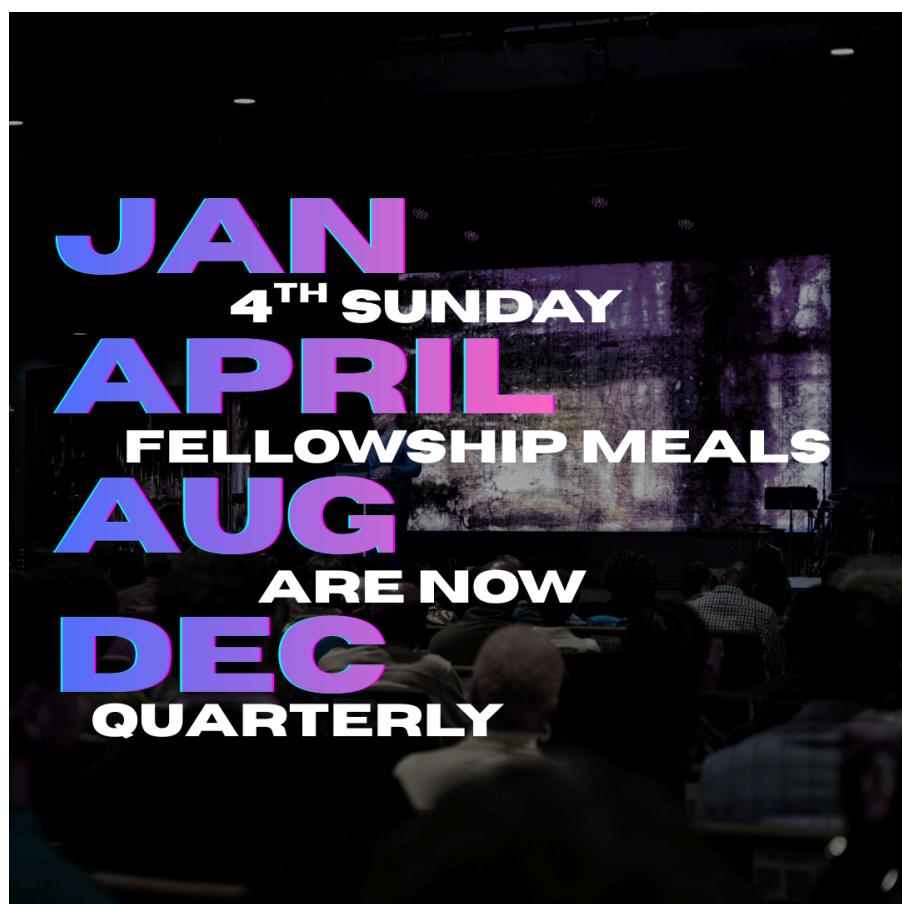
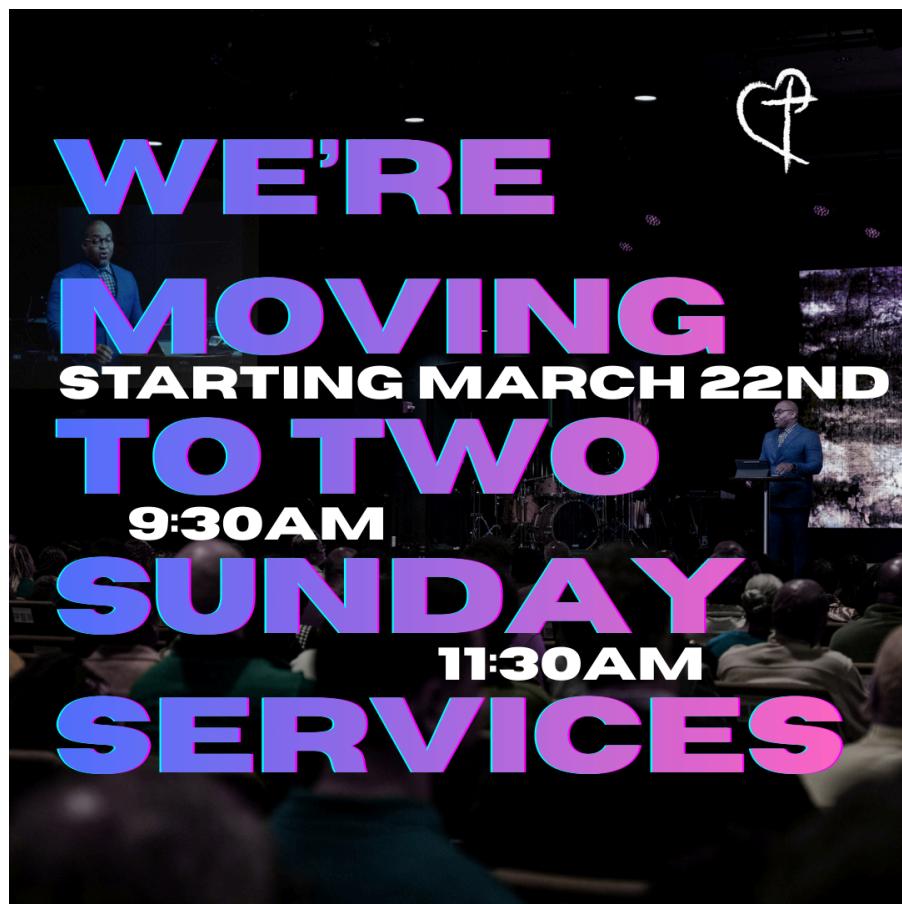




