



ONESIMUS MINISTRY NEWSLETTER

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Non-Profit ID No. 95-4667736 | 501 C3

Winter 2025

Vol. 3

"I appeal to you for my son Onesimus, whom I have begotten while in my chains, who once was unprofitable to you, but now is profitable to you and me."
(Philemon 1: 10 – 11)

Faith at the Water's Edge



When the Israelites stood at the Red Sea, they faced an impossible situation—water blocking their path and Egypt's army closing in behind them. Fear overwhelmed them, but Moses reminded them of God's power and promise: **"Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today."** (Exodus 14:13)

In obedience, Moses stretched out his hand, and **"the LORD drove the sea back with a strong east wind all night"** (Exodus 14:21).

The waters rose like walls, and **"the Israelites went through the sea on dry ground."** (Exodus 14:22) When the Egyptians pursued them, the waters returned at God's command, and **"that day the LORD saved Israel."** (Exodus 14:30)

This miracle reveals God's unmatched power and faithfulness—but it also speaks to us today. We face our own "Red Seas," moments when we see no solutions and feel trapped by fear, pressure, or circumstances. Yet Jesus reminds us, **"What is impossible with man is possible with God."** (Luke 18:27)

When anxiety rises, God calls us to rest in Him: **"Be still, and know that I am God."** (Psalm 46:10)

When we cannot see the outcome, faith must lead: **"Faith is the substance of things hoped for, the evidence of things not seen."** (Hebrews 11:1)

And just as He told Israel, He tells us: **"The LORD will fight for you; you need only to be still."** (Exodus 14:14)

Even when we see no path, God promises: **"I am making a way in the wilderness."** (Isaiah 43:19)

The call is the same today: stand firm, trust God's deliverance, and follow His direction. The God who opened the Red Sea is still opening paths for His people today.

PASTOR DEREK'S GREETING

Greetings! Beloved Sisters and Brothers in Christ!

As this year draws to a close, we find ourselves standing at a holy threshold—a place where the familiar behind us meets the mysterious beauty of what lies ahead. Like Israel approaching the Jordan, we may only see the corner of what God has prepared, but the moment we take that step of faith, the waters will stand still. Joshua 3:16 reminds us, “And the waters stood still, and the people crossed opposite Jericho.” That same miracle-working God is leading us now.

We are crossing over. We are stepping into the waters of God’s promise—leaving behind the wilderness seasons that have shaped us and strengthened us, and moving into a new season filled with His presence, His power, and His purpose. The Lord is inviting us into new territory where His goodness will unfold in ways we have not yet seen. He is breathing new strength into weary hearts, renewing courage, deepening faith, and preparing us for new miracles that will testify of His glory.

This is not a season to shrink back, but a season to rise. A season to walk forward with joy, anticipation, and bold confidence that the God who parts waters also opens doors—wide open. As we enter this new year, may our hearts be filled with expectation, our steps steady with faith, and our spirits lifted with the exhilarating assurance that God is going before us.

Together, let us cross over.

Together, let us step into the waters of His promise.

May this coming season overflow with His favor, His leading, and His miraculous grace in your life.

In Christ,
Pastor Derek



Onesimus Ministry

Global OneSimus



Pastor Sukki Kim and his wife visited Korea for the first time in seven years. They had previously traveled to Korea every two years, often around Thanksgiving, to worship with Onesimus brothers and sisters when the Gimpo shelter was operating. After the shelter closed during the pandemic, their return was delayed until this recent visit.

The purpose of the trip was to attend a four-day international conference hosted by Somang Prison, the world's only private prison, with prison ministry workers from ten countries. The conference, themed "Restoration and Transformation," focused on academically demonstrating the effectiveness of God-centered correctional ministry. Somang Prison's fifteen years of faithful ministry stood as living evidence of God's work, bringing glory to Him alone.

During this visit, they also published a book in Korea, marking another meaningful step in sharing the message and testimony of God's work through correctional ministry.

Following the conference, Pastor Kim and his wife reconnected with Onesimus brothers and sisters who had been deported to Korea and scattered after the shelter closed. They met with those they were able to contact and were grateful to see them again.



