Chaplain Reflection – Nov. 16-23, 2026
Jeremy Eubanks

It is hard to believe, but we are rapidly approaching the holidays. We are less than two weeks from Thanksgiving, just over a month from Christmas, and only six weeks from New Year's Day.

That reality affects people in different ways. Some of you may be excited about upcoming holiday plans. Others may be anticipating the stress that often comes with this season. Some may be carrying the weight of family expectations, difficult relationships, or painful memories.

Because the holidays can bring heightened pressure and anxiety, I want to share a simple word of encouragement from the Apostle Peter. In 1 Peter 5:7, he writes:

"Cast all your anxiety on him because he cares for you."

God knows you, and He cares for you. He invites you to bring to Him the things that weigh you down, keep you awake at night, or occupy your thoughts throughout the day. That care is not based on your performance or your ability to hold everything together. It flows from His character, His goodness, and His love for you.

As we move into these busy weeks of the holiday season, I want to encourage you to pause for a moment at the beginning of each day and remember this truth: He cares for you. As you do, my prayer is that the burdens you carry become just a little lighter.

I also want to remind you that your chaplain team is praying for you and rooting for you. If you ever need someone to talk with or would simply appreciate a confidential prayer, you can call or text 816-726-7729.

That number reaches the chaplain on call. Calls and texts you receive from us will come from that same number, and we do not have your personal number unless you choose to share it with us.

May you experience God's peace and care throughout this holiday season.

Chaplain Jeremy Eubanks 6941