

July 2026

Growing in Every Season

Dear Sterling Parents and Students,

Summer is finally here! After months of schoolwork, projects, and busy schedules, many of us are enjoying a slower pace. Summer brings opportunities for family vacations, camps, new experiences, and much-needed rest.

While summer may feel like a break from school, it is never a break from growing.

Just as plants continue to grow during the warm summer months, God continues to shape our hearts every day. Growth doesn't only happen inside a classroom. We grow when we spend time with family, make new friends, serve others, learn new skills, and spend time with God.

This month, let's remember that every season of life—including summer—is an opportunity to grow into the person God created us to be.

Scripture for July

"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."

— 2 Peter 3:18

God desires us to continue growing throughout our lives. As we learn more about His love, we also learn to love others with kindness, patience, and compassion.

Wisdom for Everyday Life

Rest Is Part of Growth

God created us to work and to rest. Taking time to recharge allows our minds, bodies, and spirits to become healthy and strong.

Keep Learning

Learning doesn't stop when school ends. Read a good book, explore nature, ask questions, or try something you've never done before. Every new experience helps us grow.

Grow Through Kindness

One of the greatest ways to grow is by showing love to others. A kind word, a helping hand, or simply including someone who feels left out reflects the love of Christ.

Family Practice (3 Minutes at Dinner)

"Summer Growth" Conversation

Invite each family member to answer these questions:

1. What is one new thing you've learned this summer?
2. How have you seen God at work in your life this week?
3. What is one way you want to grow before school starts again?

These conversations remind us that growth happens one day at a time.

Student Challenge:

The Grow Every Day Challenge

Choose one activity each day this week:

- **Read for 15 Minutes**

Read a book that teaches you something new or encourages your imagination.

- **Practice Gratitude**

Write down three things you're thankful for today.

- **Help at Home**

Do one household chore without being asked.

- **Spend Time with God**

Read one Bible passage and spend a few minutes praying.

- **Show Kindness**

Encourage someone with your words or actions.

A Blessing for You

May the Lord bless you with joyful days this summer. May He refresh your heart, strengthen your faith, and help you grow in wisdom, kindness, and love. May your family enjoy meaningful moments together, and may every new experience remind you of God's goodness and faithfulness.

As always, if you or your child need encouragement, support, or prayer, my door is always open.

Blessings,

Chaplain David Park

All newsletters and monthly messages are now available on [Sterling's Chaplain homepage](#).