Onesimus Ministry

Installation Service



We joyfully celebrated God's faithfulness as Pastor Sukki Kim retired after 33 years of faithful service and Pastor Derek Yim was installed as the new Executive Director and Pastor of Onesimus Ministry. Many gathered to worship and praise God for His goodness and enduring faithfulness to this ministry across generations.

As we honored the past and welcomed the future, we were reminded that Onesimus Ministry stands not by human strength, but by God's grace and calling. We give thanks for the foundation laid and look ahead with hope to all that God will continue to do.

"The LORD has done great things for us, and we are filled with joy." (Psalm 126:3)



Onesimus Ministry

Jail and Prison visits



Onesimus Ministry was honored to be invited to the Christmas service at CTF Soledad Prison. Ten members of our team traveled together to attend this special worship gathering, where Pastor Derek shared the message of hope in Christ. We joined our brothers inside in worship, lifting our voices together as we celebrated the birth of our Savior.

It was a deeply moving time of fellowship and spiritual unity. We were truly blessed to worship alongside our brothers in Christ, feeling the presence and love of Jesus in a powerful way. After the service, the love of Christ was shared through simple yet meaningful gestures as we shook hands, exchanged smiles, and encouraged one another. In those moments, the walls disappeared, and we were reminded that in Christ, we are one family.



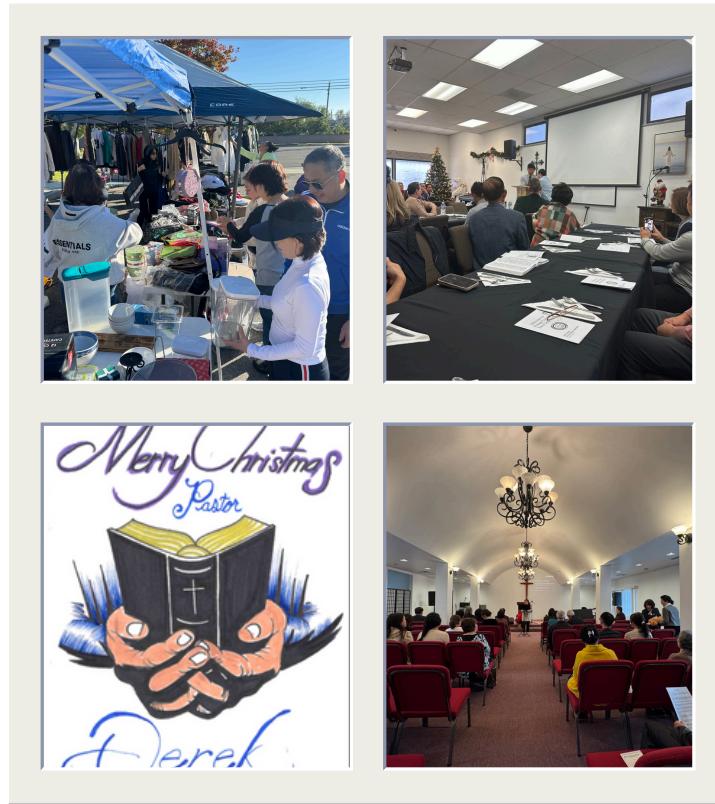


Onesimus Ministry

More Updates

Support Group

The Onesimus Support Group has remained actively engaged, faithfully dedicating their time to the ministry. They were also busy preparing for the installation service, serving with commitment and unity. Our second garage sale was successfully completed in early December, and the funds raised were gifted to several OST students to support them during the holiday season. Their dedication is not only service it is an act of worship.



School of Theology

OST continues to grow not only in the number of students, but in the depth of their walk with Christ. We are seeing lives being renewed and faith strengthened through God's Word and Christian community.

As we celebrate the season of our Savior Jesus Christ's birth, we have been deeply encouraged by the many Christmas cards and messages of thanks from our students and brothers. Their heartfelt words remind us that God is truly at work, bringing hope, healing, and new purpose through this ministry.

New Life

We continue our partnership with Teen Challenge, celebrating that one of our brothers has successfully advanced to the next phase of the drug rehabilitation program. We are walking alongside him as he enters this new stage of recovery, offering continued support and encouragement on his journey forward.

