

Echoes of Calvary

Weekly Newsletter - 6 | 15 - 21st Feb '2026

Dear family in Christ,

Grace and peace to you as we enter Ash Wednesday and the sacred beginning of Lent. This is not a season of heaviness but of holy invitation—a time to return, to remember, and to receive God’s mercy anew. As the ashes remind us of our humility, we are gently reminded of our dependence on God and the hope we have in Christ. Lent begins with humility, but it leads us toward resurrection.

Scripture of the Week

“Return to Me with all your heart, with fasting and weeping and mourning.” — Joel 2:12

This Week’s Practice: Returning to God

Lifestyle of Jesus: A Life of Humble Obedience

At the start of His ministry, Jesus entered the wilderness for forty days. In that quiet, stripped-down place, He faced temptation, fasted, and remained anchored in the Father’s voice. The wilderness was not emptiness—it was preparation, intimacy, and trust.

Ash Wednesday invites us into that same journey. Lent begins with a call not to perfection, but to return—to come back to God with honesty, humility, and hope.

This week, we pause and ask:

Where is God inviting me to return?

What burdens do I need to release?

What grace is God longing to pour into the quiet places of my heart?

Ashes remind us of our frailty, but the cross traced in those ashes reminds us of redemption.

Practical Ways to Begin Lent

- **Attend Ash Wednesday with intention**

If possible, participate in a service and receive the ashes prayerfully. Let the moment be personal—a quiet “yes” to the journey of Lent.

- **Begin your fast with purpose**

Whether fasting from food, media, distractions, or habits, let your fast create space for God rather than simply removing something.

- **Establish a daily rhythm of prayer**

Even a few minutes of silence, Scripture, or breath prayer each day can anchor your heart in God’s presence.

- **Embrace repentance as grace**

Repentance is not shame-driven; it is love-driven. Bring your failures honestly before God and receive His forgiveness freely.

- **Practice generosity and compassion**

Lent is not only inward but outward. Look for simple ways to give, serve, and notice those in need.

- **Walk gently and humbly**

Resist the urge to “do Lent perfectly.” Instead, walk faithfully, trusting that God honours every small step toward Him.

A Closing Prayer

Lord, as this Lenten journey begins, soften our hearts and quiet our souls. Teach us to return without fear, to repent without shame, and to trust without hesitation. May our fasting make room for Your presence, our prayers draw us closer to Your heart, and our surrender lead us toward the joy of resurrection.

Amen!

Upcoming Events to add in your daily prayers :

- Get-together, Kolkata – 04th Mar’26
- Wednesday Fasting Prayer (Ash Wednesday) — 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 3rd week of Feb'26 to seek the fruit of the Word sown in your daily prayers (15th to 21th Feb'26):

➤ **Sunday Worship on 15th Feb'26:**

Meditated Chapter 17 from the gospel of Luke which centres on themes of **forgiveness, faith, humility, gratitude, and readiness for God's Kingdom**. Jesus teaches both His disciples and the Pharisees about how believers should live while waiting for the coming of the Kingdom of God.

Below are some points for us to follow:

- ✓ Remember and celebrate your spiritual birthday as the foundation of faith and a reminder of God's transforming work in your life
- ✓ Seek a personal encounter with Jesus that breaks a hardened heart and begins a lifelong walk through the Holy Spirit's renewing power
- ✓ Understand true transformation makes you a new creation and calls you to purity, integrity, and holy living
- ✓ Confess every sin sincerely—including hidden or "small" sins—because all sin separates from God and must be cleansed through repentance
- ✓ Do not ignore past sins; bring them into God's light quickly since sin spreads and grows like disease if left unaddressed
- ✓ Maintain salvation daily with reverence through prayer, repentance, and continual dependence on God's grace and Word as spiritual nourishment
- ✓ Recharge spiritually each day by seeking God's presence, allowing His Word to guide, strengthen, and sustain your life
- ✓ Ask God to replace a hardened heart with a soft, childlike heart that worships sincerely and responds to His voice
- ✓ Rejoice even in persecution or insults, choosing praise and trust instead of retaliation
- ✓ Follow Jesus' example of compassion by sharing love, hope, and the good news with people around you in everyday life
- ✓ Recognize loneliness and broken relationships as real struggles; cultivate loving family connections, openness, and emotional support
- ✓ Approach Jesus in faith for healing and restoration, trusting His touch to cleanse, transform, and restore regardless of past failures
- ✓ Accept that healing and spiritual growth are often a process requiring obedience, persistence, and ongoing surrender
- ✓ Live with gratitude, acknowledging every breath and blessing as God's gift and focusing on the Giver rather than material benefits
- ✓ Pray humbly and persistently for mercy, purity, healing, and guidance, trusting God to hear and respond in His time
- ✓ Cultivate an intimate relationship with God marked by love, forgiveness, hope, and daily fellowship that transforms character and life direction
- ✓ Share your testimony naturally with family, friends, workplace, and community, letting both words and character reveal God's work in you
- ✓ Offer your entire life—body, mind, and future—to God in complete surrender so He can use you fully for His purpose
- ✓ Recognize sin leads to separation and emptiness, but repentance restores joy, relationship, and spiritual wholeness

