

DON'T WASTE YOUR QUARANTINE

During this season when we aren't able to gather together in person, we want to provide you with some helpful tools and resources to not only grow as a disciple but also be a faithful witness to the hope we have in Christ. We want to use this time well. We don't want to waste this moment! Rather, we are trusting and believing that God will redeem it. The following verses serve as a guide for us in this season:

"The plans of the diligent lead surely to abundance" - Proverbs 21:5

"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, so as 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 grow in your love for Christ, and some tips about how to be physically isolated without letting it take a mental toll.

1. In Your Everyday Life:

Be purposeful in your daily and weekly habits

- **Develop a daily or weekly schedule that includes cultivating spiritual, physical, and emotional health.** -
If you don't consciously fill your time, your time will fill up for you. Listen to podcasts, watch videos, read, exercise, talk to friends, work on a project, create art, listen to music, dance, play games, cook or do whatever you're going to feel good about at the end of the day. Just be proactive, rather than reactive.
- **Set specific goals for yourself and your family**
- **Be intentional about keeping close family and friends updated** -
Through FaceTime, Google Hangouts, Zoom, or an old fashioned phone call
- **Read a book** (Here are a few of our recommendations.) -

[The URF's Recommended Reading List](#)

[The Read Slow Collection](#): A collection of 15 of the best chapters and meditations on anxiety

- **Limit Negative Inputs -**

Of course, we all need to listen to the news to get information about the situation. There is no reason to update yourself more than once or twice a day. Decide how you are going to get your news and choose a non-histrionic, reliable source. Print is a better medium than video for taking in the content factually rather than emotionally. Don't let yourself be pulled into constant updates. Better yet, look up a "good news" website and get a daily dose of good news to counter the anxiety-provoking news. Our brains respond to whatever we feed them.

- **Relax -**

Many of us have real concerns, such as a drop in income or an ill relative. It is important to problem-solve about these things and it is equally important to give ourselves a break from the problem-solving.

2. In Your Spiritual Disciplines:

Be passionate about growing as a disciple of Jesus

- **Develop a personal prayer practice -**

Use [this helpful guide](#) to help you start spending more time in prayer from praying three minutes a day to 30 minutes a day over three weeks

- **Develop a Bible reading practice -**

[The URF's Bible reading plan](#)

- **Develop a fasting practice -**

Plan to fast for breakfast and lunch one time each week - [The URF's teaching on fasting](#)

- **Develop a memorization/meditation practice -**

Use a tool like [biblememory.com](#)

3. With Your Family (or Roommates/Friends):

Be intentional about cultivating a vibrant household

- **Pray and read scripture out loud with your household every day**

- **Have Fun -**

You finally have permission to watch that Ken Burns series you always wanted to watch, take long baths, hike, play a Monopoly tournament, or do the thousand piece jigsaw puzzle your aunt gave you. Go wild.

- **Get Physical -**

Give yourself a daily goal for physical activity. You can go outside to walk, run or bike. There are also thousands of youtube videos to lead you in exercising, and stretching, so you don't need a gym or any equipment to keep up your physical activity or start a new routine.

- **Do projects around the house**

4. With Your Community:

Pursue ways to love The URF and the world

- **Pray, pray, pray for your neighbors and city**
- **Look for ways you can wisely serve your neighborhood**

5. With Your Fellowship Group:

Continue to spur one another on towards love and good deeds

- **Continue to relationally engage with each other in this season. -**
Call or video chat with your community often.. Use this opportunity to contact people who you rarely have time to connect with. Write a letter to someone who helped you in the past. You can even do activities separately, such as watching the same movie, reading the same book, cooking, or taking a nature walk, and talk about the activity together.