Onesimus Mission Church

We continue to gather every Friday night for worship and prayer, setting aside time to seek God together and encourage one another. It is a meaningful space to lift up our burdens, give thanks, and trust the Lord for His guidance and provision. Please let us know how we can pray for you, as it would be our joy to stand with you in prayer. Families of incarcerated individuals are warmly invited, and all are welcome to come as they are and find hope, comfort, and community.



RESET • RESTORE • RENEW

PASTOR DEREK YIM

Isaiah 40:31 — “Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

Every believer goes through seasons when life feels heavy. We become tired, distracted, or overwhelmed by things God never meant for us to carry. Our souls can feel cluttered—much like a computer that slows down because too many programs are running in the background. When that happens, the solution is simple: it needs a reset. In the same way, our hearts and spirits need a reset too. Jesus invites us into this rest when He says, “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28). Isaiah 40:31 is more than a comforting promise—it is an invitation into God’s rhythm for renewal: Reset. Restore. Renew. This is how God brings revival and strength back into our lives.

RESET

A reset is a holy pause. It is when God invites us to stop, breathe, and realign our hearts with Him. A reset is not punishment—it is grace. It is permission to return to who God created us to be. Through prayer, worship, Scripture, silence, and surrender, God gently clears away the noise, distractions, and burdens that have pulled us off course.

Sometimes worry replaces faith. Busyness replaces devotion. Even good routines can turn into empty obligation. When that happens, God calls us back—not with judgment, but with love. A spiritual reset helps us lay down what we were never meant to carry and make room again for the Holy Spirit to work freely in us.

We can begin by identifying one area that has drifted—our prayer life, our priorities, or even how we see ourselves—and surrender it back to God. As Psalm 139 says, “Search me, God, and know my heart... and lead me in the way everlasting.” A reset brings us back into alignment with God’s heart and voice.

RESTORE

After the reset comes restoration. Restoration is God healing what has been damaged and replenishing what has been drained. God does not simply patch us up—He brings us back to what He originally intended. His presence heals. His people encourage. Forgiveness breaks chains. True rest brings life back to our souls.

SERMON CONTINUE

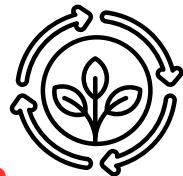
Life leaves marks on us. Disappointment weakens hope. Betrayal leaves wounds. Spiritual fatigue dulls our passion. But God does not want us dragging yesterday's pain into tomorrow's calling. When we give Him our broken places, He reshapes them into something stronger and more beautiful than before. As we allow God to restore areas of hurt, bitterness, and exhaustion, joy returns, vision is renewed, and peace settles back into our hearts. "He restores my soul," Psalm 23 declares. Restoration prepares us to walk forward again with confidence

RENEW

Then comes renewal. Renewal is not recycled strength—it is fresh strength from God. It is supernatural power that comes from hope anchored in the Lord. Renewal happens as we wait on God, trust His timing, and walk in obedience to His Spirit.

We cannot carry tomorrow's assignment with yesterday's strength. God is preparing new opportunities, new responsibilities, and new territory—and He provides new strength to match them. Renewal comes when we turn complaints into gratitude, fear into trust, and hesitation into obedience, even in small steps. Scripture reminds us, "If anyone is in Christ, the new creation has come: the old has gone, the new is here" (2 Corinthians 5:17). God is always doing something new in those who place their hope in Him.

**Reset clears the past.
Restore heals the wounds.
Renew releases strength for the future.**



This is God's beautiful design for transformation. We cannot rush to renewal without first allowing God to reset and restore the deepest places in us. Isaiah 40:31 assures us that God does not give leftover strength—He gives renewed strength.

As you step into this new season, may the Holy Spirit reset what has drifted, restore what has been damaged, and renew what has grown weary. You are not moving forward in your own strength—you are stepping into the strength of the Lord. The best work God has for you is not behind you; it is still ahead. Take heart, rise up, and walk confidently into what God has prepared. Your renewal has already begun.

