



GOOD COMPANY

You know that feeling of I don't belong here? The quiet middle-school cafeteria panic of not knowing where to sit. It's funny how we grow up on paper — jobs, kids, bills, calendars — but we still walk into a room feeling the same way. We wonder: Is it just me? Am I the only one who's lonely?

Somewhere between cafeterias and carpool lines, we acquired 1224 friends on Instagram, but not one person we'd feel comfortable calling in a crisis. We got busy, started using ChatGPT as our therapist, and now we spend more time analyzing our lives than living them. We're great at managing schedules and terrible at saying, "Want to come over?"

Maybe it's because we've spent the last few years optimizing our mornings, workouts and wardrobes into a boring beige minimalism. The result? We're burnt out, lonely and tired of feeling overwhelmed. It's time to slow things down. Less maximizing every minute, more backyard hangs. More remembering who we are when we're not doing it all alone. We're longing for more life and real community.

Into that ache, Jesus speaks with surprising clarity: "I have called you friends." And then he hands us to each other. This year at MomCo, we're going back to something wildly simple: We're bringing back analog friendship. It's time to be known again.

And so, how about we not play it cool?

Let's bring back earnestness.

You said "I love you" too early. Perfect! This world is numb enough.

Stop dancing around the perimeter of your life and start busting a move under a real disco ball.

Bring back things that feel handwritten, not algorithmic.

Here's to friends that your kids call "auntie."

And being glad that people showed up at your door unexpectedly.

Loneliness is out, friendship is in.

This isn't a rehearsal, this is the show, and we are going to make it spectacular.

VERSE:

"YOU ARE NO LONGER FOREIGNERS AND STRANGERS, BUT FELLOW CITIZENS WITH GOD'S PEOPLE AND ALSO MEMBERS OF HIS HOUSEHOLD."

EPHESIANS 2:19

REFLECTION

BE INTERRUPTIBLE.

Friendship requires participation, and most real relationships are formed in moments that feel slightly inconvenient. Someone's kid spills juice on your couch. A neighbor needs help at exactly the wrong time. Real connection costs time, comfort, energy and effort, but that cost is not a flaw. It's the point. You weren't created for a life you don't have time for.

Sometimes we get so focused on ourselves and our own family that our lives gets too inward-oriented. Self-obsession shrinks the world we live in. The truth is, in everyday life, the biggest battle isn't good versus evil; it's doing good versus doing nothing. Connection grows when we choose participation. This is the year to do things. Make eye contact with strangers when weird and funny things happen. Bake cookies for your neighbors, cheer that friend on for her 5K, say yes to the invite and don't cancel at the last minute — help someone move and bring pizza, practice inviting people to just stop by.

Anyone can show up when it's convenient. Be the kind of person people can count on when it's not. Bring back being a normal, generous person. Bring back inconveniencing ourselves for others. This is how we resist overwhelm: by choosing availability, by being someone who can be interrupted by whatever God puts in front of us that day.

VERSE:

“DO NOT WITHHOLD GOOD FROM THOSE TO WHOM IT IS DUE, WHEN IT IS IN YOUR POWER TO ACT.”

PROVERBS 3:27

REFLECTION

WORD OVER WORRY.

Reading the Bible is how we learn to be friends with God. Intimacy is built through long conversations and learning someone's voice well enough to recognize it anywhere.

For many of us, the Bible has been reduced to a rule book. But it is far more magnetic than that. It's sacred but refuses to stay tame. Unpredictable. Confronting. Comforting. Somehow new every time you open it. It's a story full of unlikely heroes, unexpected grace, and a God who keeps pursuing the people he loves.

This isn't just a book you read; it's a book that reads you. It changes us and reveals what really matters. Like any real relationship, it isn't always easy or convenient. Some days it feels electric and clarifying. Other days, it's quiet or confusing. But closeness is formed through consistency, curiosity and faithfulness.

So, this is the year we choose the Word over worry.

The year we stay in the conversation.

The year we truly get to know God.

One verse or chapter a day; an entire book in a month; or join us at The MomCo and read the whole Bible in a year, together.

VERSE:

"KEEP THIS BOOK OF THE LAW ALWAYS ON YOUR LIPS; MEDITATE ON IT DAY AND NIGHT, SO THAT YOU MAY BE CAREFUL TO DO EVERYTHING WRITTEN IN IT. THEN YOU WILL BE PROSPEROUS AND SUCCESSFUL."

JOSHUA 1:8

REFLECTION

MAKE THINGS BEAUTIFUL.

As women, God gave us the natural ability to elevate everything we touch. Hand us the raw materials of everyday life, a little flour, sugar, and butter, and we'll turn them into a party. Give us a bachelor pad, and we'll make it into a cozy home. We take the love between a man and a woman and turn it into a baby. At our best, God has given us the ability to make life more beautiful, more delicious, more meaningful, more enjoyable. We don't just keep life going; we help make it worth living.

Beauty isn't about how something looks; it's about how something is lived. It's the decision to bring joy into a room. To celebrate what's good instead of endlessly rehearsing what's broken. Negativity is easy. Cynicism is everywhere. Complaining can feel like connection. But none of it builds the kind of life, reputation or community we actually want. In a world constantly inviting us to outrage, a cheerful heart begins to feel like medicine, not just for us, but for everyone around us.

Beauty isn't a frivolous luxury or indulgent excess; it's a tactic of resilience and survival. So, we choose beauty on purpose. To celebrate often. To make a habit of being in a good mood. Not because life is perfect, but because beauty is an act of war against the darkness.

We need a resurgence of beauty-bringers, and this year, it starts with us.

VERSE:

"A CHEERFUL HEART IS GOOD MEDICINE, BUT A CRUSHED SPIRIT DRIES UP THE BONES."

PROVERBS 17:22

REFLECTION

STAY TRUE.

Sometimes it feels lonely to know so much and still not know what to do. We don't need more information; we need more wisdom. Discernment. Dignity. In a world trained to compromise, character is what makes a life stand out. Integrity is choosing to live well instead of merely looking good. It's being the same person in public and in private. It's doing what you say you're going to do, especially when no one is watching.

We've been trained to worry about trivial things, chase validation and put ourselves first. But self-help hasn't helped. We don't want to work harder to just feel the same; we want to know what's actually true. Integrity keeps us grounded when the world is yelling, "Do whatever it takes to get ahead." Wisdom steadies us when the rules aren't clear, and shortcuts are tempting. It helps us choose well when doing the right thing feels costly, and when living by our values makes us feel behind. It reminds us of who we are and helps us live like someone we're proud to be.

Scripture tells us there was no one like Solomon in wisdom and that his wisdom was a gift from God, rooted in humility. When God invited Solomon to ask for anything, Solomon didn't ask for success or influence; he asked for a discerning heart. God was pleased with that. May we learn to long for the most important things.

This is the year we're bringing back fun, deep friendship.

Twelve months of relational courage where we help each other:

- Break free from unhealthy habits that keep us from experiencing real connection.
- Resist insecurity and fear of rejection.
- Reframe overwhelm.
- Be a good friend, not a perfect one.
- Heal from a friend breakup in the past, and find the courage to try again.
- Learn that friendship is spiritual formation.
- Belong despite differences.
- Have more fun.
- Start feeling known.

This is a return to the basics.

Friendship is back.

And we're all in.

VERSE:

**"SO GIVE YOUR SERVANT A
DISCERNING HEART TO
GOVERN YOUR PEOPLE
AND TO DISTINGUISH
BETWEEN RIGHT AND
WRONG."**

1 KINGS 3:9

REFLECTION