



VOL. 11 ISSUE 3 · MAR 2025

THE NEXT DOOR NEIGHBOR

Day of Love 2025

SAGE PETERSON, YOUTH DIRECTOR

This last month our students here at F Street along with students from Hope Community Church and Heartlands Church participated in the 3rd annual Day of Love. The students went out in teams to go and serve all around the city partnering with different ministries and organizations to spread God's love all over Lincoln! Here are some of the things that the students did:

- Made 16 pairs of earrings, 22 encouragement rocks, and 5 door hangers in support of I've Got A Name and the women they help serve
- Helped package 9,600 diapers to be handed out at the Trinity House
- Shoveled snow off the sidewalks of six+ blocks in the neighborhood
- Handed out 50 valentines at Sumner Place
- Filled three neighborhood food boxes
- Served with local nonprofits/organizations - Transformations, Atlas, Barnabas F Street Rec Center, and Youth for Christ
- Made 6 blankets for expecting mothers and their newborns

We are so encouraged by all the ways God's love was shown in Lincoln during the Day of Love!

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Practicing the Way in 2025

BILL THORNTON, TEACHING PASTOR

As we begin our discussion of the nine practices found in John Mark Comer's book, *Practicing the Way*, I would like to start with the discipline of sabbath keeping. This practice finds its origin in the account of God's creation that we see in the Book of Genesis. There we read these words:

On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

~Genesis 2:2-3, New Living Translation

Later, sabbath keeping was enshrined in the Ten Commandments that were given by God to ancient Israel. In the fourth commandment God's people were told:

"Remember to observe the Sabbath day by keeping it holy. You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy."

~Exodus 20:8-11, New Living Translation

Still later, in the New Testament, Jesus corrected what was in His time an overemphasis on the legal requirement of keeping the commandment, which was done at the expense of the intended benefit of sabbath keeping when He said:

Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.

~Mark 2:27, New Living Translation

Similarly, in the Heidelberg Catechism, we are told that among the reasons why we should honor God in this way is so that "the Lord work in me through his Holy Spirit, and so begin in this life the eternal Sabbath."

There is something holy about the rest we can find on the sabbath. In next month's article I plan for us to continue our consideration of the practice of sabbath keeping, first by sharing some of the blessings we will experience when we find consistency in this practice, as well as offering some practical suggestions regarding how to do this in an intentional way in our busy lives as believers.

Online Giving

JEFF HEERSPINK, LEAD PASTOR

For the past several years, F Street has offered online giving at fstreetchurch.org/donate/. The reason is simple—it aligns with how we use money today.

Most people no longer carry cash or checkbooks as they once did. In years past, giving through the offering plate was the primary way everyone contributed. This practice reflected the biblical principle found in 1 Corinthians 16:2: "On the first day of each week, you should each put aside a portion of the money you have earned."

There was and is also beauty in the act of physically placing money in the offering plate as part of worship—an expression of trust in God.

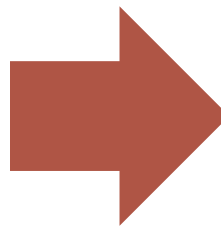
Today, online giving allows you to give weekly, monthly, or annually, and it can be set up for automatic withdrawal. As one friend noted, giving in church used to be kind of afterthought—something they did without much intention. With online giving, they are able to set it up automatically, ensuring that their financial priorities align with their faith.

Here are a few advantages of online giving:

- It fits how many of us manage our money – Just as we pay bills and shop online, we can also give online.
- It is private – Few people have access to online giving records.
- It is accurate and trackable – You can set up a recurring donation, and at the end of the year, you'll receive a receipt for tax purposes (something not always possible with cash giving).
- It is safe and secure – We use a trusted third-party service, ensuring security while keeping your financial information private.
- It removes the worry – Once set up, your giving is automatic, so you don't have to remember your checkbook or whether you have cash on hand.

If you'd like to learn more about online giving, feel free to speak with a member of our Finance Team: Cathy Grove, Jeff Heerspink, or Trevin Preble.

**This QR CODE
leads to our
giving page**

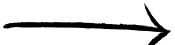


The Spiritual Disciplines: Submission

ANDY BUTLER, BENEVOLENCE LEADER

Perhaps this is obvious, but practicing spiritual disciplines is meaningless without God. In fact, everything is meaningless without God, but that's a topic for another time. Richard Foster says, "The Disciplines in themselves are of no value whatever. They have value only as a means of setting us before God so that he can give us the liberation we seek." As Christ-followers, the better way to look at the spiritual disciplines is their leading us to freedom from "our way" through practicing them as disciples of Jesus. As soon as we perceive them as laws, they cease to be about freedom and become performative or even oppressive. To be clear, we won't ever be able to play-act our way into God's favor by doing everything right. The discipline of 'submission' has been used in this way, as a means of manipulation or control over others, by others. This is one example of a gross misunderstanding of the spiritual disciplines and how when they're viewed as laws, they can quickly become abusive. So let's make sure we have a clear understanding of the discipline of submission and the reason we practice the spiritual disciplines at all as Ephesians 4: 21-24 reminds us, "21 Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God—truly righteous and holy."

