

February 2026

HEART2HEART

When was the last time you apologized?

When was the last time you apologized, and why? Apologies shape the health of our relationships more than we often realize, especially in ministry, where our words and actions carry spiritual weight.

As a young and new pastor's wife, I was overly apologetic—not out of humility, but out of insecurity. I believed there were unspoken expectations tied to my role and position, and too often I apologized simply to please people rather than speaking the truth in love or holding others accountable. There were times when I took the offense unnecessarily, hoping to keep the peace instead of addressing what needed to be addressed.

Over time, I learned that there are moments when wisdom calls for pausing, allowing emotions to settle, and returning to a conversation later. Speaking the truth in love requires discernment because we want to be heard in ways that encourage one another toward good works. At the same time, I must honestly admit that there were occasions when I truly did offend or hurt others—and in those moments, an apology was not only appropriate, it was necessary.

Apologizing is a discipleship practice. A sincere apology demonstrates that we take responsibility for our actions and that we are still being formed in the image of Christ. The apostle Paul reminds us to have the same mindset as Christ Jesus, who humbled Himself and laid aside status and position for the sake of others (Philippians 2:5–8). When we apologize, we model what it looks like to follow Jesus when we are wrong. We show that humility, not image management, marks a life shaped by Christ.



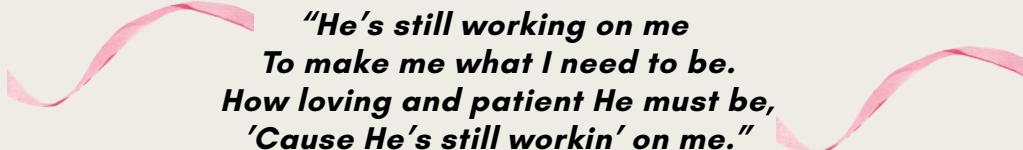
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When we acknowledge wrongdoing and ask for forgiveness, we position ourselves not above others, but alongside them—people who need the grace of God each and every day. Christ did not cling to power or reputation; He sacrificed it all so that we could receive the Father's forgiveness and live in freedom. Our apologies echo that same posture of self-giving love.

Pastors' wives are always discipling, whether we realize it or not. We are being watched at home by our children, by young women and new mothers in our congregations, and by ministry teams with whom we serve. How we respond when we are wrong matters. How we handle conflict, both publicly and privately, matters. In humility, we model what it looks like to confess when we speak harshly to our children, or to apologize to a leader after a misunderstanding. When we lay down our power or position as Christ did, we gain credibility, and relationships are reconciled and restored.

Apology also models leadership. Saying "I'm sorry" builds trust and invites others to walk with us rather than withdraw from us. It reminds disciples that we are all sinners saved by grace and that each new day is sustained by God's mercies (Lamentations 3:22–23). This truth is beautifully captured in a familiar children's song many of us have sung:



***"He's still working on me
To make me what I need to be.
How loving and patient He must be,
'Cause He's still workin' on me."***

This simple song reminds us that spiritual growth is ongoing. Christ is still working on us. When we apologize, we demonstrate that we are teachable and growing in maturity. We show disciples that growth does not stop once we reach a certain point in our faith—it is a lifelong journey of sanctification.

An apology is appropriate whenever we have wronged someone or when sin has disrupted a relationship. Forgiveness is not optional for the believer; it is biblical and foundational to our witness (Matthew 18:21–22). When Peter asked Jesus how many times he should forgive, Jesus' response—seventy-seven times—made it clear that forgiveness is a way of life, not a ledger we keep. While we are not to continue harming one another carelessly, when sin does occur, Scripture calls us to confess our faults, seek forgiveness, pray together, and experience healing in our relationships (James 5:16).

Apology is not the end of leadership—it is often where credibility begins. Through repentance and reconciliation, we form disciples who understand grace not as an abstract idea, but as a lived reality.

Aileen Reid



Reflection Questions*

1. What has shaped your understanding of apologizing in ministry—fear, humility, or faithfulness to Christ?
2. How does Jesus’ example of self-emptying humility (Philippians 2:5–8) challenge the way you handle being wrong?
3. In what situations are you most tempted to apologize to keep the peace rather than to speak the truth in love?
4. Who is being discipled by how you respond to conflict—your children, ministry teams, or those you serve?
5. How does your response to wrongdoing either build trust or quietly erode it in your relationships?
6. What does sincere repentance look like for you without slipping into shame or self-condemnation (2 Corinthians 7:10)?
7. Are there moments when spiritual language has become a shield rather than a pathway to accountability?
8. How might God be inviting you to model growth, humility, and reconciliation through an apology today?
9. What relationship could experience healing if you took the next faithful step toward confession or forgiveness?



