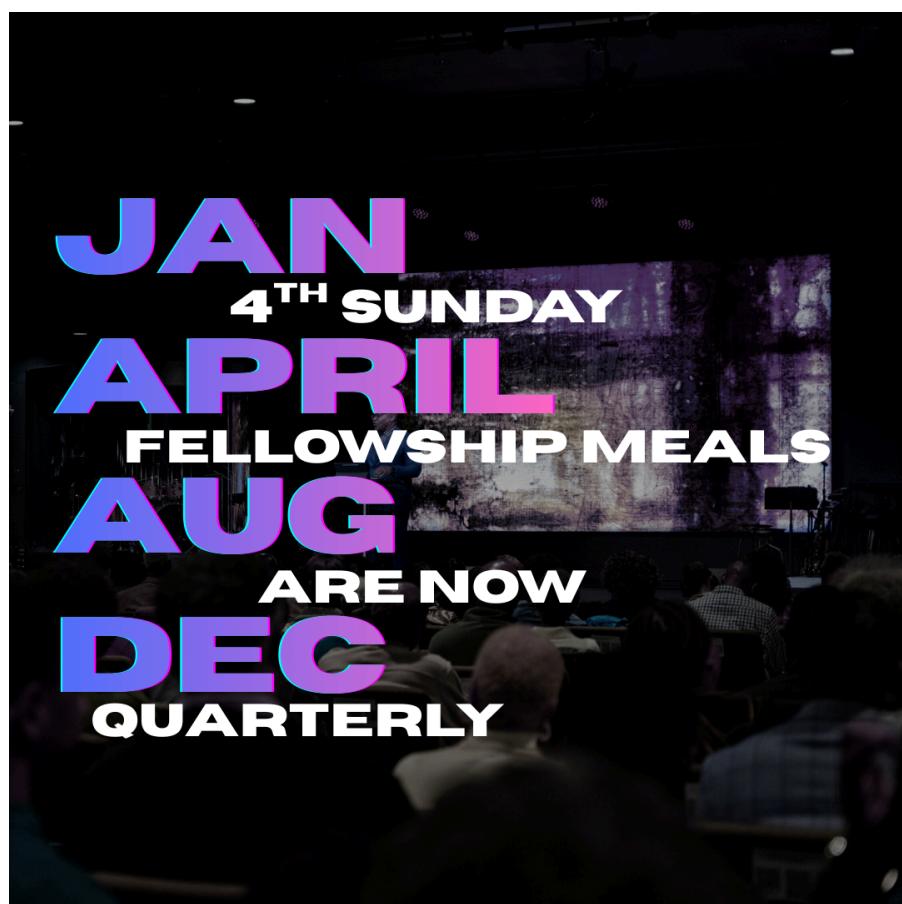
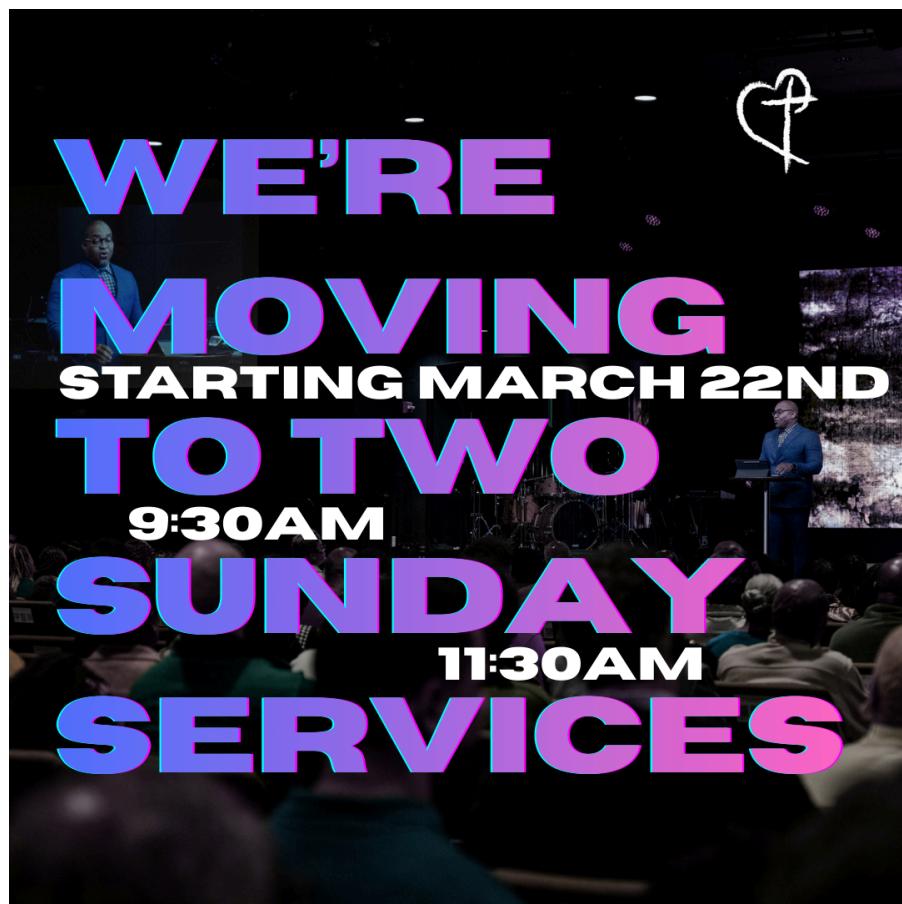