So how can submitting oneself to another's authority bring about "liberation" or freedom for us? For one, it frees us from the obsessive desire for everything to go our way. If we are our own authorities and submitted to no one else, then for every good or bad thing in our lives, we have only ourselves to praise or blame. That might sound great to some and terrible to others, but hopefully you can also see the tremendous burden it puts on us humans to be flawless. Jesus says his yoke is easy and his burden is light. In context, I think this is at least part of what Jesus was talking about there. The yokes and burdens we place on ourselves, and others are rarely easy or light. They are more about control or power and often grow into manipulation and abuse. So, by practicing submission to the authority of God in our lives first, it becomes much easier to submit to others. Ephesians 5:21 says, "Submit to one another out of reverence for Christ." This is after Paul implores the Ephesians to be careful how they live and to not "live like fools." After this, Paul goes on to talk about submission in the marriage relationship, which Jesus and other Biblical writers use to illustrate Christ's relationship to His church. So, the big picture, biblical idea for submission is: as Christ's followers we are submitted to his authority in our lives which leads to healthy submission to others who are also submitted to Christ. Submission should not be confused for blind or misplaced loyalty to others, rather it attempts to work with others, in healthy relationships, through Christ, for the building up of His kingdom and His church.

Continued on next page 

The Spiritual Disciplines: Submission - Continued...

ANDY BUTLER, BENEVOLENCE LEADER

Richard Foster calls Mark 8:34 “the touchstone for the Biblical understanding of submission.” Mark 8:34 says, “34 Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.” Admittedly, submission to Christ’s authority in my life has been a monumental challenge. I have a lot going on in my mind, I’m very independent and am drawn to my own thoughts and ideas. If I’m honest with myself though, my own thoughts and ideas have always let me down. This is why I love to think about the fact that the God we serve will never let us down. Maybe everyone else in our lives will, but God will not. Coming to a fuller understanding of this attribute of God’s character, lead me to freedom from my own thoughts and ideas - or myself. This is what taking up our cross and following Jesus is all about. We trade our way for His and we know it will be better, because God is better and so are His ways. Isaiah 55: 8-9 says, “My thoughts are nothing like your thoughts,” says the Lord. “And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.” Even through my pride, I was able to see and understand that ‘my way’ simply doesn’t work, and I am now thankful for that.

So how does submission look, practically speaking? You’ll notice most conflicts between people inside and outside the church arise from a stubborn refusal to give in to each other and meet others where they’re at. So, submitting ourselves to others might look like patience, understanding, or letting go of minor grievances that only serve to divide. It often looks a lot like forgiveness. Submission also looks like service. I’ll write about the discipline of service next month, but submission and service work concurrently. At the end of his chapter on “submission” Richard Foster lays out seven acts of submission that he felt worthy of drawing upon. The first is submission to the Triune God. This one has already been pretty well established above, but it’s about waking every day to pronounce your believing loyalty - mind, body, and spirit - to each person of the Trinity. The second act of submission is to scripture. To hear, receive and obey the Word of God. The third is to our family, desiring what is truly good for ourselves, our parents, brothers and sisters. The fourth act of submission is to our neighbors by performing small acts of kindness and neighborliness. No act is too small because each is an opportunity to live in submission. The fifth is to the believing community, or our brothers and sisters in Christ and his Church. We look to our church community for ways we can serve. The sixth is to the helpless and undefended. Our first responsibility is to simply be among them. The seventh and final act of submission is to “the World,” by living as a responsible member of an increasingly irresponsible world.

The Call to Character

JEFF HEERSPINK, LEAD PASTOR

When I was a young child, I had a season of life where I had to wear brown leather shoes to bed. But not just any shoes! They were attached to a stainless-steel bar, keeping my feet about a foot apart.

I hated those “special” shoes. It was probably similar to my brother having to wear headgear to bed. No one but us saw these things, but they made us feel uncomfortable and weird. My brown leather shoes kept me from being able to walk, and meanwhile, my brother couldn’t even roll over in bed. He just drooled in his sleep.

Those days are long gone for both of us. His teeth and my feet were corrected through what felt like torture at the time, but we are both better for it. The truth is, these uncomfortable corrections prevented us from dealing with long-term issues for the rest of our lives.

Character matters.

