



# HEART & HOME

FEBRUARY '26

**PURPOSE** We want to help parents and kids create Jesus-sustained Hearts so that when families leave church, it can be the same at Home.

## VOLUNTEER BLURB



Hello! My name is Jay Bernadt, the husband of Willow Bernadt. I am an MST therapist who works with adolescents who are on probation. I joined F Street Youth Group Team because the youth is the future of the church. I enjoy helping to find the answers to questions that children have about God. I know that ages 13-18 can be a tough time, and to help them stay on the path of God is why I was put on this Earth. I look forward to connecting with your family!

## MEMORY VERSE DEVO

Living without God is like living in the dark. Unable to see what's in front of you, stumbling around, and falling down. When we read the Bible and listen for God's Will, our path is lit up. Following God brings light into our lives. Jesus even said so himself in the Gospel of John. "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life" (John 8:12). In this month of February, think about the times when you felt all alone and in a dark place. Who was there to help out of that dark place? How might you help share about Jesus, so that He is the light in other people's lives?

## PARENTING CLASS

Group Coaching Parenting Class:  
Sundays in January & February  
Beginning January 11<sup>th</sup> from 2:30 PM – 4:00 PM

Check the entryway or greeting table for a flyer!

## SIGNUP FOR DAY OF LOVE!

Day of Love is an event for 6th-12<sup>th</sup> grade students on February 21<sup>st</sup>. Students will spend the day with their chosen teams serving all over town, all day, all for God! Use this link to get registered.



## THIS MONTH LESSONS

### JOURNEY GROUP:

Feb 1: God helps David defeat Goliath  
Feb 8: God Gives Solomon Wisdom  
Feb 15: God Proves to Elijah  
Feb 22: God Provides for Elisha and a Widow

### YOUTH GROUP:

Feb 3: Temptations  
Feb 10: Serving  
Feb 17: Psalms  
Feb 24: Psalms

### QUESTIONS FOR DISCUSSION:

1. What did you learn about?
2. Was there something you didn't understand?
3. How can you share this with others?

## MEMORY VERSE

"Your word is a lamp to guide my feet and a light for my path."

– Psalm 119:105

## UPCOMING EVENTS

Feb 21 – Day of Love  
Middle & High School Trip Sign Ups

## RECOMMENDATIONS:

Book  
The Jesus Storybook Bible by Sally Lloyd-Jones

Parents, help your children discover Jesus at the center of each Bible story—and the center of their own lives, too!

