

Sterling Academy Chaplain Letter (April, 2026)

New Life, New Focus

Dear Sterling Parents and Students,

April is a season of renewal. The days grow brighter, flowers begin to bloom, and we are reminded that God is always at work—bringing new life even when we cannot yet see it. As we move further into the school year, this is a wonderful time to refocus our hearts, renew our minds, and remember the hope we have in Christ.

This month also leads us to **Easter**—a powerful reminder of the center of our faith. Easter is not just a holiday we celebrate; it is the reason we have hope. Through Jesus' death and resurrection, we are forgiven, restored, and given new life. This means no mistake is final, no failure defines us, and no situation is without hope.

Scripture for April

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17)

God is not only interested in improving us—He is in the business of renewing us. Because of Easter, we are not stuck in who we were. In Christ, we are made new.

Wisdom for everyday life (for students and families)

- Start fresh, even in small ways. A new mindset can change your whole day.
- Let go of yesterday. Learn from it, but don't carry it.
- Choose growth over perfection. God is shaping your heart, not just your results.
- Remember what Easter means: Jesus' love for you is constant and unchanging.

Family practice (3 minutes at dinner)

Ask: *What does Easter mean to you personally?*

Then each person shares one sentence:

“Jesus, thank You for giving me new life through ____.”

“Jesus, help me live differently because of ____.”

Student challenge

As Easter approaches, choose one way to reflect on Jesus this week:

- read a short Gospel passage about Jesus
- thank Him for something specific He has done for you
- show kindness to someone as a reflection of His love
- take a quiet moment to pray and reflect on the cross
- invite a friend to church or Easter service

Try this short prayer:

“Jesus, thank You for the cross and for making me new. Help me live in Your love today.”

A blessing for you

May God renew your heart with His peace, remind you of His great love through Jesus, and fill your home with the joy and hope of the resurrection. May this Easter season draw you closer to Him and to one another.

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 would be honored to walk alongside you. You are never alone.

Blessings,
Chaplain David Park