

# *Echoes of Calvary*



Weekly Newsletter - 4 | 1 - 7<sup>th</sup> Feb '2026

**Dear family in Christ,**

Grace and peace to you. As we prepare our hearts for the coming season of Lent, this is a time not yet of fasting—but of readiness. Just as the earth prepares for new growth, we too prepare our hearts for deeper surrender.

**Scripture of the Week:**

“Prepare the way of the Lord; make straight in the desert a highway for our God.” — Isaiah 40:3

**Reflection:**

**Before every great move of God, there is preparation. Lent is not meant to surprise us—it is meant to shape us. One month from now, we will enter a season of deeper reflection, sacrifice, and renewal. The question is: Are our hearts ready? Preparation begins not with dramatic change, but with quiet intention.**

**This Week's Practice: The Lifestyle of Preparation**

***What might God be inviting me to lay down during Lent?***

Spend 5–10 minutes each day in silence before the Lord. No requests. No agenda. Simply invite Him to search your heart and reveal what may need surrender.

Consider choosing your Lenten focus now—whether it be fasting from something specific, committing to daily Scripture reading, acts of generosity, or intentional service. Begin gently practicing it one day this week as a “first step.” Preparation is an act of love. When we prepare for Lent, we are saying to God, “My heart is open. Shape me.”

May this week be one of holy anticipation as we ready ourselves to walk more closely with Christ.

### **Upcoming Events to add in your daily prayers :**

- Get-together, Bangalore – 16<sup>th</sup> Feb'26
- Get-together, Kolkata – 04<sup>th</sup> Mar'26
- Wednesday Fasting Prayer — 7:00 PM
- Friday Fasting Prayer — 7:00 PM
- Sunday services – 8am and 3pm onwards
- Children's Global Sunday school — Saturday, 7pm onwards on zoom

### **Events that happened in 1<sup>st</sup> week of Feb'26 to seek the fruit of the Word sown in your daily prayers (01<sup>st</sup> to 07<sup>th</sup> Feb'26):**

#### **➤ Sunday Worship on 01<sup>th</sup> Feb'26:**

As part of the preparation for the Holy Communion service, the congregation began with a period of meditation based on Hebrews 12:1–2 “Therefore, since we are surrounded by such a great cloud of witnesses, let us lay aside every weight and the sin that so easily entangles us, and let us run with perseverance the race set before us. Let us fix our eyes on Jesus, the pioneer and perfecter of our faith, who for the joy set before Him endured the cross, despising its shame, and has sat down at the right hand of the throne of God.”. Below are some points for us to follow:

- ✓ Sin begins in the heart, not outside us. Temptation only awakens what already lives within. As Paul writes in Epistle to the Romans 7:15–17, sin works from within, but deliverance comes through Christ. Just as blood reveals physical inheritance, our nature reflects the fallen condition of humanity. Sin is not merely learned behaviour; it is an inborn condition that requires the permanent cleansing of Jesus' sacrifice.
- ✓ Unconfessed sin spreads in the soul like poison in the body. Therefore, immediate confession is vital. The Christian life is not automatic victory but a daily spiritual battle. We must come to Christ each day for cleansing, surrendering with a sincere and wholehearted repentance to overcome sinful habits and weaknesses.
- ✓ Daily confession brings daily cleansing, as promised in 1 John 1:9. God's forgiveness does not require rituals, but a humble and honest heart. Reading the Bible each day strengthens the spirit, reveals hidden faults, and guides our decisions. Just as the body needs daily bathing, the soul needs daily purification through prayer, repentance, and God's Word.
- ✓ The condition of the blood reveals physical health, and the condition of the heart reveals spiritual health. True healing begins at the root, when Christ cleanses and renews from within.
- ✓ When we honor God with our time and set apart the Lord's Day for Him, He blesses the rest of our labor. Giving to God from a grateful heart is an act of worship, trusting that when He is first, everything else will be sustained by His grace.

#### **➤ Midweek Prayer, Wednesday 04<sup>th</sup> Feb'26:**

Meditated on the book of 2nd chronicles 6th chapter, about **King Solomon's prayer of dedication** at the completion of the Temple in Jerusalem. Here are a few points for us to keep in mind:

- ✓ Solomon's prayer shows that true prayer is disciplined, focused, and reverent before God. It is not casual or rushed. Jesus in Gethsemane revealed that prayer requires surrender, endurance, and wholehearted devotion.
- ✓ One day in God's presence is greater than a thousand elsewhere. The temple represents open access to Him—His eyes and heart attentive to every sincere cry.
- ✓ God's house is for all people. No distance, culture, or background can prevent a humble heart from receiving His mercy and healing.
- ✓ Repentance brings restoration. When we humble ourselves, confess our sins, and turn back to God, He forgives and renews us. Like the prodigal son, we are restored by grace—though our choices may still carry consequences.
- ✓ The church is built through sacrifice, unity, and prayer. Small beginnings, when surrendered to God, can grow into mighty works. Every believer can become a prayer warrior.
- ✓ Choosing wisdom over wealth pleases the Lord. A heart that seeks to serve God faithfully receives lasting blessing.
- ✓ Spiritual leaders face unseen battles and need faithful prayer support. Persistent intercession strengthens those who stand on the frontlines.
- ✓ When people pray with faith and perseverance, God's presence fills the place. Even a small gathering can experience His glory.
- ✓ Set apart daily time for prayer. Begin with praise, bring every burden before Him, and remain steadfast in seeking His face.

