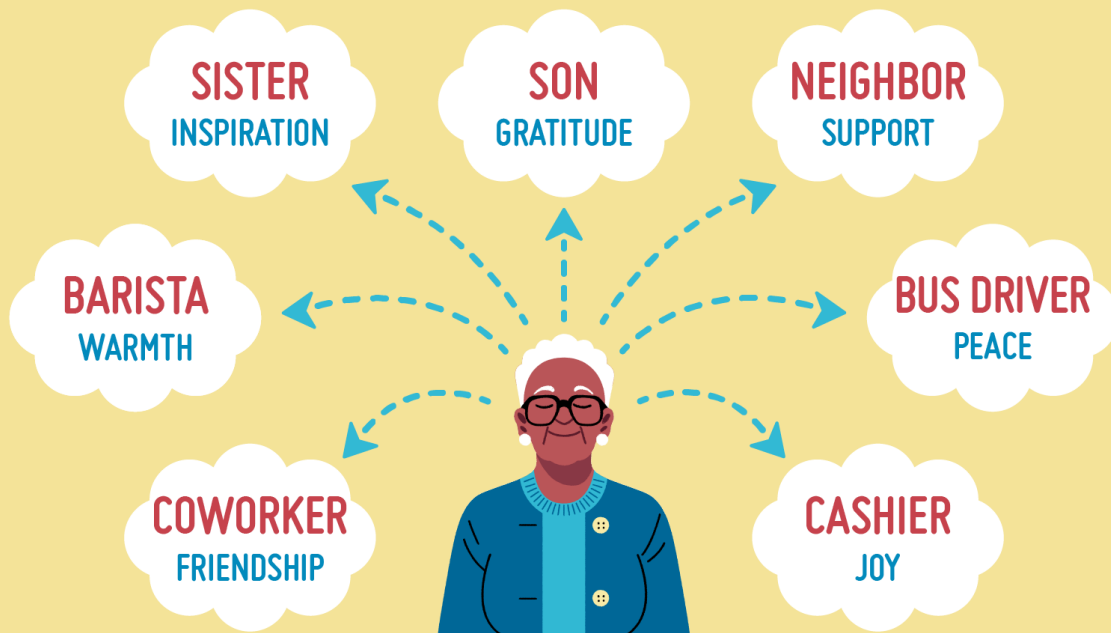


A DeStress Monday Weekly Practice for FUMCT

Start by considering our theme verse from **Romans 15:13**: “**May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**”

THIS MONDAY, SHARE YOUR WARM WISHES FAR AND WIDE

Extending positive thoughts to people beyond your family and friends also has a positive effect on you, according to research. So send love, joy, and kindness to everyone you meet. And help brighten your world.



#DeStressMonday

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**DESTRESS
MONDAY**

It's always better to give rather than receive, especially when it comes to compassion. A small act of kindness, a compliment, or a sign of appreciation has the power to immediately transform someone's outlook. Good feelings are contagious and positivity tends to move quickly from person to person.

Every interaction throughout the day—with the barista at the local coffee shop, the crossing guard on the corner, the cashier, customers, coworkers, the barber, or mailman—is an opportunity to spread comfort, kindness, and compassion.

One popular way to do this from the comfort of your home is to do a loving-kindness meditation. Sit comfortably, then think of and send warm wishes first to loved ones, then to neutral acquaintances, people in your city, state, country, and finally to all living beings. Personalize it by extending specific warm wishes—such as “gratitude,” “support,” and “joy”—as they come to you. Then convert those wishes into prayers of intercession – asking God to bless each person.

Another way to practice this is through prayer walking. As you walk, lift up prayers for the folks you pass or the families who live in each house or employees who work in businesses.

Remember that we are always making space for the Holy Spirit to work as we try each practice. Share your discoveries in posts on the FUMCT Wellness Group on Fb or your own social media and tell church members and friends about new insights. *Imagine the possibilities - the impact of spreading positive stories of hope, faith, self-acceptance, gratitude, calm, contentment, and love.*