

Echoes of Calvary



Weekly Newsletter - 5 | 18 - 24th Jan '2026

Dear family in Christ,

Grace and peace to you. As we enter the week before the beginning of Lent, we prepare our hearts—not with pressure or performance, but with surrender. Lent invites us to slow down, examine our lives, and realign our hearts with Jesus. This week, we focus on preparing our hearts through repentance, reflection, and renewed devotion.

Scripture of the Week:

“Create in me a clean heart, O God, and renew a right spirit within me.”
— Psalm 51:10

This Week’s Practice: Preparing the Heart

Lifestyle of Jesus: A Life of Prayerful Surrender

Before significant moments in His ministry, Jesus withdrew to pray. Before choosing the twelve disciples, He prayed. Before going to the cross, He prayed in Gethsemane. Jesus shows us that preparation begins in the heart, in quiet surrender before the Father.

The week before Lent is an invitation to pause and ask:
What needs to be surrendered? What needs to be renewed? Where is God calling me deeper?

Preparation is not about striving harder—it is about opening our hearts wider.

Practical Ways to Prepare for Lent

- **Set aside intentional time with God:**

Begin or end each day with quiet prayer. Ask the Holy Spirit to search your heart and reveal areas that need healing or growth.

- **Practice honest self-examination:**

Reflect gently and truthfully. Are there habits, attitudes, or distractions that pull you away from Christ?

- **Consider what to fast or take up for Lent:**

Fasting is not about punishment but about making space for God. Ask: What might help me focus more clearly on Him?

- **Seek reconciliation:**

If there is unresolved conflict, take a step toward peace. Lent is a season of restored relationships—with God and with others.

- **Simplify your schedule:**

Create margin in your week to listen for God's voice rather than filling every moment with noise.

- **Prepare your heart through gratitude:**

Thank God for His mercy, His patience, and His faithful love that calls us closer.

Upcoming Events to add in your daily prayers :

- Get-together, Bangalore – 16th Feb'26
- Get-together, Kolkata – 04th 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 2nd week of Feb'26 to seek the fruit of the Word sown in your daily prayers (8th to 14th Feb'26):

➤ **Sunday Worship on 8th Feb'26:**

Meditated Chapter 6 in the book of Judges in Old Testament. About how God raises up **Gideon** to deliver Israel from oppression. It focuses on Israel's suffering, Gideon's calling, and his struggle with doubt and faith.

. Below are some points for us to follow:

- ✓ God sees potential in believers despite weaknesses, calling Gideon a "mighty warrior" while he hid in fear.
- ✓ Champions like David are built through consistent effort, struggles, and God's presence—not overnight.
- ✓ God seeks intimate, personal relationships with each individual, not just groups or leaders.
- ✓ The Holy Spirit empowers believers to conquer weaknesses, evil forces, and boldly proclaim Jesus, like the apostles.
- ✓ The Bible, written by 40 diverse authors over 1,500 years, unites around Christ and salvation via Holy Spirit inspiration.
- ✓ Believers fight spiritual forces—not flesh and blood—with demons like roaring lions that intimidate but lack real power.
- ✓ With God as Jehovah (Lord of Hosts), no weapon prospers; Gideon defeated Midianites with 300 men from 32,000.
- ✓ Faith is assurance of hoped-for things and evidence of the unseen (Hebrews 11:1); God fulfills promises without visible proof.
- ✓ Never blame God for failures—it severs connection and blocks blessings; take responsibility to stay open to Him.
- ✓ Joseph endured false accusations and prison without blame, showing integrity by protecting others.
- ✓ A father's change blesses four generations due to his spiritual authority, more than a mother's alone.
- ✓ Attend fasting prayers like daily exercise; skipping starves the spirit—pair with Bible reading.
- ✓ In prayer, honestly target struggles like Bible reading, church attendance, and fasting.
- ✓ Spiritual battles are heart-level; prayer with Holy Spirit brings victory.
- ✓ Gain strength through quality time with God, not just academic study.
- ✓ One day in God's house transforms weaknesses into strengths, creating "super champions."
- ✓ God opens new chapters, restoring losses and empowering victory over fears.
- ✓ Pray 2-3 years ahead for the right spouse; commit for life post-marriage.
- ✓ Register for youth retreat (Feb 14) and children's retreat (Feb 21) to prepare properly.
- ✓ Faith awaits Christ's return; Jesus' blood cleanses sin—purity is required for heaven.
- ✓ God prefers small, committed groups (Gideon's 300) over casual crowds.
- ✓ Repent for mistakes instead of blaming God to keep blessings flowing.
- ✓ Diabetics: Regularly check/clean feet and give thanks to avoid amputation.
- ✓ God places inner strength in you—endure to unlock it.
- ✓ True ministry needs hands-on experience (slums, hospitals, etc.), beyond theology.
- ✓ Feb 16: Bengaluru Get Together at Hudson Community Center (6-8 PM, two sessions).
- ✓ Feb 8, 2026: Hindi gathering in Kolkata—register and invite others.
- ✓ Help alcoholics by praying for release, focusing on strengths in Christ's love.
- ✓ With Jehovah, no weapon prospers—Gideon's story proves it.

