

## 7 Really Good Things to Do While “Staying Safe at Home”

Adapted from [James Emery White](#)

The internet is abuzz with what to do while the world is locked down because of the coronavirus. Ideas include learning online, homeschooling kids, exercising in the living room, knocking out home projects, and getting that Zoom account. But here's a list that could nurture your spirit and support the cause of Christ:

### 1. Read a soul-encouraging book.

One suggestion would be “The Hiding Place” by Corrie ten Boom. Not only is it arguably the most inspiring Christian biography in recent history, but it will lift your spirits and put our current trials in much-needed perspective. Available to borrow on [hoopladigital.com](http://hoopladigital.com) with a library card.

### 2. Stay engaged with church and your group.

We all know that a church isn't merely a building – it's just served *by* the building. And strategically so. But you can and should stay engaged with our Valley family through online services, virtual group meetings, [Valley's Instagram](#) and [Facebook](#) presence, and reaching out to your brothers and sisters in Christ. And if you are able, stay faithful to church by supporting it financially and praying for our ministries and leaders.

### 3. Get outside and bless a neighbor.

Many towns allow outside recreation, even if it's simply walking around the block, while staying at home. In many neighborhoods there are people out walking or riding bikes, talking with others -- yes, six feet away, but still engaging. What a wonderful time to purposefully try to meet new people, begin a relationship and, as the Holy Spirit opens the door, be able to suggest checking out our website or our Valley Kids resources.

Is there someone you know who is over the age of 65 who might appreciate a grocery store run, or picking up a prescription at the pharmacy? The same effort would serve pregnant women or anyone with pre-existing conditions.

All to say, this is a good season for blessing our neighbors.

#### **4. Watch a seasonal movie.**

Yes, suggesting you watch a movie during a lockdown goes without saying, but have you thought of a seasonal movie? Easter is coming, so for now, maybe bypass current top videos. Here are some suggestions; these are all available on Amazon Prime.

- "Jesus of Nazareth" (1977; one of the most engaging and moving depictions of the life of Jesus)
- "The Passion of the Christ" (2004)
- "The Gospel of Matthew" (1995)

#### **5. Cook and eat a meal as a family.**

It really is a two-part process. First the slow, interactive pleasure of cooking together – making a big breakfast with biscuits, bacon, eggs ... but then comes the eating! And, hopefully, the conversation that goes with it. It's easy for any family to get away from eating meals together. Now is the time to get back in the habit.

#### **6. Use social media for Christ's mission.**

We're almost all on social media, now as never before. But if you're a Christ-follower, *be strategic*. Avoid filling your head and heart and feed with the superficial, much less the trashy. Use liking, reposting, and retweeting to promote positive messages from church, and particularly those related to promoting online services. Don't miss the moment.

#### **7. Re-establish a daily quiet time.**

Whether you call it a devotional, your time with God, or a daily "quiet time," take time every day to read the Bible, reflect on what you read, and pray. It's so easy to get out of the habit of doing this. Now is the no-excuse time to get it back into yours. If you now have time like you never had before, steward it. Give your first and best to God.