- ✓ Stay spiritually nourished through regular engagement with God's Word and faith-building teachings that strengthen daily living
- ✓ Understand that true faith is not ritual but inner renewal, requiring a changed mind, heart, and lifestyle
- ✓ Commit to lifelong devotion, gratitude, humility, and faithful service, living each day for God who gives life and eternal hope

➤ **Get-together -Bengaluru -16th Feb'26:**

Today's meeting, held in two sessions, gently reflected on God's love, the grace of listening to His Word, and the calling to share it with others. One reference led us into **Acts chapter 10**, where we saw the humble readiness of Cornelius. Though a Gentile, his prayers and reverence pleased God, and his obedient heart became a doorway for divine truth to be revealed. His life encourages us to remain prayerful, attentive, and ready to receive God's Word, trusting that the Lord meets every sincere seeker. This chapter also moves us toward loving mission. As Peter was sent to Cornelius, we too are called to step out, cross boundaries, and share the Word of God — letting the good news flow through us to every heart God prepares. ... Let us prayerfully reflect on the following points:

- ✓ Apostle Paul endured suffering and imprisonment yet faithfully spread the gospel and strengthened believers.
- ✓ Jesus is the only way to salvation and His blood cleanses every sin through repentance and faith.
- ✓ Salvation is for all people and God calls everyone to turn from sin and follow Christ.
- ✓ Believers must grow spiritually and not remain immature but become like Christ in character and life.
- ✓ God's Word exposes the heart, corrects, and guides believers into righteousness.
- ✓ True faith is relational, not ritual, requiring a personal walk with Jesus.
- ✓ Prayer and fasting are powerful disciplines that bring freedom, strength, and spiritual breakthrough.
- ✓ God desires sincere worship and holy living that reflect His nature and truth.
- ✓ Sharing the gospel boldly and making disciples is every believer's responsibility.
- ✓ Jesus understands human suffering and offers forgiveness, healing, and transformation.
- ✓ End-time signs remind believers to stay ready and live in holiness awaiting Christ's return.
- ✓ Confession and repentance restore relationship with God and bring spiritual cleansing.
- ✓ Pray for family and others so they may experience salvation and transformation.
- ✓ Persevere in faith through trials, trusting God to bring miracles, restoration, and growth.
- ✓ Live daily with hope in eternal life, striving for spiritual maturity and readiness for Jesus' return.

➤ **Midweek Prayer, Wednesday 18th Feb'26:**

Meditated on the chapter 2 from the book of Joel in old testament. This Book of Joel centres on **God's warning of judgment, a call to repentance, and His promise of restoration and spiritual outpouring**. The chapter moves from alarm → repentance → mercy → future hope... Let us prayerfully reflect on the following points:

- Christian youth must awaken and recognize their spiritual condition.
- Develop a burden to pray for family, friends, and the nation.
- Be bold witnesses for Jesus and share the truth without fear.
- Prayer brings joy, victory, cleansing, and guidance in daily life.
- Prayer is talking with God and listening through His Word.
- Commit to fasting and prayer for spiritual strength and transformation.
- Fasting is not only avoiding food but controlling desires and distractions.
- Use fasting to avoid negative speech, harmful media, and sinful habits.
- Spend extra time in prayer and Bible reading during fasting.

- Come to God with a broken and humble heart in true repentance.
- Confess hidden sins, anger, pride, and unforgiveness sincerely.
- Forgive others so prayers are not hindered.
- Pray persistently for family members, friends, leaders, and the lost.
- Intercede for others even when you are personally in need.
- Understand God is merciful, loving, and ready to forgive the repentant.
- Depend on Jesus' sacrifice for cleansing, freedom, and new life.
- Engage in spiritual warfare through prayer and fasting.
- Live a cross-centered life focused on Jesus' death and resurrection.
- Love God's Word and prepare your life for Christ's return.
- Use daily opportunities and technology to share faith and encourage others.
- Surrender completely to God and prioritize spiritual growth over distractions.
- Trust God for restoration, healing, and blessings after repentance.
- Follow biblical examples of repentance, fasting, and persistent prayer.
- Fear God with reverence, seek wisdom, and speak truthfully about Him.

