

SERMONETTE
1
Pastor David Ling -
First Baptist Church, Hebron



The Unattended Soul
1 Samuel 16:14-23

In the waning years of Saul’s rule over Israel we are faced with a troubling story of a human life shaped and altered by the pressures of political life, public institutions, family and the impulses of body and spirit. As God makes a transfer of the monarchs by rejecting Saul and choosing David, we get a picture of a kind of spiritual seesaw. As the Spirit of the Lord descends on and seizes David, it departs from Saul. The vacuum is promptly filled by “a spirit that brings forth distress from the Lord” that leaves Saul terror stricken. He evidently falls into fits of depression which later manifested as paranoia. In the vacuum of relationship with God there is a quiet form of self-sabotage that emerges when the soul goes unattended. It is not always dramatic, nor does it show itself as rebellion or failure, it shows up in neglect.

The soul that is unattended does not stop needing care, it simply begins to look for relief wherever it can be found and that is where self sabotage begins, not with a desire to ruin ones life, but with the desire to feel less pain. Long before this episode in chapter 16, Saul had begun a downward spiral of spiritual neglect. In the rush of power, God and His commandments had become an after thought. Saul’s neglected soul began to speak through other means, He grew impatient with the Prophet of God, and carried out an unlawful sacrifice. In a moment rash indifference he vowed a curse on his own army that not only jeopardized their lives but caused them to sin against the Lord. When our soul’s are not listened to, it will communicate through other means. It speaks through an exhaustion that is never abated, an irritability that that grows out of proportion, habits that promise ease but leave a trail of shame, quiet chooses to stay stuck rather than risk the change of hope.

It is in seasons like this that memories surface and losses feel closer and neglect becomes easier to justify. When the soul is forgotten it becomes devoid of rest and pushes us forward with an ever busying pace — keep moving, stay busy, push through, don’t you dare slow down — but the soul dose not heal by being out run, it heals in the rest that only Christ can provide. “Accept upon yourself my yoke and learn from me, for I am humble and lowly in spirit, and you will find a resting place for your soul. For my yoke is pleasant and

my burden is light” (Matthew 11:29-30, DHG). To take upon one’s self the yoke of Jesus is to follow his teaching, He is the master of life, there is no better guidance to be found. “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly” (John 10:10).

Self Sabotage is often the soul’s protest. It’s what happens when your inner anguish is not given the language to be heard, when desire is not examined and the soul’s emptiness is treated as a mere inconvenience instead of something from which we can learn and grow. Saul’s soul reached a depth where even Israel’s victories could not be celebrated without jealousy and at one point he tries to pin his greatest warrior, David, to the wall with a spear. While David continued to spare Saul’s life, Saul’s unattended soul continued its assault on David’s innocence.

So at this moment how does one care for the soul? It is **not** to focus on the fixing, it is **not** resolving, it is **not** explaining, it is attending, paying attention to where the energy drains rather than renews. Notice where and what behaviors increase indifference rather than clarity. Ask yourself some honest questions and stay engaged with them for more than a few uncomfortable minutes. Ask yourself, What part of me has been “asking” for care that has gone unanswered? Sometime the noise that neglect has created, leaves us incapable of exploring the place of need, so it is helpful like Saul’s servant advised, to“seek out a man who is skillful in playing.” Find some music to quiet the spirit, take a walk in nature, sit relaxed in the sunshine for some extended moments, as the numbness of the soul begins to ease, tend to your soul right there. When the soul is tended, self sabotage loses its power, because what **it is trying to accomplish**, relief, safety, recognition is finally being offered a way to heal. This is wisdom, not weakness. It is where restoration of the soul has its beginning.

Minutes-January 13 City Council meeting

Regular City Council Meeting
Hebron Community Center
January 13, 2026, 7:00 pm

Members of Council present were: Mayor Grant Walth, Council President Harvey Tibor, Council Vice President Steve Dittus, Councilman James Hong and Kyle Slinkard. Also present: Auditor Erin McCutchan, City Supervisor Chad Stern, City Attorney Scott Solem, Jane Brandt of the Hebron Herald, Officer Krizan and City Engineer Jason Gerving. Not present: Councilmen Michael Coots and Ray Torres.

The regular city council meeting was called to order at 7:00 pm.