➤ **Midweek Prayer, Wednesday 11th Feb'26:**

Meditated on the gospel of John chapter 16, focuses on part of Jesus' *Farewell Discourse* (John 13–17), spoken to His disciples before His crucifixion. Let us prayerfully reflect on the following points:

- ✓ God knows our thoughts. Even when we don't speak, He understands what is in our hearts.
- ✓ The disciples stayed with Jesus for years, yet they still did not fully understand Him. We must seek spiritual understanding.
- ✓ Sorrow is temporary; joy is coming. Just like a mother forgets her pain after childbirth, our present suffering will turn into lasting joy.
- ✓ One day we will see Jesus face to face. That is the greatest hope of every believer.
- ✓ Our present earthly body is temporary. It will decay, but God will give us a glorious body at His coming.
- ✓ At the sound of the trumpet, the dead will rise and we will be transformed. Mortality will put on immortality.
- ✓ There will be a final judgment. Everyone—great or small—will stand before God.
- ✓ Until that day, we must ask in Jesus' name. After His return, there will be no need to ask. Now is the time to pray.
- ✓ Ask so that your joy may be full. Many do not receive because they do not ask.
- ✓ Some ask with wrong motives—for luxury and selfish desires—so they do not receive.
- ✓ Do not depend only on people, loans, or human help. Depend on God. Ask Him first.
- ✓ Keep asking. In the original meaning, "ask" means keep asking, keep seeking, keep knocking until the answer comes.
- ✓ God will provide what you need, not necessarily what feeds pride or luxury.
- ✓ True blessing comes from obedience and faith, like Abraham who trusted God completely.
- ✓ When we take communion, we must proclaim the Lord's death and live as witnesses for Christ.
- ✓ Christianity is not about show, pride, or programs. It is about real transformation of the heart.
- ✓ Parents must pray for their children. Persistent prayer can change even the most rebellious life.
- ✓ No one is beyond God's power to transform. As long as we pray, there is hope.
- ✓ Do not give up praying for salvation, holiness, and God's kingdom to grow.
- ✓ Prayer is not optional; it is essential. Without asking, we lose what God is ready to give.
- ✓ Nothing is impossible for God—but we must ask in faith without doubt.

May the Lord have mercy on us and teach us to ask, believe, and live faithfully.

➤ **Fasting Prayer, Friday 20th Feb'26:**

we meditated on Proverbs chapter 16— focuses on **God's sovereignty, human responsibility, wisdom, humility, and righteous living**. It highlights how human plans ultimately depend on the Lord's will. A person who walks according to God's Word will be blessed and will become a blessing to others. Let us prayerfully reflect on the following points:

- ✓ We cannot stop thoughts from coming, but we can stop them from staying. Like birds flying over our head, we cannot stop them—but we must not allow them to build a nest.
- ✓ If we entertain wrong thoughts (anger, lust, greed, jealousy), they grow, multiply, and eventually become actions.