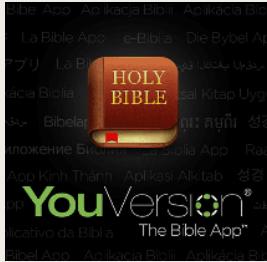
*Note: ChatGPT was used to sharpen the structure and flow of my thoughts, edit for grammar, and develop reflection questions.

“Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.”

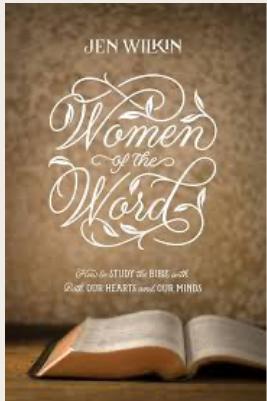
Philippians 2:5–8 NKJV

What are you reading in 2026?

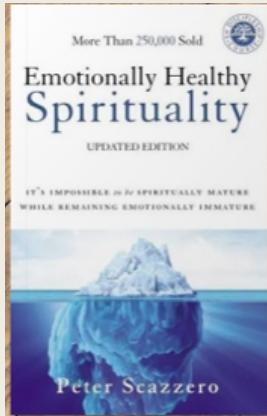
Here are some suggestions:



Feed your soul daily with the Word. I have read the entire Bible every year for at least the past 15 years. I use the Bible App to help keep me accountable—let's face it, our busy schedules can throw us off track. There are many versions and types of reading plans on the Bible App. You can use the reading plans during your quiet time or listen on your phone when you are in your car, walking, etc. Check it out and start today.



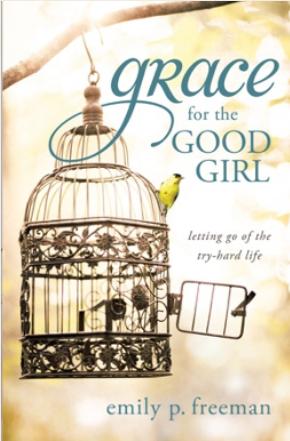
Women of the Word are students of Scripture: they read with intention, interpret with sound methods, and live out God's truth with courage. Jen Wilkin's book is an accessible yet deep exploration of how women — including ministry leaders — can read and study the Bible well. She pushes beyond Scripture familiarity or devotional habits to help readers engage the Bible with clarity, context, and confidence. For pastor's wives who shepherd hearts both at home and in community, this book equips you to draw nourishment and wisdom directly from Scripture, and to guide others toward solid biblical interpretation.



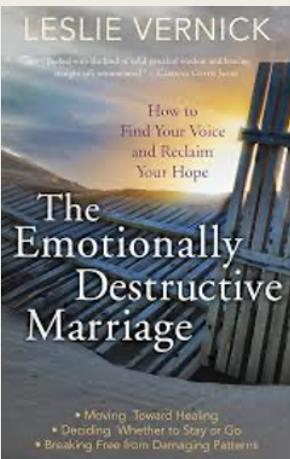
Spiritual maturity is not just what we **do** for God — it's who we are **in** God, including emotional awareness, humility, and integrated discipleship. In this book, Pete Scazzero invites us to connect emotional maturity with spiritual formation. Scazzero argues that many Christians pursue religious activity without addressing the inner life — the emotions, wounds, and soul patterns that shape how we respond to God and others. For pastor's wives, who often lead spiritually while carrying relational weight, this book offers a restorative framework: grow in awareness of your inner world, slow down long enough to hear God's voice, and practice soul care that strengthens your ministry presence. It helps transform busy service into authentic, Christ-centered living.

What are you reading in 2026?

Here are some suggestions (Cont'd):



Your identity as a follower of Jesus is not about being good enough — it's about being **held by grace**, valued by God, and invited into rest. Emily Freeman speaks directly to women who carry a “good girl” heart — the part of us that wants to please, achieve, and earn approval. Many pastor’s wives know this inner posture well: we want to be faithful, loving, hospitable, supportive, and “good” in every way. Freeman gently dismantles performance-based spirituality and points readers to the grace of God as the ground of identity and freedom. This book is freeing, prophetic, and deeply personal — reminding you that God’s love isn’t based on your performance or perfection.



Marriage can be a place of deep discipleship, but also deep hurt. Healing begins with truth, healthy boundaries, and God-centered transformation. Leslie Vernick helps us identify destructive patterns in marriage — including control, manipulation, emotional abuse, and chronic conflict — and provides guidance for healing, boundaries, and wise engagement. In our ministry marriage (or walking alongside other couples), this book clarifies how relational patterns impact spiritual life, personal well-being, and family health. It offers biblical insight coupled with practical wisdom for addressing deep emotional wounds with courage, compassion, and God’s truth.

