the foundation for a resilient, balanced, and fulfilling life. Prioritizing sleep and nutrition supports brain health, improving memory, focus, and mood, while intentional breaks prevent burnout and enhance creativity. These habits are not just quick fixes—they gradually rewire your brain, strengthen coping skills, and build a sense of purpose.

1. Move Your Body

·Engage in regular physical activity, such as walking, stretching, or any exercise you enjoy. Movement releases endorphins and other neurotransmitters that boost mood and reduce anxiety.

2. Prioritize Sleep

·Aim for consistent, restful sleep each night. Good sleep is foundational for emotional regulation, memory, and overall mental health.

3. Practice Gratitude

·Each day, write down or reflect on a few things you're grateful for. Gratitude shifts your focus toward positivity and can improve overall well-being.

4. Take Intentional Breaks

·Give your mind a rest by taking short breaks throughout the day. Step outside, stretch, or simply pause to breathe deeply.

5. Spend Time in Nature

·Even a brief walk outdoors can reduce stress, improve mood, and enhance creativity.

Over time, small, consistent actions create a powerful ripple effect, making it easier to navigate challenges, celebrate successes, and maintain overall well-being. By investing in these daily practices, you're actively shaping a healthier, happier future for yourself.

TRUYouth AWANA Club Kicks Off

The TRU Youth AWANA Club kicks off on January 7, 2026 thru March 4, 2026. We invite all middle school and high school students to join us. The cost for the program is $45, and financial assistance is available. Youth will engage in meaningful lessons, strong fellowship, and a chance for students to grow in their faith. We look forward to seeing your teens there!

Heaven's Hotline

Join Heaven's Hotline Live for a powerful, uplifting prayer experience connecting hearts worldwide. Dedicated Zoom breakout rooms will allow you to join others praying for similar needs. Join us Saturday Jan. 10th @ 8:30 am-9:30 am. Come be blessed, as we seek and praise God.

Hope and Help for Those Considering Suicide

Has the thought of taking your life ever crossed your mind, or someone you know? The emotions behind such thoughts are real. Disappointment, loss, and overwhelming trials can make life feel unbearable. When the mind becomes tormented by daily thoughts of hopelessness and despair, a person may withdraw, convinced no one understands or cares. This isolation can deepen suffering and could lead to a dangerous downward spiral toward contemplating suicide.

Yet no matter the reason for considering taking our life, no matter how intense the pain feels, there is always hope. Peace of mind and joy are possible even in the most difficult circumstances.

How can someone overcome suicidal thoughts? Scripture points us to the source of true hope—Jesus Christ. He said, *"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."* (John 10:10)

Please don't steal your own life. Choose life.

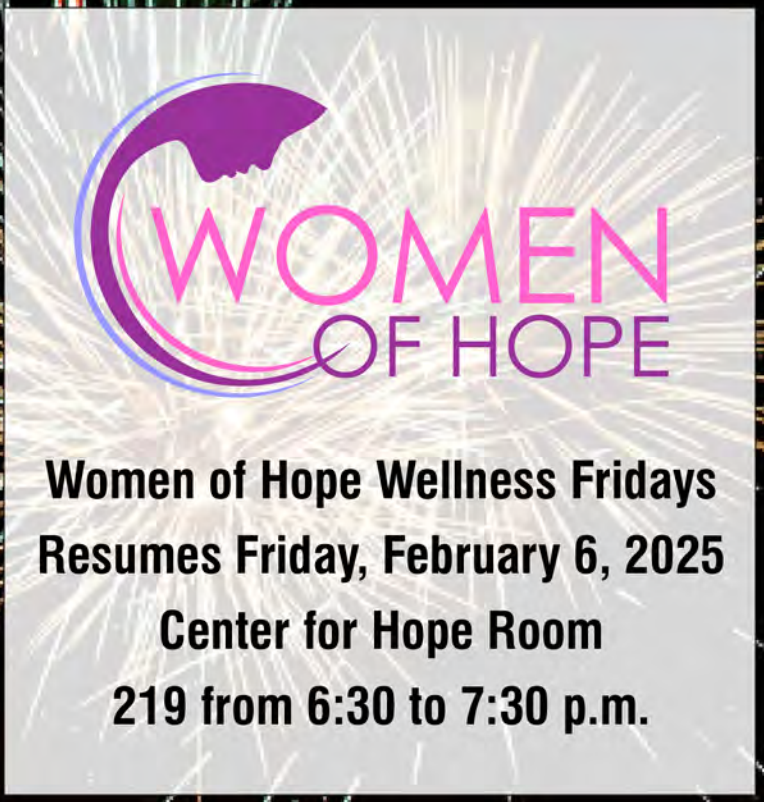
If you or someone you know is seriously contemplating suicide, seek help immediately. Do not wait.

Call the suicide hotline: 988.

Christmas in January School Supply Drive

Our TRU Youth Ministry is excited to host a Christmas in January School Supply Drive for the entire month of December.

While we're celebrating Christmas, we're also preparing to be a blessing to students who will need supplies when they return to school in January.

You can drop your donations in the collection bins located in the Center for Hope all month long. Scan the QR Codes for the wish list items to be shipped directly to Good Hope.

Let's show our love in a practical way and give students a strong start in the new year. Thank you in advance for supporting the "TRU Youth Ministry Christmas in January School Supply Drive!"