



## **Strengthen Your Faith While Quarantining Spiritual Growth for Quarantine Season**

### **Introduction**

As Christians, we are led by the Holy Spirit; we exist to create a movement of disciple-making disciples, in our homes, local communities, churches, and around the world. Since we are not able to gather together in person, we want to provide you with some helpful tools and resources to not only strengthen--grow as a disciple but also empowerment tools on how to be a faithful witness to the hope we have in Christ.

As a church family, we want to ask ourselves this question: "How can we use this season to grow as disciples of Christ as we share our faith with others in words and by deeds?" We want to use this God-ordained time wisely. We do not want to take this moment for granted and miss the move of God. Instead, we want to trust that God will redeem it. The following verses serve as a guide for us in this unprecedented season:

- "The plans of the diligent lead surely to abundance" --Proverbs 21:5 (ESV)
- "Look carefully then how you walk, not as unwise but as wise, making the best use of the time because the days are evil." -Ephesians 5:15-16
- "And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God." -Philippians 1:9-11
- "We have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God" -Colossians 1:9-10

### **Tools and Resources**

Below are some helpful tools and resources to strengthen us in our love of Christ and in making him known during this challenging season.

#### **1. In your daily life:**

- Be purposeful in your daily and weekly habits
- Develop a daily or weekly schedule that includes cultivating spiritual, physical, and emotional health

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- Set specific goals for yourself and your family to accomplish daily
  - Be intentional about keeping close family and friends updated on how you and your family are doing through social media outlets such as FaceTime, Google Hangouts, Duo, text, email, or an old-fashioned phone call or snail mail.
  - Read a book that is going to encourage, inform, and motivate you emotionally, spiritually, and physically
2. In Your Spiritual Disciplines (Prayer, Meditation, Reading Scripture, Moments of Silence, etc.): Be passionate about growing as a disciple of Jesus
- Develop a dedicated time for personal prayer practice (Start by praying 3 minutes a day to 30 minutes a day over three weeks)
  - Develop a Bible reading practice—daily devotion (Read a passage of Scripture daily or a devotional)
  - Develop a fasting practice (Plan to fast at least one day each week)
  - Develop a memorization/meditation practice (Memorize a Scripture daily or weekly)
  - Use a tool [likebiblememory.com](http://likebiblememory.com)
3. With Your Family (or Roommates/Friends): Be intentional about cultivating a vibrant household
- Pray out loud with the members of your home every day
  - Play some indoor and outdoor games
  - Do a group workout
  - Take walks (consider doing a prayer-walk)
  - Do projects around the house
4. With Your Community: Pursue ways to love God, yourself, and others
- Pray, pray, pray for your family, church, neighbors, community, city, state, and the world
  - Look for ways you can wisely serve your neighborhood or join one of our local outreach partners (Practice social distancing while doing so)
  - The [Nextdoor](#) app is a great way to be proactive with serving your neighbors and helping them with needs.
  - Use this evangelism resource to help you
5. Assist your Small Group members in doing the following: Continue to edify one another on knowing God and making Him known
- While we will not be able to gather as small groups in person, we want to encourage every small group to relationally engage with each other in this season. More detailed information and resources will be coming soon on what this can look like for your group and relationships.
  - Small group leaders, we will continue to provide you with resources through pastoral updates provided by Pastor Nikki. You can expect resources ranging from how-to for virtual community tools to weekly group curriculum.