

## The Strength of Us

### Dear Sterling Parents and Students,

As we step into May, the finish line of the school year is beginning to appear on the horizon. While the excitement of summer is building, we also know that this can be one of the most demanding months. Projects are due, exams are approaching, and "end-of-year fatigue" can easily set in.

Last month, we celebrated the **New Life** we have in Christ. This month, we focus on how to live out that life together. We weren't meant to run this race alone. God designed us for community—to be the "spur" that keeps one another moving forward when our own energy begins to flag.

### Scripture for May

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together... but encouraging one another." (**Hebrews 10:24-25**)

In the original language, to "spur" someone isn't a gentle tap; it's a strong nudge. It's a call to actively look for ways to lift each other up. When we practice the **Golden Rule**—treating others as we want to be treated (**Matthew 7:12**)—we create an environment where everyone has the strength to finish strong.

### Wisdom for Everyday Life

- **Be a "Barnabas":** In the Bible, Barnabas was known as the "Son of Encouragement." Challenge yourself to be the person who notices when a friend is stressed and offers a kind word.
- **The Power of Presence:** Don't isolate when things get busy. Simply being around family and friends can recharge your spirit.
- **Consistency over Intensity:** You don't have to do everything perfectly; you just have to keep showing up. Small, daily acts of kindness sum up the "Law and the Prophets."

### Family Practice (3 minutes at dinner)

**The "Switch Places" Check-in:** Pick one person you interacted with today (a teacher, a sibling, a cashier). Ask: *"If I were in their shoes today, what is one thing I would have needed to hear?"* Then, make a plan to say or do that one thing tomorrow.

### Student Challenge: The "Finish Line" Nudge

As you navigate your final assignments and tests, choose one "Spur" action this week:

- **Study Buddy:** Reach out to someone who might be struggling with a subject and offer to review together.
- **Unseen Kindness:** Do a chore or a task at home without being asked, simply to bless your parents.
- **The 60-Second Text:** Send a quick text to a friend specifically telling them one thing you admire about their character.
- **Prayer for Peace:** Before you start your homework, pray: *"Lord, help me work hard, but remind me that my value is in You, not my grades."*

### **A Blessing for You**

May the Lord give you endurance for the weeks ahead. May He give you eyes to see the needs of those around you and a heart willing to meet them. May your home be a place of encouragement, where the love of Christ is felt in every word spoken.

As always, if you or your child need a listening ear or a moment of prayer as the year winds down, my door is open. We are in this together.

**Blessings,  
Chaplain David Park**