“A JOURNEY IN KOREA”

-PASTOR SUK-KI KIM · KYUNG-SUK KIM SMN



“A BROTHER’S TEARS AND CONFESSION”

After the conference ended, my wife and I began gathering news about the brothers and sisters who had been deported to Korea and scattered after the shelter closed. We started by meeting those we could still contact. It was so good to see them.

Despite the hardships of life, their faces showed a clear determination never to return to the foolish paths they once took in the United States. Although this was their homeland, many were living alone without family. As my wife and I looked at them, our hearts felt like those of parents looking at their own sons and daughters. We were deeply grateful to those who traveled one or two hours by subway just to see us. Sharing a simple bowl of seolleongtang together felt incredibly warm and affectionate.

We met brothers and sisters living in Jeju Island, Yangpyeong, Pyeongtaek, Daegu, Daejeon, and Seoul—checking on them, asking how they were living, and encouraging them.

Today, I want to share the story of one brother whose life still leaves my heart heavy. He lives in Seogwipo, Jeju Island, with his beloved wife, a seven-year-old son, and a five-year-old daughter, forming a close and loving family. He is now forty-eight years old, nearing fifty, and it had been fifteen years since I last saw him. We had once worshiped together with many brothers at the Dobong-dong shelter before parting ways, after which all contact was lost.

Then, about eight months ago, I suddenly heard from him. One day, out of nowhere, he sent me a message: “Pastor, I’m sorry. I never once said thank you all this time. Please forgive me.”

He was crying as he wrote those words. I was shocked, deeply moved, and overjoyed to hear from him. When I asked how he was doing, he replied, “Pastor, I have cancer. But I have been receiving so much grace from the Lord. I thought of you. You embraced me for so many years, yet I never thanked you. Pastor, I miss you.”

Those words stayed in my heart, painful and heavy. From time to time, I sent him Bible verses and music, praying for him and encouraging him to stay strong. And this time, while in Korea, I went to find him.

He told me he had already undergone more than fifty rounds of chemotherapy, following his attending professor wherever treatment was required. Even in the midst of such painful suffering, every message he sent ended with the words, “Thank you, Lord.”

My wife and I decided to visit him in Jeju and booked our plane tickets. Korea, in some ways, felt even more complicated than the U.S.—from making reservations to calling taxis and booking restaurants. We realized we had reached an age where even booking plane tickets online was no longer easy. We asked a travel agency for help and headed to the airport, only to discover another problem.

Because we are citizens, the tickets had to be booked under our English names, but the agency had used our Korean names. As a result, we were told we could not board unless we purchased new tickets.

“A JOURNEY IN KOREA”

-CONTINUE



To make matters worse, it was during the college entrance exam period. Airfare, normally around 130,000 won, had surged to 400,000 won per person. We later learned that during the listening portion of the exam, flights are grounded nationwide, causing a shortage of available seats and soaring prices. I was astonished by such national consideration for students.

After much difficulty, we managed to purchase two new tickets and boarded a flight at the same time. When we arrived at Jeju Airport, however, the brother who said he would come to meet us was nowhere to be seen. Then a KakaoTalk message arrived:
“Pastor, I’m in the restroom. Please wait a moment.”

My wife and I immediately sensed what was happening—perhaps he was vomiting due to chemotherapy. After a long wait, he emerged, his face pale and drained. I scolded him gently for coming at all and urged him to go home. He tried to drive, clutching his stomach, drenched in cold sweat. I eventually took the wheel, but my own poor eyesight nearly caused an accident. Finally, after fifty minutes, we arrived at his home. We told him to lie down and returned to our lodging, our hearts broken.

That evening, we called him and decided to visit his home. His apartment was in a small but beautiful seaside village in Seogwipo. The living room was decorated in pink, and his two adorable children and gentle, warm-hearted wife welcomed us. We shared a brief worship service and prayed earnestly. My wife comforted his wife and hugged the children. His wife worked as an English teacher in the area.

Because we had to return on an evening flight the next day, we spent the morning together. Walking slowly along the Seogwipo shoreline, he shared his life story. He then guided us through a local market to a humble restaurant, saying it was a special place. His condition seemed slightly better than the day before. He told us the restaurant was known for its radish soup.