Grace for the Good Girl: A Devotional Journey for Pastors' Wives

This devotional is designed as a gentle, grace-centered journey through Grace for the Good Girl by Emily P. Freeman. It invites pastors' wives to move from performance → rest, from striving → embracing being beloved of God, and from fear → freedom.

Each week includes Scripture for meditation, reflection questions, prayer, and a simple practice.

Week 1 - Naming the "Good Girl" Story

Scripture: Psalm 139:1-6; Galatians 1:10

Reflect:

What stories have shaped your desire to be good?
Where do you seek approval more than faithfulness?

Pray:

Lord, help me tell the truth about the stories I live by.

Practice:

Journal one sentence beginning with "I feel pressure to be good when..."

Week 2 - When Goodness Becomes a Burden

Scripture: Matthew 11:28-30; Isaiah 30:15

Reflect:

Where do I feel weary from trying to measure up?
What expectations has God not asked me to carry?

Pray:

Jesus, You see the weight I carry. Teach me rest.

Practice:

Release one unnecessary expectation this week.

Week 3 - Grace Interrupts Performance

Scripture: Ephesians 2:8-9; Romans 5:1-2

Reflect:

What makes grace hard for me to receive?
How do I subtly try to earn God's approval?

Pray:

Father, help me receive what I cannot earn.

Practice:

Sit in silence for five minutes, repeating: "I am loved apart from performance."

Week 4 - God's Invitation to Rest

Scripture: Psalm 46:10; John 15:4-5

Reflect:

What would rest look like if I trusted God with outcomes?
Where am I gripping control out of fear?

Pray:

God, I loosen my grip and trust You.

Practice:

Choose one area to intentionally not over-manage this week.



Grace for the Good Girl: A Devotional Journey for Pastors' Wives

Week 5 - Living Loved, Not Proving Worth

Scripture: Romans 8:1; 1 John 3:1

Reflect:

Who am I apart from my role or responsibilities?
How does being loved by God reshape my leadership?

Pray:

Lord, anchor my identity in Your love.

Practice:

Write a statement beginning with "I am God's beloved, even when..."



Week 6 - Grace in Leadership and Ministry

Scripture: 2 Corinthians 12:9; Colossians 3:12-15

Reflect:

How does grace change the way I lead and serve?
What do others learn about God by watching my responses?

Pray:

Jesus, help me lead from love, not fear.

Practice:

Speak honestly or apologize where you might normally stay silent.

Week 7 - Freedom to Be Human

Scripture: Psalm 103:13-14; 2 Corinthians 4:7

Reflect:

Where do I hide my humanity?
How does God meet me in weakness?

Pray:

God, thank You for meeting me in my humanity.

Practice:

Share one honest struggle with a trusted friend or mentor.



Week 8 - Living Grace Forward

Scripture: Philippians 1:6; Titus 2:11-12

Reflect:

How has my understanding of grace changed?
What healing or growth is still unfolding?

Pray:

Lord, help me live from grace daily.

Practice:

Choose a word for the next season (Rest, Freedom, Trust, Beloved).



February

Birthday Blessings

February 1	Gwen Tucker
February 6	Kay Osban
	Lori Maynard
February 11	Barbara Gamble
February 22	Rhonda Hutchinson
February 23	Linda Lightbourn
February 25	Philis Vazquez

Birthday Prayer for a Pastor's Wife

Heavenly Father,

Thank You for the gift of my sisters' lives and the grace You have placed upon their calling. As they celebrate another year, renew their strength and fill them with Your peace and joy. "The Lord bless you and keep you; the Lord make His face shine upon you" (Numbers 6:24–26).

Bless the work of their hands, the thoughts of their mind, and the desires of their heart as they align with Your will. May they continue to grow in love, faith, and service, and may their life be a testimony of Your goodness.

Cover them with wisdom, protect their heart, and reward their faithfulness—seen and unseen. May they continue to be "clothed with strength and dignity" and face the days ahead with confidence in You (Proverbs 31:25). Bless their coming and going, and let this new year overflow with Your favor and rest.

In Jesus' name, Amen.



Let's Meet for Lunch



Are you attending Uplift 2026?

Join us for a pre-conference Pastor's Wives lunch gathering on Friday, February 20th @ 11:30 a.m. at a restaurant (TBD) near the hotel. More details to follow.

RSVP here: [Pastor's Wives Pre-Conference Lunch Gathering](#)

This event is open to all Pastor's Wives whether you are attending Uplift or not.



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