- ✓ Every thought must be captured and brought under obedience to Christ.
- ✓ Not every thought should be spoken. Many problems come because people speak without filtering their thoughts.
- ✓ Wise speech comes from God. A gentle and gracious answer is possible only when our heart is surrendered to Him.
- ✓ Prayer filters our words. A praying person speaks differently.
- ✓ Before making any decision—marriage, job, house, ministry—we must place it before God.
- ✓ Planning is not wrong, but forcing our own will is wrong. God may say yes, no, or change the plan.
- ✓ God created everything for a purpose. Every part of our body and every season of our life has a purpose.
- ✓ What God has planned for us will happen at the right time. Extra effort without God’s will brings frustration.
- ✓ Righteous gain is better than dishonest wealth. Money earned unjustly destroys peace, health, and reputation.
- ✓ God promises to bless the work of our hands—not dishonesty, but sincere labor.
- ✓ Commit your works to the Lord, and your plans will succeed.
- ✓ Carelessness in God’s work causes loss. Ministry must be handled prayerfully and responsibly.
- ✓ Prayer is where molding and correction happen. Decisions must be shaped in prayer.
- ✓ Our burdens—family, work, ministry—must be placed before God daily.
- ✓ We must have a burden for perishing souls. Feeling burdened is not enough—we must pray and act.
- ✓ We cannot change people by force, but the Holy Spirit can transform them in a moment.
- ✓ Without prayer, we fail. With prayer, nothing is impossible.
- ✓ Our will must decrease; God’s will must increase.
- ✓ If our ways please the Lord, even our enemies can become friends.
- ✓ Before speaking, think. Before deciding, pray. Before acting, surrender.
- ✓ Trusting God never leads to loss; not trusting Him leads to loss.
- ✓ True success comes when our thoughts, plans, words, and works are surrendered to God.

➤ **Youth meeting, Saturday 14th Feb’26:**

Youth Meeting was held at Calvary Church, Chennai, centred on the theme “Valentine with Jesus.” It served as a beautiful reminder that the greatest love we can ever experience is the unfailing love of Christ. Let us prayerfully reflect on the following points:

- ✓ A youth meeting is not for entertainment, games, or excitement. It is for spiritual growth.
- ✓ What feeds the heart may not always satisfy the body. Spiritual growth requires discipline.
- ✓ God created humans upright. Animals look down at the ground; we must look up toward heaven.
- ✓ Satan tempts through thoughts he plants. God gives good thoughts, Satan plants harmful ones.
- ✓ What you fill your mind with determines your thoughts. God’s Word produces godly thoughts; worldly input produces worldly desires.
- ✓ If you want to know whether something is right or wrong, come into God’s presence. The Word of God filters your thoughts.
- ✓ Do not stay in wrong company. Fellowship with believers strengthens you spiritually.
- ✓ God will not force you. He gave you free will. If you invite Him, He works in you.

- ✓ To know if you are on the right path, compare yourself with God's Word—not with other people.
- ✓ Discipline your body in youth. Control food and sleep. If you control these two, you can control most other desires.
- ✓ Without spiritual discipline, the body will dominate you even in old age.
- ✓ Youth is a season of great power and opportunity. Do not waste it on temporary pleasures.
- ✓ Like a river that is channelled through a dam to bless fields, your energy must be directed properly or it will be wasted.
- ✓ Do something meaningful each day. Do not waste years in laziness.
- ✓ Only what you do for God has eternal value.
- ✓ Learn obedience in youth. Just like an ox under a yoke, learn submission and discipline.
- ✓ Learn to sit quietly and be silent. Growth comes in silence and reflection.
- ✓ Do not react emotionally to insults or praise. Develop self-control.
- ✓ Do not depend completely on friends. Jesus is the only faithful friend.
- ✓ When God corrects you, accept it. His discipline is an act of love.
- ✓ Hard times and good times both come from God's design. Do not lose faith in either season.
- ✓ Start your day with prayer and the Word of God.
- ✓ Limit phone usage, especially before sleep. Protect your mind.
- ✓ Spend time in church and in fellowship. There is a special blessing in God's house.
- ✓ Your talent can be identified in three ways:
- ✓ What others consistently appreciate in you.
- ✓ What you genuinely enjoy doing.
- ✓ What God confirms through prayer and His Word.
- ✓ Talent is like a seed. It must be practiced, tested, and developed over time.
- ✓ Do not misuse your gifts for selfish gain. Gifts used for God bring lasting blessing.
- ✓ God reveals your path step by step, not all at once. Walk in obedience and the way will open.
- ✓ If you fall, do not quit. Keep walking with Jesus.
- ✓ Victory in youth comes through three things: personal prayer, daily Bible reading, and fellowship with believers.
- ✓ Trust God even when you do not understand everything. Faith comes before full understanding.
- ✓ Your youth is powerful. If surrendered to God, it will bless the world.

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.**