



QUARANTINE CHRISTIANITY

HOW TO DEAL WITH, GROW FROM, AND
FIND JESUS IN THIS UNPRECEDENTED MOMENT

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THERE'S ANOTHER WAY: OVERCOMING FATIGUE AND BOREDOM

MATTHEW 11:28-30

ANOTHER WAY #1 - _____ WITH JESUS AND YOU'LL FIND _____

2 CHRONICLES 7:3

HOW DO YOU REST WITH JESUS?: WHAT WILL HELP ME CONNECT WITH THE GOD WHO IS WANTING TO CONNECT?

EPHESIANS 5:15-16

1. SPEND 30 MINUTES OF _____ TIME WITH JESUS EVERY DAY

MARK 3:14

2. GO ON A _____ WALK

PSALM 24:1-2

3. _____ YOUR PHONE

ANOTHER WAY #2 - _____ WITH JESUS AND YOU'LL FIND _____

"A yoke is a work instrument. Thus, when Jesus offers a yoke he offers what we might think tired workers need least. They need a mattress or a vacation, not a yoke. But Jesus realizes that the most restful gift he can give the tired is a new way to carry life, a fresh way to bear responsibilities. Realism sees that life is a succession of burdens; we cannot get away from them; thus instead of offering an escape, Jesus offers equipment."

FREDERICK DALE BRUNER

LET'S START HERE: 5 QUESTIONS TO ASK

1. HOW ARE YOU _____ WITH YOUR PAIN?

JOHN 16:33

"Addiction is the relentless pull to a substance or an activity that becomes so compulsive it ultimately interferes with everyday life."

TONY SCHWARTZ (NY TIMES)

2. WHAT ARE YOU _____?

3. WHEN ARE YOU BEING A _____?

"Often, kids are on their devices because of a lack of emotional connectedness with their parents. It's our unavailability and busyness as parents and educators that make them default to the easy stimulation of a screen."

Hettie Brittz

4. WHAT IS YOUR _____?

5. ARE YOU LIVING YOUR LIFE AT GOD'S _____?

Walter Adams, spiritual director to C. S. Lewis: "To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it."

Fill in the blanks: rest, peace, uninterrupted, prayer, ditch, work, purpose, dealing, avoiding, hypocrite, vision, pace