

# The Narrow Gate



Issue 001

Pathlight Ministries Quarterly Newsletter

Spring 2025

*“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it.” Matthew 7:13*

## Welcome!

### You’ve Graduated High School...Now What?

*Graduating high school is exhilarating and frightening at the same time! For Christian students, anxiety and fear can set in once they move from the security of the teen programs and have to attend “adult church.” It’s easy to question everything at this stage of life.*

*What do I want to “be” now that I’m a “grown up?” What’s expected of me? How will I support myself? Should I go to college, straight to work, or into military service? What about faith? What do I actually believe? Where should I go to church? How do I keep my relationship with Jesus strong in this unfamiliar territory filled with worldly temptations?*

*Obviously, the answers to those questions vastly differ from one individual to another. While we don’t claim to know all the answers, it is our sincere hope that Pathlight Ministries will help to illuminate the way by offering encouragement, support, and valuable resources. Thank you for checking us out! We are so glad you are here!*



*Would you like to help other young people walking a path similar to yours?*

*Pathlight Ministries is looking for young adults to contribute to our quarterly newsletter. We would like to feature a (currently untitled) column written by peers offering the benefit of your personal experiences. Please connect with us via email if you are interested.*

## TIME SAVING TIPS

*It’s Summer! This may be a break time for some, but for many young people it’s busier than ever! Think you have no time for prayer? Ever heard of “breath prayers?” Breath prayers are a simple way of praying any time you are breathing, and if you’re reading this, trust us, you are breathing! So, take a deep breath; Breathe in God’s Word; Breathe out God’s Word. It’s that simple! Use your favorite Bible verse, worship song lyrics, or make up your own. Here are some examples to help get you started:*

*Breathe In: The Lord is my Shepherd. Breathe Out: I have everything I need.*

*Breathe In: In Christ Alone. Breathe Out: My hope is found.*

*Breathe In: Your Grace is enough. Breathe Out: I’m covered in Your Love.*

*Pretty simple, huh? Now get to it! If you have a great breath prayer, please share it with us so we can add it to our list under “Resources.” Email us: [connect@pathlightministries.org](mailto:connect@pathlightministries.org).*

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## In case you were wondering...What or Who is Pathlight Ministries?

*That's not only a great question, but these days, it's vital to be an "informed consumer." There are a lot of scam artists out there taking advantage of good people.*

*Pathlight Ministries began in the spring of 2025; it was founded by Teri Rolfes, a youth group leader at her local church. Teri, fondly nick-named "Ter-bear" by her students, became alarmed when several of her H.S. seniors began expressing real concern about losing their faith after they left the security of their church's youth program. Through research and information from area Youth Group Leaders, Teri learned that there aren't many, if any, programs for young people moving from high school into adulthood and attending "grown-up" church.*

*Through God's nudging, prayer, and the support of Christian mentors, Pathlight Ministries began. Pathlight Ministries is dedicated to illuminating the way for young people striving to stay on the path to Jesus. It is and always will be a FREE website offering support, encouragement, and resources to help young adult Christians hold tight to their faith.*

Teri "Ter-bear" Rolfes lives in Harrison, OH with her family. In her spare time, she enjoys crafting, herbalism, & "glamping." Because God gave her a "servant's heart," she is passionate about helping others.

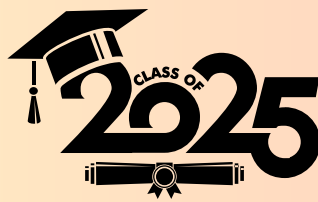


## Coming Soon!

As we grow our audience, this section will feature stories, commentary and other content. Let us know if you'd like to contribute!

Email Us:

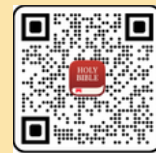
[connect@pathlightministries.org](mailto:connect@pathlightministries.org)



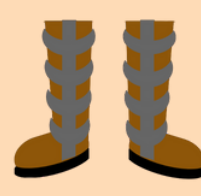
## FEATURED RESOURCE

### The YouVersion Bible App

*Pathlight Ministries loves the You Version Bible App! In addition to God's Word (in just about any translation!), it offers a wide range of studies for use as Daily Devotionals. You can connect with friends and even study together! To check it out for yourself, visit [Bible.com](https://Bible.com) or scan the code below!*



## Equip Yourself Every Day for the Battlefield...



**Ephesians 6:10-18...God's Full Armor. Never Leave Home Without It!**