

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

## Introduction

**Following the Holy Spirit, we exist to create a movement of disciple-making disciples, in RDU and around the world.** 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 (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, 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 us in our love of Christ and in making him known during this challenging season.

### 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
- 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 of our recommendations.)
  - [The Summit's 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](#)

### 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
  - [Summit's Bible reading plan](#)
- Develop a fasting practice
  - Plan to fast for breakfast and lunch one time each week
  - [Summit's teaching on fasting](#)
- Develop a memorization/meditation practice

- Read [this article](#) on why it is important to memorize Scripture and some tangible ways to do it
  - Use a tool like [biblememory.com](http://biblememory.com)
3. **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
4. **With Your Community:** *Pursue ways to love RDU and the world*
- Pray, pray, 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.
  - Use this [evangelism resource](#) to help you
5. **With Your Small Group:** *Continue to spur one another on to know God and make him known*
- While we won't 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 resource you through the SG Weekly Update on Friday afternoons. You can expect resources ranging from how-tos for virtual community tools to weekly group curriculum.

