



FEATURED EVENTS & NEWS



Save the date! Our 2025 Christmas play, “All I Want for Christmas”, will take place on **THIS SATURDAY at 3pm**. Featuring NDCBF’s gifted cast and crew, the production will be about children exploring the Gift and the Giver. It will be a wonderful experience for all, so tell your friends and family, and mark your calendars!





4TH SUNDAY FELLOWSHIP MEAL

12.28
CANCELLED



REFUNDS IN PROGRESS



NO BIBLE STUDY DEC 24th or DEC 31ST

JOIN US FOR
WATCHNIGHT
DEC 31ST AT 10PM!

Join us for a special watchnight message, "I Refuse to Give Up", based from Galatians 6:7-9. Children are welcomed to wear their pajamas and bring a blanket!

For a complete list of events, please visit ndcbf.org/events. Select current events are also featured in the events section at the bottom of the ndcbf.org homepage.

Contact communications@ndcbf.org with any questions.

FEATURED RESOURCES



It's that time of year, we are approaching the new year and it's time to get our hearts and minds prepared for our time of fasting and prayer! The 2026 fast will begin on **January 4th at 7pm and end on January 25th at 7am**. A new fasting devotional is coming soon!

[Click here to instructions and details](#)



Christmas Basket Drop-Off (for sponsors) is this Saturday, 8am-10am.
Christmas Basket Pick-Up (for applicants) is this Saturday 10am-Noon.



Can't attend the play? Not a problem, just arrive by 5:15pm to receive your gifts and learn about the joys of the Gospel!



The True Love Conference will help teenagers from the Youth Ministry get a full understanding of the destructive standard for love and relationships, then contrast that with the biblical standard from God's Word. They will be encouraged to live it out in their own lives for the glory of God. This year we will focus on "situationships" and the damage of pornography/online sexual content.

[Learn More](#)



We are excited to present our enhanced Bible study prayer format where we can pray with you in real time during our Wednesday night Bible study. If you are unable to attend Bible study in person, we still want to provide an engaging online experience where we can serve your needs by praying with you! So when you join the livestream, feel free to drop your prayer requests in the chat and we will pray with you right after the praise and worship segment.



LOGOS
CHRISTIAN SCHOOL



ADDRESS:
501 Accent Drive,
Plano, TX 75075

A Christian, Classical Education for PreK–5th Grade

Join us for our Open House
on **January 14, 2026.**

Events	Time
Coffee and Conversation	9:00am
Learn about Logos over Lunch	11:30am–1:00pm
Open House Information Meeting	7:00pm



Scan to RSVP or email your RSVP to
jcapehart@logoschristianschool.org

REHEARSALS



Warning!

If you receive any solicitation emails addressed from Pastor Edwards, or any of the church's leadership, or staff, please report to communications@ndcbf.org immediately. No one in the NDCBF leadership or staff will ever contact you for any donations. Please remain alert, and when in doubt, always reach out with questions or concerns. Thank you!

The Wellness Corner

Daily align with biblical wellness, honoring God’s temple, and supporting your Total Wellness Revolution. It’s simple, practical, and faith-centered.

Kingdom Health Affirmations

- “My body is God’s temple, and I treat it with care.”
- “I choose foods that support life, energy, and purpose.”
- “The Holy Spirit strengthens my discipline.”
- “I walk in self-control, even during the holidays.”

Daily Holiday Wellness Habits

- Start mornings with prayer + scripture related to honoring the body.
- Eat a nourishing breakfast to reduce cravings later.
- Practice mindful movement - stretching, walking, Pilates, dancing.
- Go to sleep on time - Fatigue increases cravings.
- Stay hydrated throughout the day - Aim for half your body weight in ounces.

Holiday Eating Checklist to Honor God’s Temple

Before the Meal:

- Pray first - Invite the Holy Spirit to guide your choices.
- Set an intention - “I honor my body, God’s temple, with wisdom today.”
- Eat a balanced snack (protein + fiber) before events so you don’t arrive starving.
- Hydrate well - Drink a full glass of water before leaving home.
- Plan your plate - Decide in advance what foods matter most to you.
- Bring a healthy dish to share (fruits, veggies, lean protein, whole-food sides).

At the Celebration

- Survey the table first - Choose purposefully, not impulsively.
- Start with God-made foods -Vegetables, fruit, nuts, whole grains, clean protein.
- Choose your treats intentionally -Pick the 1–2 that matter most.
- Use the “Small Plate Strategy” - Keeps portions joyful but not overwhelming.
- Eat slowly - Savor each bite; put your fork down between bites.
- Practice biblical moderation - Proverbs 25:16 (enjoy, but not in excess).
- Honor fullness cues - Stop when satisfied, not stuffed.
- Drink water between servings - Helps energy and digestion.

Mindset Reset Moments

- Pause for gratitude - Thank God for the food, family, and fellowship.
- Check your emotions - Are you hungry, or stressed/bored/triggered?
- Avoid guilt - Food is not the enemy; imbalance is.
- Give yourself grace - Celebrate progress, not perfection.

After the Meal

- Take a walk - A 10–15 minute stroll helps manage blood sugar.

- Hydrate again - Sip water or herbal tea.
- Avoid “second eating” later - Keep the kitchen closed after the meal.
- Reflect - “Did my choices honor God’s temple today?”
- Release guilt - Start fresh with the next meal if you overindulged.

Celebrate – Jesus is the reason for the season!

Dr. Brenda Wakefield,
PhD
Holistic Natural Health & Nutrition Practitioner

North Dallas Community Bible Fellowship | 501 Accent Drive | Plano, TX 75075 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)