We all know this because character affects all our relationships. The Bible calls us to pursue godly character—not to earn salvation, but to reflect the character of Christ. We are called to bear the marks of spiritual maturity, such as the fruit of the Spirit in Galatians 5:22-23.

Paul often speaks about what we need to put to death in our lives. Later, he softens the language, urging us to get rid of certain things and instead put on the new nature of Christ:

"But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds. Put on your new nature, and be renewed as you learn to know your Creator and become like him." (Colossians 3:8-10)

But are we willing to correct these things? Are we willing to put to death the things that damage our character? Am I willing to be uncomfortable—like wearing those corrective shoes to bed—or to look awkward—like those who had to wear headgear?

We each have areas where we need to grow in Christlikeness. It starts with confessing our struggles to God and others. That alone can feel awkward. But true transformation happens when we take action to remove the defects in our character and put on the new nature of Christ.

Let me also be clear: this is not about someone else’s character—it’s about your character (and mine). We cannot and will not change others unless we first start with ourselves.



Men, it's time to step up!

Join us on Saturday, March 8th for "Men Against Demand," a powerful training designed specifically for men who want to take a stand in the fight against human trafficking. This event will challenge you to confront the reality of this issue and understand the responsibility we all share in ending the demand.

For too long, this injustice has been ignored or left for others to solve. **As men, we can no longer stand on the sidelines.** In this training, we'll explore:

- How demand fuels human trafficking
- How we can play a critical role in driving change to end it
- How we can set the standard for future generations

This is our call to take action, to be part of the solution, and to hold ourselves accountable for the change we need to see.

By the end of the training, you will have with a greater understanding of how to lead by example and influence others to protect the most vulnerable against sexual exploitation, particularly our youth.

There is NO COST TO ATTEND. Since seating is limited, please only register if you are committed to attend.

[**Learn More + Register**](#)

To the women reading this: We encourage you to forward this email to the men in your life—whether it's your partner, friends, coworkers or colleagues. Help spread the word and invite them to attend this training!

Ministries

JEFF HEERSPINK, LEAD PASTOR

F Street currently has four ministries.

Ministries differ from Teams in our structure. Teams are overseen by a Team Leader (Deacon) and are essential for fulfilling our vision of being a place of Acceptance and Direction. Ministries are each overseen by an F Street staff member.

Our current ministries include:

- Art Chapel – Overseen by Willow Applegate
- Celebrate Recovery – Overseen by Pastor Jeff
- Transformed Life Coaching (TLC) – Overseen by Beth Heerspink
- Immerse – Overseen by Sage Peterson

We deeply love and support each of these ministries, providing them with both leadership and space to minister.

Art Chapel

This is the newest ministry at F Street, and I see endless opportunities for it to connect with our neighborhood through creativity, fostering relationships where Christ can be shared. Please pray for the completion of this project and for Willow and Jean as they develop this ministry.

Celebrate Recovery

This ministry continues to grow, with 50-60 people attending on a given night. Recently, someone mentioned that F Street hosts the largest Christ-based recovery program in Lincoln. While being the biggest isn't our goal, serving those in recovery and sharing Jesus is. We are grateful for a dedicated leadership team serving others through their experiences. Please pray that we continue to minister to more people in recovery.

Coaching Ministry

This ministry was Beth's vision, created to walk with people for a season, helping them set and fulfill their goals. Beth sees coaching as a key part of discipleship and has worked to equip others to do the same. Transformed Life Coaching (TLC) now has a team of five coaches meeting with individuals. Pray for the continued development of this ministry and the participants it serves.

Immerse

The oldest of our ministries, Immerse is part of our vision to equip people for ministry. Founded in 2016, it has been a blessing to both F Street and the students who have participated. For nine years, Immerse students have served our neighborhood and city. This ministry has also led to staff members, like Willow and Sage, joining F Street. Additionally, we have gained financial supporters and returning volunteers through Immerse.

This summer, several groups are already planning to participate again—please keep them in your prayers.

Missionary Corner

Prayer Requests

If you have any prayer requests, please fill out the back of the communication card or come up to the front after church service.

Up to Date

To keep information up to date, please fill out a communication card or email Hollie at hollie@fstreetchurch.org

Email Updates

To be added to regular email updates about the church, email fstreetchurch@gmail.com

Special Note:

King's Table Transition House

King's Table Transition House was a ministry of F Street—a dream that we were grateful to pursue.

Recently, the Elders made the decision to close the men's transition house, at least for a season.

We want to express our deep gratitude to all who were involved from the beginning:

- Vince and Cathy Grove – For their passion, gifts, and leadership on the board
- Board Members – Beth Heerspink, Bill Hobbs, Brody Van Roekel, Larry Waynes, Tony Orlander
- House Manager – John Logden

Thank you to each of them for their dedication, and to all who lived there during this season of ministry.

