

## A Note from the Pastor - February 2026

Hello Church!

This month I want to take the time to remind you of some of the spiritual disciplines.

### *Key Personal Disciplines:*

- Scripture Intake: Hearing from God.
- Prayer: Communicating with God, including praying the Bible.
- Worship: Expressing adoration and praise.
- Evangelism: Sharing the Gospel.
- Fasting: Abstaining from food for spiritual focus.
- Silence & Solitude: Intentionally being alone with God.
- Journaling: Recording spiritual insights and experiences.

These are all practices that you can be doing, and should be doing, for your relationship with the Lord. These practices are just like anything else in life; they take effort, practice, and attention. Surely there are a few of these disciplines listed above that you are not currently participating in. Journaling is not something that comes natural to me, but I have been focusing on journaling for the last few weeks and I have seen much fruit from it. As I open my journal every couple of days, I am reminded of the deeper things that I have been praying for and I continue to pray for them.

Use the last few weeks of winter to create good rhythms with the Lord so that when spring arrives, you don't forget about Him!

See y'all at church!

*Tink*



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