

A Calm Heart in a Busy Season

Dear Sterling Parents and Students,

This month, many of us are carrying full calendars—assignments, activities, friendships, and family responsibilities. In seasons like this, God doesn't simply ask us to **“try harder.”** He invites us to receive His peace.

Scripture for February

“Do not be anxious about anything... and the peace of God... will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6–7)

When stress rises, our bodies and minds react quickly. But peace is not pretending everything is fine. Peace is remembering we are not alone—and that we are held by God and supported by a community that cares.

Wisdom for everyday life (for students and families)

- **Name what you're feeling.** “I'm overwhelmed” is a starting point—not a failure.
- **Choose the next right step.** One assignment, one conversation, one repair—one moment at a time.
- **Practice a pause.** Before reacting, take one slow breath and ask, “God, what do You want me to do next?”
- **Honor rest.** Sleep, Sabbath, and boundaries are part of faithful living.

Family practice (3 minutes at dinner)

Ask: *What was your high and low today?*

Then each person shares one sentence:

“God, thank You for ____.”

“God, please help with ____.”

Student challenge

This week, when you feel stressed, try this short prayer:

“Jesus, give me Your peace. Help me do the next right thing.”

A blessing for you

May God guard your hearts and minds, give you wisdom for each choice, and fill your home with patience, laughter, and steady love.

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