



**REFLECT
RECEIVE
RESPOND**

January 2026

REFLECT

Think back over last month's teaching by Nicky on Advent.

Share together how you encountered God through this Advent season.

RECEIVE

Watch or listen to our latest teaching, 'Return to Laughter', by Bev:

- YouTube: <https://bit.ly/3CWvZhf>
- Spotify: <https://bit.ly/4oe7LS8>
- Apple: <https://bit.ly/479CgCL>

Quick Tip: You can access a complete transcript of this teaching by going to the YouTube video and clicking 'more' in the video description, then clicking 'Show transcript'.

R E S P O N D

Take time to work through the following activities, including questions that go deeper into the teaching you've just watched or listened to:

Questions

1. Discuss ways you and City Life can relate to Psalm 126
2. What word is 'your word for 2026' that you would like God to fulfil in you?
Pray into these words together and ask that we might be full of expectation and oxygenated grace, making joy in God visible to others through 2026

Prayer

Father there have been times last year when life, and this church journey have felt difficult, sad, empty and joyless. Thank you that You don't condemn us for having broken hearts or dark nights of the soul. Instead You stay close by and assure us that joy will return in the morning. As we step into 2026, You tell us that 'There is so much more;' more than we can ask for or imagine. You say laughter will return as we see Your Kingdom and Your harvest in, and through, our lives. Keep us declaring Your word to us; keep us trusting and expectant in the waiting. Thank You for Your unending faithfulness to us. May we bring You glory! Amen