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

we meditated on Galatians chapter 5—focuses on **Christian freedom, life in the Spirit, and the contrast between sinful nature and spiritual fruit**. The apostle Paul the Apostle explains how believers are freed from the law but called to live holy lives through the Holy Spirit. Let us prayerfully reflect on the following points:

- Jesus can transform a weak life into a strong and victorious one through His love and power.
- True change comes from God within, not from rituals, traditions, or outward religion.
- The blood of Christ cleanses sin when there is genuine repentance and surrender.
- Believers are washed, sanctified, and justified in Jesus regardless of their past.
- Faith is purified through trials just as gold is refined in fire.
- True repentance means sorrow for sin and turning away from it permanently.
- Everyone will give an account before God for actions, words, and responsibilities.
- Jesus chose disciples based on calling and relationship, not education or status.
- The value of one soul is great and believers must seek and save the lost.
- Fasting prayer brings cleansing, strength, and spiritual renewal.
- Prayer and worship should be sincere and done with integrity, not for show.
- Faith and perseverance help overcome obstacles and discouragement.
- Regular self-examination of prayer life and conscience keeps spiritual life healthy.
- Immorality, jealousy, hatred, and selfish ambition hinder spiritual progress.
- Pure love means loving and praying even for enemies and those who hurt you.
- Forgiveness is essential to maintain fellowship with God.
- The fruit of the Spirit includes love, joy, peace, patience, kindness, and self-control.
- True joy and peace come from God, not from circumstances.
- When believers fall, they must rise again with hope and repentance.
- Trust God with worries, needs, and future plans such as job, marriage, and ministry.
- Lukewarm faith is dangerous; believers are called to live passionately for God.
- True blessings come from God rather than wealth or possessions.
- Live a life focused on Jesus, obeying His Word and preparing for eternity.
- Do not stay silent but respond to God's Word with faith and commitment.
- Crucify fleshly desires and reject negative influences and ungodly relationships.
- Faith must be demonstrated through actions and perseverance in doing good.

- Spiritual purity and sincerity are needed in today's polluted devotional life.
- Jesus is the source of wisdom, knowledge, and true riches.
- Confess problems to God and trust Him for miracles and solutions.
- Persevere in faith until reaching the heavenly kingdom with hope and courage.
- Commit to daily fasting prayer and examine spiritual health regularly.
- Identify and remove spiritual hindrances such as laziness, distractions, and carelessness.
- True repentance involves heartfelt sorrow and lasting change.
- Focus on Christ's cross and grow in faith, holiness, and love during fasting seasons.
- Allow trials to refine faith and reveal genuine character.
- Walk in the Spirit to overcome works of the flesh and sinful desires.
- Practice sexual purity according to God's design within marriage.
- Seek truth directly from God rather than believing discouraging voices.
- Maintain perseverance and endurance in spiritual life despite hardships.
- Prioritize God and trust Him for better opportunities and provision.
- Cultivate inner joy and peace that remain despite life's challenges.
- Avoid returning to sinful bondage after experiencing freedom in Christ.
- Learn perseverance from biblical examples who repented and rose again.
- Trials are part of Christian life but Jesus has overcome the world.
- Develop genuine Christian character shaped by Christ within.
- Openly share struggles with God and seek transformation into Christ's image.
- Trust God's care and provision for every need and worry.
- Recognize personal accountability before God and live with humility.
- Stay focused on your mission and resist distractions or discouragement.
- Be willing to sacrifice and dedicate time for God, trusting Him for lasting rewards.

➤ **Sunday School retreat, Saturday 21st Feb'26:**

The Sunday School Children's Retreat held at Calvary Church on **21st February 2026** was a joyful and spirit-filled gathering centred on the theme "**Big God, Big Love.**" The retreat beautifully highlighted God's immeasurable love and encouraged children to trust in His greatness while learning to share that love with others. Throughout the day, children engaged in vibrant worship, Bible-centred teaching, interactive activities, games, and creative sessions that reinforced the retreat theme. The lessons emphasized that God is mighty in power yet tender in love, inviting every child to grow in faith, kindness, and obedience to His Word.

The retreat fostered fellowship, joy, and spiritual growth, leaving children inspired to live out God's love in their homes, schools, and communities. Heartfelt gratitude is extended to the church leadership, teachers, volunteers, media team, and parents whose prayerful efforts made the retreat meaningful and memorable.

Please keep in prayer the Word sown this week, that we may meditate on it and bear fruit in our lives. Let us also pray for strength to overcome daily trials and stand firm in faith, remembering all church ministries in our 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.**