

# COGA NEWS



## WHAT'S IN THIS MONTH'S ISSUE

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## EMBRACING NEW BEGINNINGS



*Bringing in a brand-new year is an opportune time to reflect on the journey behind us and eagerly anticipate the path that lies ahead. The New Year brings with it a sense of renewal, a chance to start afresh, and an opportunity to deepen our connection with God. Let's embark on this journey of faith together, embracing the promise of new beginnings.*

**REFLECTING ON THE YEAR GONE BY:** The past year has been filled with both challenges and blessings. Each trial has strengthened our resilience, and every triumph has been a testament to the grace of God. Take a moment to reflect on the lessons learned, the moments of gratitude, and the ways in which your faith has been tested and fortified. As we bid farewell to 2023, let's carry the wisdom gained into the unfolding chapters of the New Year.

**SETTING SPIRITUAL GOALS:** As we step into the New Year, consider setting spiritual goals that align with your personal journey of faith. Whether it's committing to regular prayer and scripture study, engaging in acts of kindness, or deepening your involvement in church ministries, let your goals reflect your desire for spiritual growth. Share these aspirations with fellow believers to create a supportive community dedicated to uplifting one another.



**LOOKING FORWARD WITH HOPE:** In Isaiah 43:19, the Lord declares, "See, I am doing a new thing! Now it springs up; do you not perceive it?" As we anticipate the New Year, let us open our hearts to the new things God has in store for us individually and as a church community and organization. With hope, faith, and a spirit of expectancy, we can embrace the unknown, confident that God's plans for us are filled with purpose and goodness.



As we stand on the brink of a new year, many of us find ourselves reflecting on the past and contemplating ways to grow spiritually in the coming months. January marks not only the beginning of a new year but also an opportunity for a spiritual reset. One powerful way to embark on this journey is by participating in Daniel's Fast, coupled with a commitment to regular Bible reading.



**DANIEL'S FAST: NOURISHING THE BODY AND SOUL:** The Daniel's Fast is a spiritual discipline inspired by the biblical account of Daniel's own fasting experience. In the book of Daniel, we learn that

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Daniel abstained from certain foods and focused on a diet of fruits, vegetables, and grains for a set period. This fast is not only a way to detoxify the body but, more importantly, a means to draw closer to God through intentional prayer and reliance on His strength.

As we engage in the 21 Day Daniel's Fast, we choose to deny our physical desires temporarily, allowing our spirits to become more attuned to the promptings of the Holy Spirit. This intentional act of self-discipline creates a sacred space for prayer, meditation, and seeking God's guidance for the upcoming year. Fasting isn't about deprivation but rather a conscious effort to redirect our attention from the temporal to the eternal.

**EMBARKING ON A BIBLE READING JOURNEY:**

Pairing the Daniel's Fast with a commitment to daily Bible reading amplifies the impact of this spiritual reset. The Bible serves as our ultimate guide, providing wisdom, comfort, and divine revelation. Setting aside dedicated time each day to immerse ourselves in God's Word allows us to align our hearts with His will and deepen our understanding of His character.

Engaging with the Bible renews our focus and reminds us of God's promises and faithfulness. It strengthens our faith and reassures us that, regardless of the challenges we may face, God is in

control. Establishing a habit of regular Bible reading opens a channel for God to speak to us, offering insights, encouragement, and correction as needed.

**CONSIDER USING THE TWELVE-MONTH BIBLE READING WE'VE PROVIDED FOR YOU ONLINE TO TRACK YOUR PROGRESS.**

As we step into the New Year, let us do so with a heart eager to draw closer to God. The 21 Day Daniel's Fast and regular Bible reading offers a transformative journey of self-discovery, spiritual growth, and deeper intimacy with God. May this intentional season of fasting and feasting on God's Word be a catalyst for a year filled with divine encounters, purposeful living, and unwavering faith.

Are you ready to embrace the spiritual reset that January brings? The Daniel's Fast and daily Bible reading awaits, promising a renewed connection with God and a foundation for a year guided by His wisdom and grace.

May the New Year be a season of abundant blessings, unwavering faith, and transformative growth for each member of our church family. Let us step into 2024 united in love, strengthened by faith, and filled with the hope that comes from knowing our God is with us every step of the way.

***Wishing you a blessed New Year filled with God's grace and abounding joy.***



**UPCOMING EVENTS**

**JANUARY**

- 1st > Happy New Year!
- 2nd > Begin 21 Day Daniel's Fast

**FEBRUARY**

- Black History Month
- 14th > Valentine's Day

Find more information on [www.cogainc.org](http://www.cogainc.org)



**A LITTLE SOMETHING TO LAUGH ABOUT**

- "They say laughter is the best medicine, so here's your prescription for the January blues: attend church, laugh with friends, repeat."
- "January is the month where diets and resolutions are tested—mainly by the leftover holiday cookies calling from the kitchen!"
- "Why do we make New Year's resolutions in January? It's cold, we're tired, and the leftover holiday pie is still in the fridge. Bad timing, folks!"
- "I asked January how it's going. It just replied, 'Cold, but I'm still chillin'."

