THE JOURNEY
CONTEMPORARY WORSHIP

GATHERING

Head To The Heart

Firm Foundation

Welcome & Prayer

Children's Time

WORD

Matthew 11:28-30

Slow Start | *Rest for the Weary*

Sermon | Rev. R. DeAndre Johnson

RESPONSE

Offertory

Slow Me Down

Doxology

Communion

It Is Well

Benediction

SUNDAY, JANUARY 4, 2026

Scan the QR code to check in!

EVENTS

YOU SHOULDN'T MISS
Visit *mdumc.org/events* to find all the
details & other events!

SLOW START SPIRITUAL PRACTICES

As the new year begins, we're not asking for resolutions or intense spiritual
programs. Instead, we invite you to slow down and embrace life-giving rhythms.
Deepen the practices you already know so you can be restored for the year ahead.

We're offering resources in three areas:

- **Prayer** – even a simple breath prayer can center you.
- **Scripture** – pick up a 30-day "With Jesus" reading plan at the welcome desk.
- **Worship** – join us Sundays or at our midweek prayer service on Wednesdays.

This is a season to grow deep roots and live in rhythms of work and rest that bring
abundant life in 2026.

BLOOD DRIVE
SUNDAY, JANUARY 11 | 8:30 AM - 12:45 PM
MAIN CAMPUS - SCOUT LODGE

Donating blood can give the gift of life. Before donating, please remember to eat a
healthy meal, drink plenty of water, and bring a valid photo ID. Walk-ins are always
welcome, or make an appointment by visiting *mdumc.org/events*. Questions?
Contact Linda Jenkins at LindaJenkins@mdumc.org.

ADULT RECREATION AT MDUMC
STARTING THIS MONTH

Start the new year strong! Join our adult recreation offerings this month, including
Jazzercise, NEW Zumba Circle, indoor pickleball, a walking group, and NEW
Hatha Yoga. Learn more at *mdumc.org/recreation* or contact Ryan Harvey at
RyanHarvey@mdumc.org

JOIN THE OLDER ADULTS MINISTRY

MDUMC's fellowship group for singles 65+ offers social outings and service
opportunities. Many activities are free or low-cost & focused on fellowship
and fun. To learn more or join the weekly newsletter, contact Dany Attal at
DanyAttal@mdumc.org.