### ➤ **Fasting Prayer, Friday 06<sup>th</sup> Jan'26:**

Today we gathered in a spirit of unity, lifting up the regular prayer burdens shared with our church, while also carrying a special burden to see every state of India reached with the love and truth of Christ. We meditated on Acts chapter 20, reflecting on Apostle Paul's final ministry journey and his heartfelt farewell to the elders of Ephesus — a passage rich with perseverance, faithful leadership, solemn warning, and deep Christian love. His words stirred our hearts to serve with humility, endure with courage, guard the flock with diligence, and remain steadfast in our calling until His name is proclaimed throughout the land.

- ✓ The Bible teaches that diligent work and active living bring health and strength, while idleness and prolonged inactivity weaken the body.
- ✓ True discipleship requires sacrifice and endurance. The Apostle Paul suffered beatings, imprisonment, hunger, and danger, showing that following Christ is costly but glorious.
- ✓ Though ministry demands great expense, it must be done out of love, not for gain. God Himself provides for work done with pure motives.
- ✓ Believers are bought by Christ's blood and belong to Him. Our bodies, words, and actions must glorify God in all things.
- ✓ God anoints Spirit-filled servants for His work, as He did with Bezalel. True ministry flows from divine calling, not empty effort.
- ✓ The Gospel must spread through every available means—media, meetings, and personal witness—establishing souls firmly in Christ.
- ✓ Through Christ's grace, generational sins can be broken, creating new patterns of faith through persistent prayer.
- ✓ The church must care for its members faithfully, prayerfully following up with those who drift away.

- ✓ Christ's return is near. Therefore, believers must live with urgency, sacrificing comfort to reach the lost before it is too late.
- ✓ Reflect on the past year and set your heart to seek God first in 2026. Do not waste time on trivial things, for Christ's return draws near. Let His work take priority over comfort and ease.
- ✓ Surrender your body and soul to the Lord each day, remembering you were bought with the blood of Jesus. Glorify Him with your hands, feet, words, and thoughts.
- ✓ Walk in genuine faith and daily repentance. True service flows from a pure heart, not empty ritual. God looks at the inner condition of the spirit.
- ✓ Care for your body with wisdom—walk, move, and remain active. Diligent work brings health and strength, while idleness weakens both body and spirit.
- ✓ Pray persistently for your family. Through Christ's blood, generational patterns can be broken and new paths of righteousness established.
- ✓ Intercede for the sick, widows, and elderly. Ask God to comfort and sustain them, granting grace and strength in every season of life. You are not ordinary; you are chosen and bought by the blood of Jesus.
- ✓ Your life is not an accident; God has a purpose and plan for you.
- ✓ Youth is strength, energy, and decision time—what you choose now shapes your future.
- ✓ Do not waste your youth in laziness, comfort, or sin.
- ✓ Spiritual laziness weakens faith and destroys calling.
- ✓ If you don't control your body and habits, they will control you.
- ✓ Your body is God's temple; you are not your own.
- ✓ Glorify God with your eyes, words, phone usage, talents, and time.
- ✓ Don't give your youth to the world—give it to Christ.
- ✓ Paul faced beatings, rejection, hunger, and danger but did not quit.
- ✓ He valued finishing God's work more than protecting his own life.
- ✓ True Christianity involves sacrifice, not comfort.
- ✓ Carrying the cross means discipline, obedience, and saying no to sin.
- ✓ Following Jesus requires self-denial, not self-indulgence.
- ✓ Many people around you are depressed, addicted, lonely, and lost.
- ✓ God is looking for young people who will stand in the gap and pray.
- ✓ Don't be a spectator in church—be a worker in God's kingdom.
- ✓ Use social media and technology for spreading the Gospel, not just entertainment.
- ✓ Don't be influenced by easy or comfort-based Christianity.
- ✓ God's standards of holiness do not change with time.

**Please keep in prayer the Word that was sown this week, that each of us may continue to meditate on it and bear fruit in our lives. Let us also pray for everyone in the church to overcome the trials and attacks of Satan in our daily lives, standing firm in faith. Additionally, please remember all the other church ministries taking place in your prayers.**

**May the Lord teach you His ways and strengthen you to walk  
as Jesus walked! Amen!**

**With love,  
Dr. N. Jayapaul,  
Calvary Church Chennai.**