FEATURED EVENTS & NEWS



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](#)



REGISTRATION OPEN



[Register Here](#)



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](#)



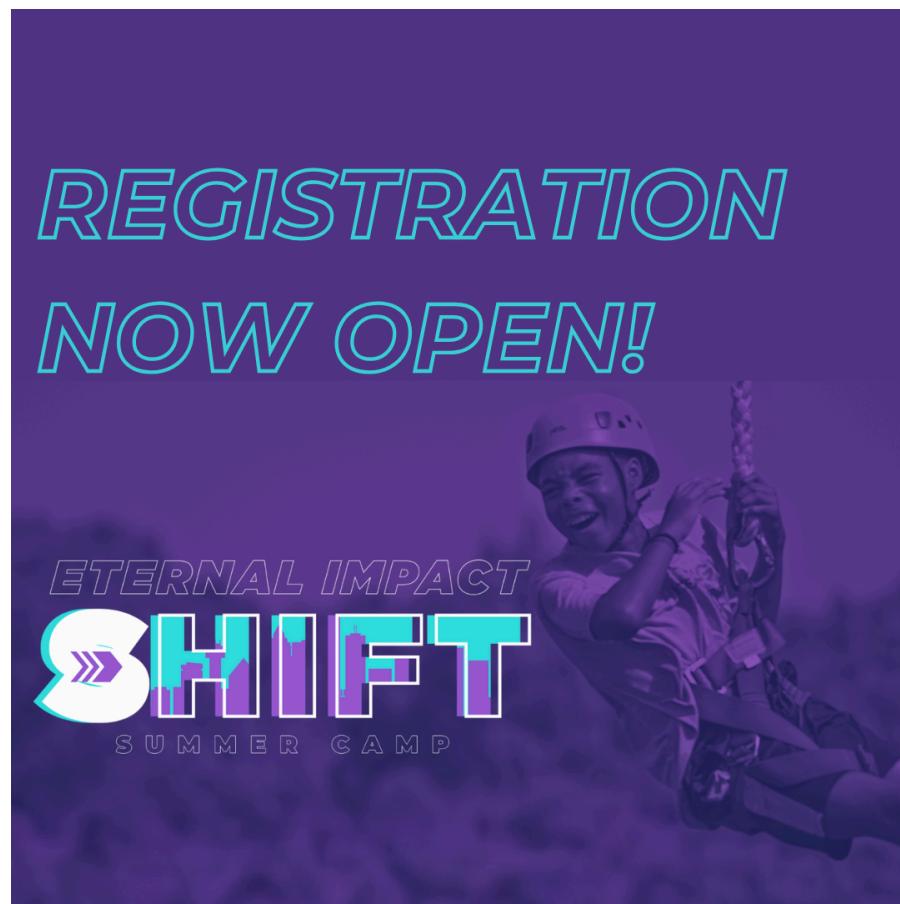
PRESENTS

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](#)



Sisters on the Rise is excited about our Sister Meet Ups, **Saturday, January 31st!** This will be an opportunity for us to come together to connect, fellowship and get to know each other better (Matthew 28:19/Galatians 6:2).

What a great way to start the year and to end our church-wide fast!

We are looking for volunteers who live in the following areas to serve as coordinators:

- Frisco (2)
- Garland (2)
- Plano (1)
- McKinney (1)

The main responsibility of the coordinators is to select the meet-up places, and get approval from the managers and NDCBF leadership.

If you love to host gatherings, this is an opportunity for you! **Please contact our Women's Ministry servant leaders, Cecelia Miles & Lenora Kelson at women@ndcbf.org for more information.**

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.



[Click here to instructions and details](#)



On Thursday, Jan 22 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

FEATURED RESOURCES

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

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