



EBENEZER

Christian Reformed Church

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World Renew

Thank You for Supporting the First 1,000 Days with World Renew - Thank you for your generous gifts for babies and mothers worldwide through World Renew on Mother's Day. Your support for our health initiatives during the first 1,000 days will change countless lives for generations. You're helping give babies a healthy start so they can grow up strong and flourish with their God-given purpose. To learn more, visit worldrenew.ca/first1000days

ReFrame Ministries

Kids Corner Devotions: The Promised Gift: Pentecost - Check out this week's kids' devotion, "The Promised Gift: Pentecost" at www.kidscorner.net. When Jesus was about to return to heaven to be with his Father, he reminded his disciples of the gift his Father had promised them. Did you know that the same gift is promised to you as well? God sends his Holy Spirit to everyone who believes in Jesus. It's an old promise that is still good for you today! Check out all the great content at kidscorner.net, like the Bible Story coloring pages available on the KC activities page.

Groundwork: Humanity Falls - Just after the story of creation, the Bible tells us the story of humanity's fall. Join Groundwork as we study Genesis 2-3, Romans 5:12, Romans 8:20-22, and Romans 3:9-23 to examine the second major theme of the Bible, the Christian doctrine of the fall. This theme emphasizes the catastrophic impact of sin on humanity and creation, and clearly articulates our universal need for a Savior in Jesus Christ. Listen now at GroundworkOnline.com and subscribe to Groundwork's weekly emails for future episodes.

Thrive

Thrive Faith Formation Tip - Research has shown that taking slow, deep breaths when we are stressed is good for our mental health. As you recognize Mental Health Awareness Month, try using breath prayers as a way to slow down and focus your mind on God. Choose a prayer from the options below, then breathe in and out, repeating the phrases as you breathe. As you breathe in silently, pray: "Not my will." As you breathe out, pray: "Your will be done." Breathe in: "I am not alone." Breathe out: "You are here." Breathe in: "You are the potter." Breathe out: "I am the clay" Brought to you by Thrive: crcna.org/Thrive