



FEATURED EVENTS & NEWS



**12.28
CANCELLED**



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!



Impact Youth Ministry invites all youth to **Ascend Worship Night on January 7th at 6:30pm**. The focus of the night is to seek God's face through deep intimate worship. Our aim is spiritual growth and transformation as the students kick off the new year and prepare for the fast. The theme will be "Presence", based on the Exodus 3 burning bush encounter.

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.

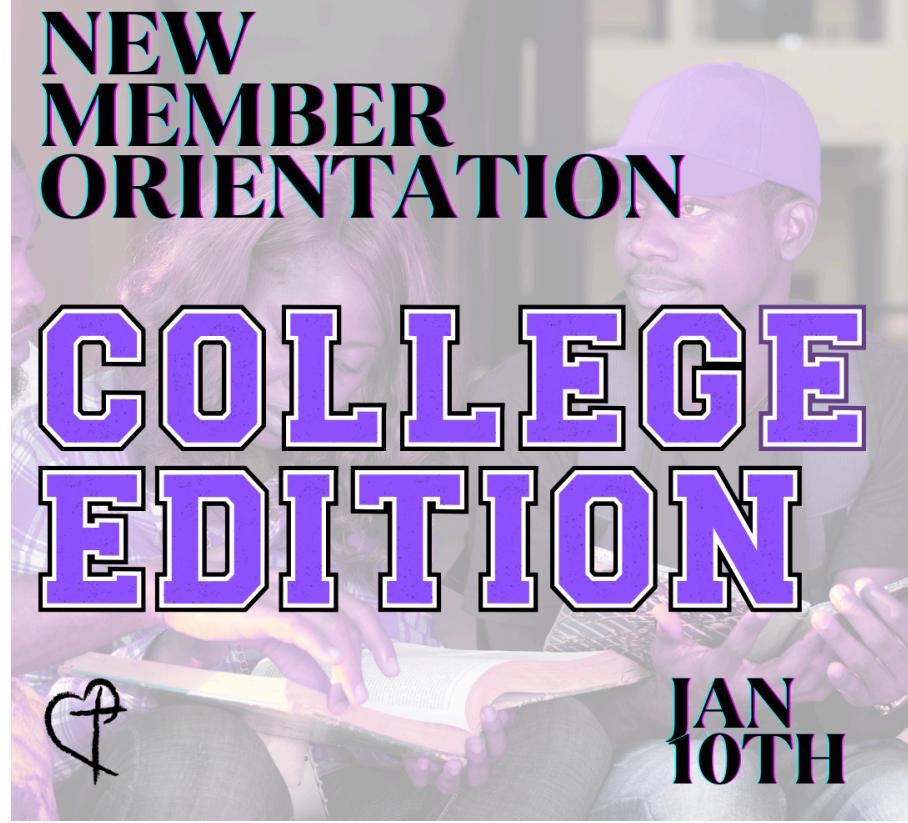
Contact communications@ndcbf.org with any questions.

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](#)



Remaining connected is a major component of discipleship. To best serve our graduating High School and college students who are looking to make NDCBF their church home, we will be hosting our very first New Members Orientation: College Edition. We understand that many distractions, temptations and pressure come with transitioning to adulthood, and we are here to help our college age students remain connected to the church and biblically grounded while away from home. We have a vibrant Young Adult ministry that would love to get to know our new college students. If you are a graduating high school senior or current college student ready to join the NDCBF family, register today! Remember to schedule your family chat first if you have not already.

[Register for Orientation](#)



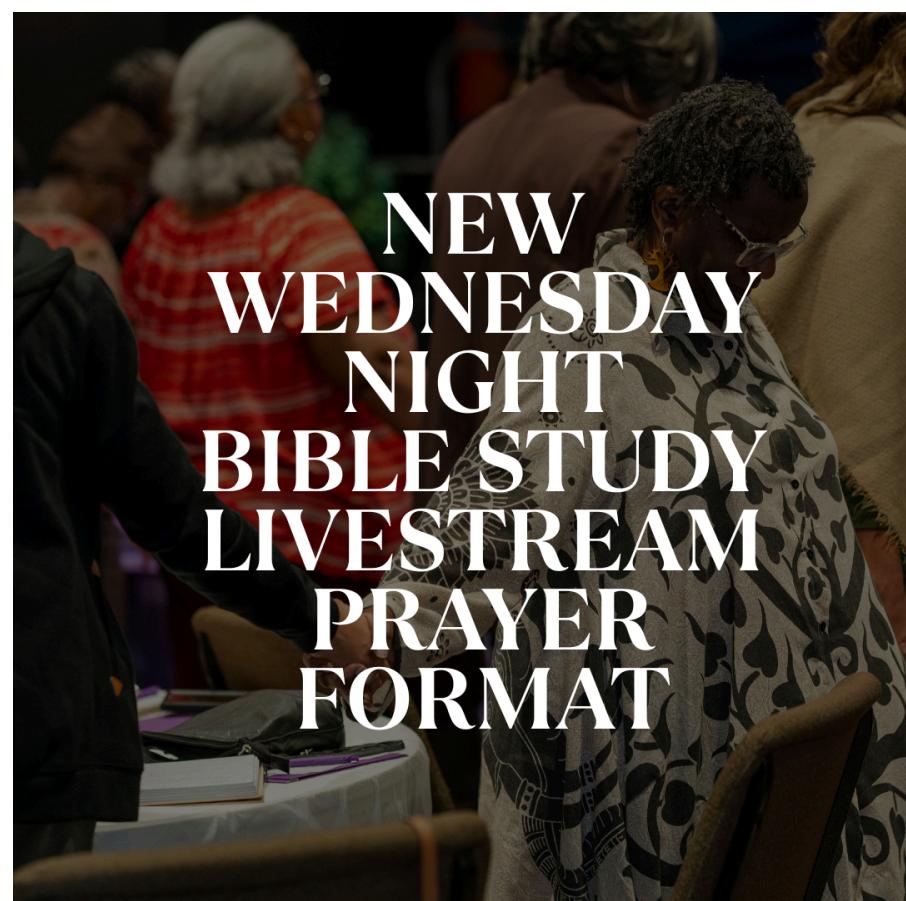
Come out to our next ministry recruitment session on Sunday, January 11th immediately following service. Find your place and use your gifts to serve. Don't know what your gifts are? Take our unique gift assessment and find out. Know where you belong? No need to wait, sign up now to serve! All of this and more are available at ndcbf.org/making-room.

ndcbf.org/makingroom



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.

The logo for Logos Christian School, featuring a circular emblem with the word 'ΛΟΓΟΣ' (Logos) in Greek and the text 'LOGOS CHRISTIAN SCHOOL' below it.

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

ADDRESS:
501 Accent Drive,
Plano, TX 75075

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



December 30th @7pm in the
youth area in preparation to
minister on Dec 31st New Years
Eve Watchnight service

Contact: kpittman@ndcbf.org

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

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