FEATURED EVENTS & NEWS



With a second Sunday service and discipleship as our priority, various ministries need your help with serving. See where your gifts fit and get plugged in to serve below.

[Learn more & Sign Up to Serve](#)

**VISION SUNDAY
MADE TO**
You are the salt of the earth
FLAVOR

**SUNDAY
FEBRUARY 1ST**



**THIS SUNDAY
IMMEDIATELY
AFTER SERVICE**



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.

[Register Here](#)



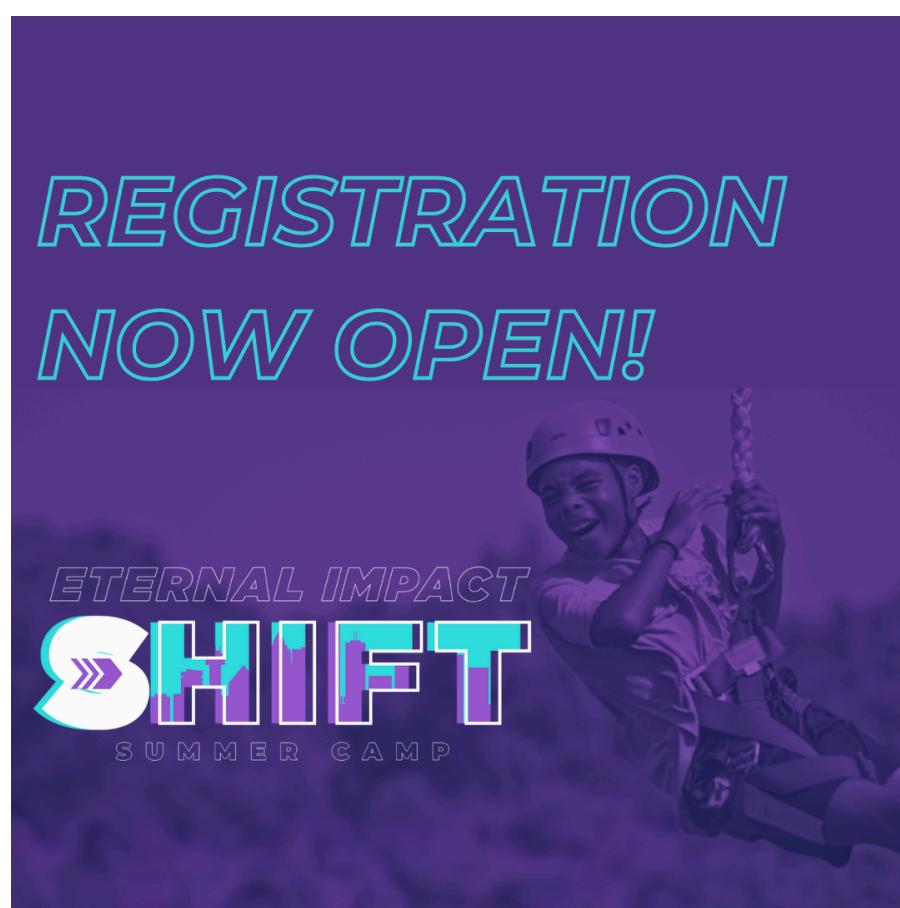
PRESENTS

PARENT'S NIGHT OUT

Feb 13th 6pm-10pm

On Feb 13th 6pm-10pm, our children's ministry will be hosting Parent's Night Out! We will be starting the night with dinner, then we will split into groups for a fun night filled with activities centered around biblical love! There will be stations where the kids will enjoy crafts, story time, worship, and games! Sign up now because space is limited!

[Register Here](#)



It's that time of year again, registration for the 2026 Shift conference is officially open! The goal of the camp is to have our students SHIFT from a cultural worldview to a biblical worldview in every area of their life. During the camp they are immersed in lessons, worship and small groups that will allow for them to see a sharp contrast between worldly culture and ideologies versus Godly standards set forth by the Word of God. Click below for more information and registration:

[Learn More](#)

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.

21 DAY FAST TESTIMONIALS

"During our 21-day fast, my sister Cynthia suffered a massive heart attack. By God's grace, she made it to the hospital in time. The doctors later shared that only 10% survive the surgery she had, yet she is alive today.

Throughout the fast, I was intentionally calling out the names of my five siblings in prayer. I didn't know what was ahead but God did! I truly believe He spared her life.

This experience reminded me of the power of prayer, fasting and trusting God even when we cannot see what's coming. All glory belongs to Him.

Thank you for your continued prayers for Cynthia and our family."

-YoLanda Roach

FEATURED RESOURCES