The soup and grilled fish were served, but he could barely eat. Holding his spoon, tears streamed down his face. When my wife tried to comfort him, he stepped outside, wiping his tears. I understood the meaning of those tears.

Over twenty years ago, he lived in Orange County, and I knew his father well. His father used to drive me faithfully to various prisons for ministry. One early morning in Los Angeles, as we ate pho before heading to prison, his father confessed,
“Pastor, every time I heard gunshots in LA, my heart felt like it would stop. I developed heart disease. I would go to police stations, afraid my son had been shot or had shot someone.”

Years later, his father passed away and returned to the Lord. I wondered if the tears that day were for his father—now around the same age I am—and for the sorrow of thinking that this might be the last time we would meet.

His cancer was stomach cancer, aggressive and spread throughout his body, leaving no clear treatment options. He had already undergone fifty rounds of chemotherapy. After barely sipping the soup, we had to leave for the airport. Despite his condition, he insisted on escorting us to the taxi stand. Inside the car, biting his lip, he testified about the God he had met. I felt that testimony was not only for us, but a confession offered directly to God—a worship service in itself.

“A JOURNEY IN KOREA”

-CONTINUE

He shared how he immigrated as a child, never finding his place, becoming a troublemaker—guns, drugs, fights—eventually spending over ten years in prison before being deported to Korea. Even after deportation, he continued to live a reckless life until he met his current wife, who had studied in the U.S. and came to Korea. He called her the greatest wife in the world. She came from a devout Christian family. Through her steadfast love, he encountered the living God.

Little by little, under the Lord’s love and grace, he began to live a true life. For the first time, he learned to say, “Thank you for being born into this world.” He thanked God daily for his wife and children. Yet his past associations continued to trouble him, so he made a decision—to move to Jeju, where no one knew him, and start anew. Three years ago, he began a new life in Seogwipo, working diligently. Those years felt like a dream. He became a real father for the first time.

Choking with emotion, he said, Pastor, if I had continued living that trash-like life, don’t you think my children would have said, ‘It would be better if that kind of father were dead?’”

I could see the longing and unresolved anger in his heart. Perhaps those words were also meant for his late father. How often, as immigrants, did we fail to love our children fully or show them a true example of life? He continued, “Pastor, now I know that I don’t have much time left. But God has put my life in order. My wife’s family is faithful believers. My children have the best mother in the world. I have been the best father I could be for three years. I met God, and I live under His grace. I am okay. I am ready.”

With heavy hearts yet a deep, inexplicable peace from the Lord, my wife and I blessed him and his family, entrusting them to God and praying for victory in his battle with cancer as we left for the airport. Back in Hwagok-dong, I sent him a video of Andrea Bocelli’s “The Lord’s Prayer,” and we prayed together at length. His response was still gratitude. Even after returning to the U.S., our messages continued. Even today, I ask about him with prayer.

“Brother, how are you today?”

“Pastor, I received chemotherapy again at Jeju University today. I have no strength, but I am thankful to the Lord. Don’t worry. Pastor Kim, I am OK.”

Where does such gratitude come from in the face of death?

From Jesus Christ, our Savior, who conquered death and rose again, and from His proclamation:

“For sin shall no longer be your master, because you are not under the law, but under grace.”

(Romans 6:14)

Amen.



A MOTHER'S CONFESSION

C. KIM



I think I only truly became an adult after turning sixty. I did not know how to love sincerely, and because of that, I was unable to truly love anyone. I loved the pleasures of the world far too much and indulged myself in them.

When I was wandering, abandoned by the world, the Lord called me. Even while I was still lost, He became my love and my joy.

What was my life like up to that point? When I was very young, I enjoyed going to church. But at some point, those memories faded, and from my teenage years I began to enjoy the ways of the world. Before I knew it, I became an adult, got married, and had a child. At my parents' urging, I returned to church, but only outwardly. I attended out of formality, found it boring, and eventually missed the opportunity to truly meet Jesus again. Still, I was financially comfortable and lived without much worry.

Perhaps when my child was in third grade, as my business expanded, I became extremely arrogant. But over time, the business declined, conflicts with my husband grew, and debt piled up. Eventually, I chose divorce. Though my husband could not accept it, I foolishly pushed it through on my own. At the time, I did not recognize my foolishness.

