

Don't Waste Your Quarantine | Spiritual Growth for Quarantine Season

Introduction

At New Life we want to continue to be reminded we exist to help people find and follow Jesus. Our mission doesn't change even when crisis strikes. 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.

As a church family, we want to ask ourselves this question: "How can we use this season to grow as disciples of Christ while making him known to others through our words and actions?" We want to use this time well. We don't want to waste this moment, rather 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

"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

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Tools and Resources

Below are some helpful tools and resources we pulled from Summit Church to help grow us in our love of Christ and in making him known during this challenging season. Anything underlined is a hyperlink that should take you to a web based resource if you're viewing this document digitally.

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.
- Set specific goals for yourself and your family.
- Be intentional about keeping close family and friends updated on how you and your family are doing through FaceTime, Google Hangouts, or an old fashioned phone call.
- Read a book (Here are a few recommendations and resources from Summit Church.)
[The Summit Church Recommended Reading List](#)
[A Camaraderie of Confidence](#) by John Piper : A compilation of short, encouraging stories on the suffering of Charles Spurgeon, Hudson Taylor, and George Muller
[Read Slow](#): A collection of 15 of the best chapters and meditations on anxiety
[Brad Hambrick's Resources on Anxiety](#)
[Women's Discipleship Resource List](#)

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](#)
- Develop a [fasting practice](#)
- Develop a memorization/meditation practice Read this [article](#) on why it is important to memorize Scripture and some tangible ways to do. Use a tool like [biblememory.com](#).

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Tools and Resources

With Your Family (or Roommates/Friends): Be intentional about cultivating a vibrant household.

- Pray out loud with your household every day.
- Play some indoor and outdoor games.
- Do a group workout.
- Take walks. (Consider doing a [prayer-walk](#))
- Do projects around the house.

With Your Community: Pursue ways to love New Life and your community.

- Pray for your neighbors and city
- Look for ways you can wisely serve your neighborhood or join one of our local outreach partners.
- The [Nextdoor](#) app is a great way to be proactive with serving your neighbors and helping them with needs.
- Practice sharing the gospel story to your family members, so you'll be comfortable sharing it with a neighbor should you get the opportunity. Be sure to incorporate your story on why you decided to personally follow Christ. Check out this [YouTube video](#) to help give you a quick gospel story framework.

With Your Community Group: Continue to spur one another on to know God and make him known.

- While we won't be able to gather as community groups in person in most cases, we want to encourage every community group to relationally engage with each other in this season.
- Community group leaders, we will continue to resource you through the weekly Story Guide, but the priority is to make sure you and your group members are staying connected. Seeing one another's faces, praying for one another, and caring for one another will be critical during this time.