

Sterling Academy Chaplain Letter (March, 2026)

Steady Hope as We Head Into Spring

Dear Sterling Parents and Students,

March often feels like a “middle stretch”—the school year is moving quickly, expectations stay high, and our energy can rise and fall. In this in-between season, God doesn’t only care about our output. He cares about our hearts. He invites us to keep going with **steady hope**—not because life is easy, but because He is faithful.

Scripture for March

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (Galatians 6:9)

Weariness can sneak in quietly: motivation drops, patience runs thin, small things feel big, and we start thinking, “*I’m behind,*” or “*I can’t keep up.*” God’s encouragement is not shame—it’s strength: *Don’t give up. Keep planting good seeds. I am with you.*

Wisdom for everyday life (for students and families)

- **Notice what’s draining you—and what’s filling you.** One steals life; the other restores it.
- **Stay faithful in small things.** A short review session, one kind word, one honest apology—these matter.
- **Ask for help early.** Talking to a teacher, counselor, coach, or parent is a strength, not a weakness.
- **Return to what’s true.** You are more than your grades, performance, or popularity—you are deeply loved by God.

Family practice (3 minutes at dinner)

Ask: **Where did you feel tired today? Where did you feel encouraged?** Then each person shares one sentence:

- “God, thank You for the strength You gave me in ____.”
- “God, help me not give up on ____.”

Student challenge

Pick one “good seed” to plant every day this week:

- encourage someone
- finish one task you’ve been avoiding
- ask for help

- take a screen break and rest
- pray for 30 seconds before you start homework

Try this short prayer when you feel worn out:

“Jesus, give me strength for today. Help me keep doing the next faithful thing.”

A blessing for you

May God give you endurance when you're tired, hope when you feel stuck, and courage to keep choosing what is good. May your home be filled with gentleness, honest conversation, and renewed strength for each new day.

If you or your child would like prayer or someone to talk with, please email or message me, or book a time to meet. I'd be honored to walk with you. You are not alone.

Blessings,

Chaplain David Park