Even after the divorce, I could not let go of my pride or worldly pleasures, and I started another business—exactly the path the enemy loves most. I was too busy to care for my child properly. I mistakenly believed that giving my child everything they wanted was love. Then one day, everything collapsed at once. My child became involved in a serious incident, and around the same time, my business went bankrupt. All of this happened within a single month. My child ended up in prison before even turning nineteen. Left alone, I cried and blamed God, demanding to know what sin I had committed. Even then, I did not realize that I myself was a sinner.

For the next fifteen years, I wandered even more deeply than before. Eventually, I learned how to gamble. I just wanted to forget everything and remember nothing. Whenever I could not sleep at night, I ran back to the gambling halls and came close to addiction. I could not escape the guilt of what had happened to my child. Before I knew it, I had even turned to drugs. All the filth of the world surrounded me.

A MOTHER'S CONFESSION -CONTINUE



When there was nowhere left to fall, I cried out to the Lord for the first time. I begged Him to rescue me, to help me no matter what. Only after I had lost everything did I cling to Him, yet even then, my repentance was not sincere. Still, the Lord heard my prayer. Little by little, I began to feel myself drawing closer to Him. It was not that I went to the Lord—He came to me first.

I forced myself to read the Bible and forced myself to pray. I wanted to please Jesus. I prayed, "Lord, change me completely. Help me fully let go of my pride." Then one day, all my sins and failures came to mind one by one, and I realized that my entire life had been steeped in sin.

Even now, I have nothing, yet strangely, I am not anxious. The Lord provides exactly what I need at the right time. How grateful I am for this! As the Lord says, I am a stranger in this world, and my true home is in that glorious place. How great a blessing it is that He loves a sinner like me so deeply.

I sincerely want to become a true worshiper. I want to live a life that pleases the Lord. Even now, I repent and pray every day. Jesus changes me day by day and resolves everything one step at a time.

Lord, thank You. I love You. Thank You for taking away all the wounds I received from the world. Please let the reasons for thanksgiving overflow even more. As I walk through the wilderness today, I believe that God alone is my only hope. I pray that wherever I go, it will become a place filled with Your grace.

I love You, Lord.
Amen.



A VOLUNTEER'S VIEW IN SERVING ONESIMUS MINISTRY

- J. CHUN -

As I look back on the past 33 years of Onesimus Ministry and also look ahead to its future, countless emotions cross my heart.

I first met Pastor Sukki Kim through Pastor's wife, Kyung Suk Kim 사모님, who is a close friend of my mother. Pastor Kim and his wife devoted themselves passionately to prison ministry, personally driving to prisons throughout Southern California and faithfully serving despite their busy schedules. During the turbulent season of my youth, they supported me with constant prayer and encouragement. Having come to the United States at the age of 17, I struggled greatly with language and cultural barriers. In those difficult years, Pastor and 사모님 stood beside me, guiding and protecting me so that I would not lose my way. Without their prayers, I often wonder whether I could be where I am today.

Onesimus Ministry was established in 1994, 33 years ago. My mother served alongside Kyung Suk Kim 사모님 and shared in the joys and hardships of the ministry. Whenever there was a support event, she would eagerly participate, quietly standing by the 사모님 as a faithful coworker. She prayed for incarcerated brothers and sisters, prepared food for them, learned to play the harp, and practiced hymns to worship on their behalf. Over the years, she served in many leadership roles, including general secretary and president, modeling a life of faithful partnership in ministry that became a powerful example to me.

During that time, I often volunteered at support concerts at my mother's urging. From 2015 onward, I served by photographing events and managing media for the concerts. Yet each year, I felt regret that my participation did not come from my own conviction. In 2019, when my mother once again took on the role of support committee president and Deaconess Young Sook Han became general secretary, we received the news of Pastor Kim's retirement. With concern and uncertainty, I found myself standing at a turning point in the ministry and becoming a prayer partner with my mother.

