

# The Narrow Gate



Issue 004

Pathlight Ministries Quarterly Newsletter

Winter 2025-26

*“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



*Celebrating God's Greatest Gift!*  
*From all of us at Pathlight Ministries...*  
**Merry Christmas & Happy New Year!**

## *The Most Wonderful Time of the Year*

**Teri Rolfes, Founder**

Contrary to the song, this time of year is not always so wonderful to everyone. Real life is happening all around us. Loss of loved ones, family dysfunction, impossible expectations, and financial difficulties seem to dominate our lives.

This time last year, I was about as far from God as I could get. I was overwhelmed by life and questioning Him about His plans for me. But, we serve an incredible and gracious God. Through a series of events that could only have been orchestrated by Him, our Heavenly Father placed Pathlight Ministries on my heart.

I am so grateful for everyone who is on this journey with me. I'm excited for you all to read my good friend, Sydney Amato's, testimony. We all need to be encouraged to accept our transformation by God, rather than conforming to the world. Praying that 2026 brings you God's peace and grace through His Son, Jesus!

## *Embracing God's Plans*

**Sydney Amato**

Growing up, I carried so much anger toward the Lord after being diagnosed with DYT-1 dystonia at age 5. My life felt like constant hills and valleys, and I spent years trying to fit in; conforming rather than being transformed. But today, I'm standing here surrendered to the Lord, and this is how He brought me here.

I came to Jesus in 2021, right before my last brain surgery (DBS). When I finally started agreeing with the things the Lord was placing on my heart, He kept revealing Himself to me more and more. Honestly, He had been trying long before, but I wasn't receptive. I even think back to 2020, when my parents' small group was praying for me. One day that month I told my mom, "I think the Lord has been softening my heart," and she got teary because that was exactly what they had been praying for.

Then, in 2021, the Lord came to me in a dream. I saw Him as a white fire on my left side, and His presence literally pulled me up out of bed. It was powerful I remember sitting there with Him speaking to me, even though I couldn't hear the words. What I did feel was overwhelming peace.

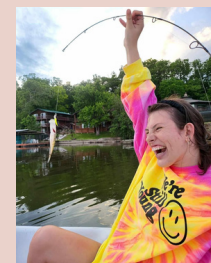
I never expected a dream like that and for the Lord coming to me. But I'm telling you, if He can do it for me, He can do it for you. I've learned that I have to die to rise in Christ and that's exactly what He's been teaching me to do.

I am Sydney. I paint, write songs, and craft poetry as worship to Jesus. My creativity flows from His Spirit, His creation, and the bold colors He uses to speak to me.

**The More You Know:** According to the Mayo Clinic, Dystonia is a movement disorder that causes involuntary muscle spasms, twisting motions or other movements that happen repeatedly and that aren't under the person's control. These involuntary movements can be painful and debilitating. DYT-1 Dystonia begins in childhood, usually around the ages of 9 and 10. For more information, please visit: <https://www.mayoclinic.org/diseases-conditions/dystonia/symptoms-causes/syc-20350480>



**Sydney lives in a small town near Springfield, MO, in a tiny home with her dog, Lilah. Her parents live next door, keeping family at the heart of everyday life.**



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## Quarterly Time-Saving Tip/Life Hack Prepare Your Vehicle for Winter



It seems that we have been seeing some of that white, fluffy stuff that comes from the sky to create a winter wonderland. However, that winter wonderland is not so great when we need to venture out of our warm, cozy homes. Winter wonderland quickly turns to winter no man's land with the freezing temperatures, snow, ice, and salt residue. The glistening white snow quickly becomes grungy gray slush. Cold temperatures wreak havoc with wet roads, turning roads into ice-skating rinks. Driving can become down-right dangerous!

Our friends at The Farmer's Almanac offer some great tips for staying safe out on the roads this winter. Emergencies happen, so here are some items for your Winter Car Kit:

### Winter Car Kit

- blankets, mittens, socks, and hats
- ice scraper and snow brush
- flashlight (plus extra batteries)
- jumper cables
- first aid kit
- bottled water
- multi-tool (ie: Leatherman)
- road flares or reflective warning triangles
- windshield cleaner

### Add these for snowy, cold regions:

- bag of sand or non-clumping cat litter (for traction)
- collapsible or folding snow shovel
- blanket
- tire chains and tow strap
- hand warmers
- winter boots
- sleeping bag

### Year Round Vehicle Safety Items

- small fire extinguisher (5lb; class B and C)
- tire pressure gauge
- spare tire; jack and lug wrench
- rags and hand cleaner (such as baby wipes)
- duct tape
- rain poncho
- non-perishable, high energy foods such as nuts, granola bars, raisins, dried fruit, peanut butter or hard candy
- battery or hand-crank radio
- lighter and box of matches (store in waterproof container)
- scissors and string or cord
- spare change and cash
- compass
- paper maps

### Be Prepared for Winter Driving!

- Share your travel plans with someone.
- Never leave your vehicle or try to push your vehicle out of the snow. Be sure your vehicle's exhaust pipe is not blocked by snow, mud or anything else.
- Keep your tires properly inflated
- Keep gas tank filled above half-way to avoid freeze-up
- Don't drive when you are sick-your reaction time is greatly reduced



For more great winter driving safety tips, please visit:

<https://www.almanac.com/content/winter-car-emergency-kit#:~:text=Blankets%2C%20mittens%2C%20socks%2C%20and,Windshield%20cleaner>

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



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

Stay  
Tuned!  
Bible  
Study  
Podcast!  
Coming  
Soon!