2/8/25 - The Howells

Dear friends,

Sunil* was in Michelle's freshman level natural science class 4 years ago. He resisted the gospel and challenged the Christian worldview and need for God.

Like many of our students, Sunil came to LCC with very inaccurate understandings of what it means to know and follow Jesus. During their time at LCC, our students are exposed to the Bible and the Christian worldview in many courses and through relationships with faculty and some peers.

Sunil has been in and out of AJ's office for discipline and warnings because he often plays with the rules or skirts along the edge of what's socially acceptable. More recently, we have noticed him take an interest in religion, in God, and in learning more about what it means to follow Jesus. Last semester he participated in a Bible study hosted by one of AJ's resident directors. He also met with AJ to evaluate his strengths and weaknesses and strategize ways to grow as an individual.

In a brief conversation with him this week, we were surprised by his selflessness. Moreover, we were encouraged as he admitted, "I know that there is a God, and so I want to help you with this task."

Please pray for Sunil, that he might continue to understand who God is and what it means to follow him and enter into a personal relationship with him.

We know that all our students and colleagues are on a journey in life. And we praise God when we see that journey lead them closer to knowing God themselves. Please pray with us for all our students and for impactful interactions with them.

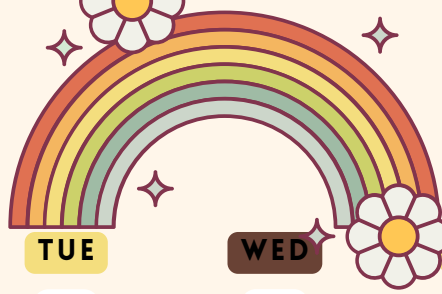
Please also pray:

- That we can help guide the students who ask hard questions about God, faith, and doubt.
- For Michelle as she teaches in her classes. For wisdom and direction in the course material.
- For wisdom and discernment for AJ as he leads his department(s).
- For the church in Lithuania. May the Spirit be present and make it grow.

Thank you for standing with us, the Howells



MARCH



2025

SUN	MON	TUE	WED	THU	FRI	SAT
23 Block Party 10:30am - Sunday Service	24 Num 1-2 6-9pm - Open Studio	25 Num 3-4 6:30am - Prayer 7pm - Youth Group	26 Num 5-6 6:30pm - Celebrate Recovery	27 Num 7-9 5:30pm - FoodNet	28 Num 10-12 10am - Women of the Word 12-2pm - Knitting & Crochet	1
2 10:30am - Sunday Service	3 Num 13-14 6-9pm - Open Studio	4 Num 15-17 6:30am - Prayer 7pm - Youth Group	5 Num 18-20 6:30pm - Celebrate Recovery	6 Num 21-22 5:30pm - FoodNet	7 Num 23-25 10am - Women of the Word 12-2pm - Knitting & Crochet	8
9 10:30am - Sunday Service	10 Num 26-28 6-9pm - Open Studio	11 Num 29-31 6:30am - Prayer	12 Num 32-33 6:30pm - Celebrate Recovery	13 Num 34-36 5:30pm - FoodNet	14 Deut 1-2 10am - Women of the Word 12-2pm - Knitting & Crochet	15
16 10:30am - Sunday Service	17 Deut 3-4 6-9pm - Open Studio	18 Deut 5-7 6:30am - Prayer 7pm - Youth Group	19 Deut 8-10 6:30pm - Celebrate Recovery	20 Deut 11-13 5:30pm - FoodNet	21 Deut 14-16 10am - Women of the Word 12-2pm - Knitting & Crochet	22 8am - Men's Breakfast
23 10:30am - Sunday Service	24 Deut 17-20 6-9pm - Open Studio	25 Deut 21-23 6:30am - Prayer	24 Deut 24-27 6:30pm - Celebrate Recovery	27 Deut 28 5:30pm - FoodNet	28 Deut 29-31 10am - Women of the Word 12-2pm - Knitting & Crochet	29
30 Block Party 10:30am - Sunday Service	31 Deut 32-33 6-9pm - Open Studio					

Birthdays

2nd - Kyle Outz
3rd - Jeff Heerspink
7th - Penny Butler
9th - Timothy Mailand
11th - Mike Hoffman
12th - Shirley Robinson
14th - Judd Norman
15th - Tim Lockwood
18th - Johnny Mann
 Sasha Obrecht
19th - Tyler Johnson
22nd - Mary Denooyer
25th - Cathy Alexander
26th - Melina Garcia

Anniversaries

27th - Annette Clifford
 Christina Bissegger
31st - Andrea Truska
 Milah Berggren
12th - Jasmine & Shadoe Taylor

