

## Quarantined in Him

By: Gregg Downing

Good Morning, Beaumont Church of Christ and welcome to the Downing household.

It's actually truly cool that we get to do church through email, video, facetime. I know it is not our favorite type of interaction. I know we all prefer being together at the physical church building and be face to face.

Prayers for everyone in the Beaumont area, the health of the members in the church and the anxieties that come with COVID-19. I pray God can give us peace over these things.

The two scriptures I would like to focus on today is Proverbs 3:5-6 and Pslam 46:10.

Proverbs 3:5-6 English Standard Version (ESV)

<sup>5</sup>Trust in the Lord with all your heart,  
and do not lean on your own understanding.

<sup>6</sup>In all your ways acknowledge him,  
and he will make straight your paths.

With what we are going through right now, lets trust in the Lord that He has everything under control for we are His children. Let us give Him all of our heart and He will make our paths straight. Which now leads us to this next verse.

Psalms 46:10 English Standard Version (ESV)

<sup>10</sup> "Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!"

Maybe this is God, calling us to be still. Maybe we are so busy, that we are not being able to give Him our full attention. If we can focus on being still in the Lord, then we can get ready to go out and show God to everyone. So He is exalted through out the earth.

Vilde and I talk a lot of the controllable and uncontrollable. The world likes us to be busy all the time. They are two types of options for us to focus on and that is what we can control and what we can't.

Our list of things out of our control: Forced to be in your homes with your family, the world's anxiety, media's perception, unable to go to work and restricted from seeing people who do not live with you.

Things we can control: Taking time to be with God, studying the bible with family or on your own, God's peace into our hearts, the remote control to the TV, working on your walk with God, getting better at prayer life and reading the word, contacting others through the phone.

Let's use our time wisely.

Matthew 11:28-29

<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

With everything going on the world and even our personal lives right now. But we have a great opportunity in front of us. We take time to give God our burdens and take our rest in Him. We grow in our disciplines and faith. Create a schedule! Vilde and I are currently doing that, so we can set time aside for God. We should be trying to avoid wasting time and building on things we are weak in. Take this quarantine as a reset button and rejuvenation. Hang out with family, play board games, talk about what God is doing in our lives or where you are struggling. Build each other up and guide each other to our Lord and savior Jesus Christ. This time right now, where we are stuck in our homes. This is truly a gift to reset in ourselves to gear up and get ready to go out into the world to bring Christ to others. Let's create new disciplines.

You guys are amazing, dedicated, strong and loved! Let's pray that God will end COVID-19 and that we can capitalize on this extra time we have to get closer to God.

If you need anything, don't be afraid to reach out to the elders, Peter, Paul or myself if you are needing something or encouragement. God is good and you are loved by Him.