As the unprecedented COVID pandemic unfolded, prison ministry declined, prison visits were halted, Pastor Kim's health worsened, and the absence of strong support leadership placed the ministry in a fragile state. Yet even in that difficult season, my mother's prayers never ceased, and the dedication of Onesimus Ministry continued to grow. At the same time, doubts and confusion arose within me about whether I should carry on this ministry and what its identity should be. In those moments, my mother encouraged me to remain still, pray, and watch what God would do.

A VOLUNTEER'S VIEW IN SERVING ONESIMUS MINISTRY

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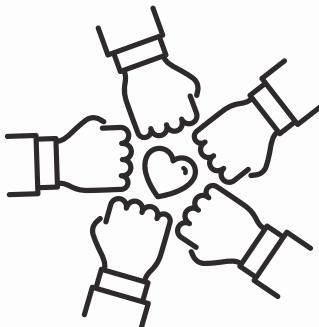
This spring, when Pastor Derek Yim (Tae Woo Yim) was urgently called and I met him with mixed feelings, I witnessed his sincere response to God's calling. He faithfully carried on the work Pastor Kim had built over 33 years, humbly inheriting and preserving that legacy without complaint. Watching him embody the true biblical image of Onesimus, bridging generations and filling deep gaps through prayer and dedication, was deeply moving. His decisive leadership, respect for elders, and humble service to the brothers and sisters of Onesimus Ministry revealed a true model of godly leadership. Through this, my heart was stirred to join the work alongside him.

Though Pastor Yim has been with Onesimus Ministry for only about eight months, his prayerful leadership united people from high school students to senior emeritus deaconesses, allowing this year's support concert to be completed beautifully by God's grace. As many ministries in Southern California face generational transitions, the faithful prayers and dedication of Pastor Yim, the support committee, the board, and all members have given us great hope for the future of Onesimus Ministry.

The seeds sown through Pastor Sukki Kim's tears have taken root, grown, and are now preparing to bear new fruit through Onesimus Ministry. As we plant new seeds and anticipate future harvests, we now stand at a generational turning point. With a desire to faithfully inherit all that has been done and to walk with the Lord in all that is planned, I commit to carrying forward the baton of prayer and dedication that my mother faithfully upheld, partnering together in this ministry.

Onesimus Ministry is not simply a prison ministry. It is a place where generations come together to care for those who have been confined by circumstance and brokenness with the love of Christ. Just as Paul showed love to Onesimus, this ministry lives out the love of the One who saved us from the bondage of sin, reminding us that we too were once captives in need of grace.

To everyone reading this: would you also consider joining us as co-laborers in this calling?





SCIENCE OF PRAYER

Science confirms that prayer affects the body and mind by calming stress, reducing fear, strengthening emotional resilience, and improving focus and self control. Scripture affirms even more deeply that God hears prayer and responds with grace, strength, and transformation. Prayer is not empty words or wishful thinking. It is a powerful practice that changes us and draws us closer to the God who listens and acts.

1. Prayer brings peace

Science: Prayer activates the body's relaxation response, lowering stress and calming anxiety.

Scripture: **"The Lord is close to the brokenhearted."**

Psalm 34:18

2. Prayer quiets fear

Science: Prayer and meditation reduce fear related brain activity and help regulate emotions.

Scripture: **"Do not be anxious about anything... pray to God."**

Philippians 4:6-7

3. Prayer gives strength

Science: Regular prayer is linked to greater emotional resilience and the ability to cope with stress.

Scripture: **"Those who hope in the Lord will renew their strength."**

Isaiah 40:31

4. Prayer changes thinking

Science: Prayer improves focus, self control, and mental balance.

Scripture: **"Be transformed by the renewing of your mind."**

Romans 12:2

5. Prayer supports forgiveness and healing

Science: Praying for others increases empathy and reduces anger and hostility.

Scripture: **"Create in me a clean heart, O God."**

Psalm 51:10

6. Prayer changes you

Science: The strongest effects of prayer happen inside the person praying.

Scripture: **"If anyone is in Christ, the new creation has come."**

2 Corinthians 5:17

REMEMBER

Prayer does not require perfect words, only an honest heart.

Science shows prayer affects the body and mind.

Scripture shows God hears and transforms.

"The Lord hears the cry of the afflicted."

Psalm 10:17

***Even behind bars, God is near.
Prayer can open a door that no lock can close.***

