

Southside Church of Christ

Bible School Moments

Spiritual Survival Kit for Times Like These

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This Bible School Moment will encourage you to add some key items to your Spiritual Survival Kit during these unusual times when we are staying at home due to the coronavirus.

- 1. What is one word that describes how you feel being at home due to COVID-19?**
- 2. What does it feel like being home all day, every day with your family?**

Families that are used to being away at work and school during the day are now home together 24/7. Adults are working remotely, while kids are learning online. There will likely be no formal graduations or prom or other fun end of the school year events. Birthdays and anniversaries are being celebrated with just those in your household. With everyone home all the time, the electric bill is going up, and so is the grocery bill. When kids are at school, many skip lunch to play or hang with their friends. But because they are home, they eat 3 meals a day plus some. No matter how big or small your house is, when you are all home together all the time, there doesn't seem like there is enough room. For those who are single, being at home can seem very lonely. Going through all of this can cause frustration in the home, even for Christians. How can we spiritually survive in times like these?

Four key items to add to your spiritual survival kit:

- **Fan: Keep cool – Ephesians 4:2-3 (NLT), 4:26-27 (NIV)**
 - A fan is designed to cool you off when the temperature is heated. When things get heated around you, it doesn't mean that you have to get heated too. Keep your cool! Ephesians 4:26 says to be angry but sin not. When you lose patience with yourself or others, you have to be careful not to let Satan get a foothold, as it states in verse 27. Life is like a game of chess; move wisely and don't allow Satan to get you in checkmate.
 - Be patient with one another, considering that you want others to be patient with you. Ephesians 4:2-3 states "Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace." In a world where there is chaos, we need to have a place of peace. A good place to start is in your home.

- **Healthy Snack: Stay nourished – Matthew 5:6 (MSG), 2 Timothy 2:15 (KJV)**
 - The next item in your spiritual survival kit should be a healthy snack. A healthy snack will help you stay nourished longer than junk food. We have to watch what we put in our bodies and mind. What are you feeding on daily? CNN, social media, video games. Matthew 5:6 states that “You’re blessed when you’ve worked up a good appetite for God. He is food and drink in the best meal you’ll ever eat.” Fill yourself with the Word of God. Now that we have more time on our hands, there is no excuse not to set aside time for God and studying His Word every day (2 Timothy 2:15).

- **Water Bottle: Stay hydrated – John 4:5-26 (ERV)**
 - Stay hydrated! Don’t leave home without the third item in your survival kit: a bottle of water. Studies show that humans need food and water to survive. We can live up to 3 weeks without food, but only about 3 days without water. In John 4:14, Jesus told the Samaritan woman that “anyone who drinks the water I give will never be thirsty again. The water I give people will be like a spring flowing inside them. It will bring them eternal life.” Jesus is our living water. We need Jesus every day. Study, pray, be thankful, praise Him – develop a close, personal relationship with Him. Take Jesus with you everywhere you go.

- **Heart: Let love prevail – 1 Peter 4:8 (NIV), 1 Corinthians 13 (ERV)**
 - Finally, we all need a little heart. 1 Peter 4:8 reminds us "Above all, love each other deeply, because love covers over a multitude of sins." In these times where so many people are getting sick and dying, the things that we get upset over seem trivial. 1 Corinthians 13 tells us what love is and what it isn't. Verse 7 reminds us that “Love never gives up on people.”

How can we survive in our homes in the midst of coronavirus?

- **1 Corinthians 16:13-14 (VOICE):** “Listen, stay alert, stand tall in the faith, be courageous, and be strong. Let love prevail in your life, words, and actions.”

Stay Plugged in to God’s Word!