Our Thrive Singles and Marriage ministries are collaborating to host a duo class as part of the "The Blessing of Singleness" class series that meets every first Saturday of the month. The series' February 7th class titled, "Rooted in Love: Wisdom for the Journey" will be a unique opportunity for all to participate in a Christ-centered conversation about love, desire, purity, and Godly wisdom for relationships. Together, those single and married, will explore what Scripture says about preparing our hearts and honoring God in every season. Whether you're dating, single, waiting, or simply growing, this class will include teaching, breakfast, group discussion, prayer, and a married couples' panel sharing real-life lessons from their journey. The class has a place for everyone, so register today, spread the word and let's grow together!

[Register Here](#)



As we all know, prayer is a key component of discipleship. Gain confidence in approaching God in prayer through prayer coaching. The class is open to all.

[Register Here](#)



Tonight at 7pm, Logos Christian School will be hosting an information meeting for parents to learn about the school's 2026-2027 voucher program. Logos is anchored in Christian, Classical Education — nurturing environments, small classes, and caring teachers. If you or someone you know may be interested, contact Mrs. Jody Capehart at jcapehart@logoschristianschool.org or visit logoschristianschool.org.



ndcbf.org/classes

THE WELLNESS CORNER

Physical Activity Tips for Those Fasting

Keep up your physical activity during the fast. *Matthew 6:16-18*
If your energy level is low and you're unable to maintain your current workout routine, consider the following ways to stay on track during the fast.

- Aerobic Training: Reduce your mileage, move at a lower intensity, and shorten the length of your workouts.
- Strength Training: Do fewer sets, lift lighter weights, reduce the number of strength training days, and/or take longer breaks between sets.

Choose the workout time that works best for you and your schedule (i.e., before your daily fast begins, during your feeding window, or before the daily fast ends).

When this year's fast is over, take your time to build up to a more challenging workout gradually.

Always consult your physician before starting any physical activity program.

M. Renette Schmidtke, MEd, NCSF CPT

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



Try email marketing for free today!