December regular meeting minutes were reviewed and a motion was made to approve them. Hong/Dittus MCU

December vouchers were reviewed and a motion was made to approve them. Slinkard/Hong MCU

City Money for January

24925 Donovan & Kaffer PLLP	8,100.00
24926 Bruce Martin	181.01
24927 Chad Stern	1,693.14
24928 Craig Engle	688.87
24929 Dawn Perrin Ramos.....	1,197.62
24930 Erin McCutchan	1,402.17
24931 Jerel Erickson	646.45
24932 Jesse Engle	1,289.99
24933 Keith Redman	531.07
24934 Barry Heinle	250.00
24935 Bruce Martin	100.00
24936 Chad Stern	500.00
24937 Craig Engle	100.00
24938 Dawn Perrin Ramos	500.00
24939 Erin McCutchan	777.36
24940 Jerel Erickson	100.00
24941 Jesse Engle	250.00
24942 Keith Redman	250.00
24943 Aflac	611.40
24944 Aflac	420.11
24945 AT & T	126.90
24946 Bobcat of Dickinson	133.73
24947 Farmers Union	1,978.91
24948 Ferguson Water	508.28
24949 Flatbed Firewood & Lumber	2,250.00
24950 Hebron Herald	284.86
24951 Marco	156.74

24952 MDU	3,077.18
24953 Menards	756.41
24954 Midcontinent.....	126.01
24955 MDU	339.16
24956 Morton County Auditor	3,395.22
24957 Napa Auto – New Salem	5,086.23
24958 NDDEQ	250.53
24959 ND Dept of Health	27.00
24960 ND League of Cities	1,134.00
24961 One Call Concepts	27.00
24962 Postmaster	244.00
24963 ProCollect Services	1,216.38
Electronic Rev Track	262.86
IRS	2,313.81
DCB.....	10.00
NDPERS	7,628.08
IRS	2,585.90
IRS	2,796.34
ND State Tax	74.00
	\$15,170.99
24964 Railroad Management Co	458.76
24965 RS Jack and Jill	107.60
24966 Runnings Supply	980.90
24967 Saylor Implement	6,800.00
24969 Southwest Water	7,571.72
24970 Steve Wilson	98.00
24971 Vestis	347.69
24972 Westlie Motor Company	371.88
24973 WRT	370.54
24974 Zuroff Repair	171.10
24975 Grant Walth.....	295.52
24976 Harvey Tibor	230.87
24977 James Hong	138.52
24978 Kyle Slinkard	138.52
24979 Ramon Torres.....	27.70
24980 Steven Dittus	138.52
24981 Barry Heinle	566.66
24982 JPCooke	105.95
24983 US Flagpole Guy	70.00
24984 Bruce Martin	122.82
24985 Chad Stern	2,000.21
24986 Craig Engle	688.87
24987 Dawn Perrin Ramos	1,275.15
24988 Erin McCutchan	1,402.17
24989 Jerel Erickson	427.1
24990 Jesse Engle	1,618.63
24991 Keith Redman	629.65
24992 Hebron Park	

Board	3,235.94
	\$30,401.00
Sub-Total	\$72,008.33
Total	87,679.32

Delinquent water bills were discussed and 2 door tags will be sent out.

There were no building permits for the month of December.

The police report for December was reviewed. Mayor Walth stated that Officer Krizan should let officers know that there have been large trucks speeding on the bypass and to keep a look out for that.

City Engineer Jason Gerving was present to discuss the monthly report. Gerving’s report stated that the Summit Avenue project will have some finishing projects in the spring and asked council if there were any concerns. Councilman Hong stated that snow removal by the county has left areas of very poor drainage. Gerving stated he would like to get pictures of the areas that are not draining. Gerving stated that the financial review will be taking place when Auditor McCutchan gets the information to them, once the information is received the review will be presented at the next council meeting. The drainage ditch on the Brick Yard property was discussed. Gerving went through the survey showing where the problem areas lie. There are a couple of areas that block the drainage. Discussion was held concerning whose responsibility is it to clean the ditch. Auditor McCutchan stated that the Brick Yard owns the property where this ditch lies and was unaware of any easement from the Brick Yard. Upon searching Morton County records during the meeting Gerving stated he could not find a recorded easement, but will continue to look. Mayor Walth stated he will talk to the Brick Yard and see what arrangement can be

Continued Page 4

REAL
PRESENCE
RADIO
101.9 FM

5-5

Calendar of Events
Sponsored by the
Hebron Herald

878-4494

hherald@westriv.com

February 12 - AB BBB @ Flasher 6 p.m.
February 16 - No School, President’s Day
February 19 - A & C BBB @ Belfield 6 p.m.
February 21 - District 7 BBB Opening Round Play-In
February 27 and March 1 and 2 - District 7 Boys Basketball Tourney @ DSU

Abrasives
INCORPORATED
HELP WANTED
Plant Operator
Looking for a self-motivated team player to fill an entry level position at the Glen Ullin plant for all phases of year-round plant operations and product packaging. Forklift and loader experience desired or a willingness to learn.
Competitive wage, full health, dental, life, short-term disability, holiday pay, vacation pay and Employee Share Ownership. This is an opportunity to grow with an expanding local company. Competitive pay DOE.
PLEASE SEND APPLICATIONS & RESUMES TO:
Abrasives, Inc.,
ATTN: Russ Schroeder, 4090 Hwy 49, Glen Ullin, ND. 58631 or to rschroeder@abrasivesinc.com
Applications can be found on our website
www.abrasivesinc.com or call 701-348-3610.