

# Redeemed Quarantine

## Pursuit of Christ

- Spend daily time in the quiet with the Lord, aka a time of devotion to the Lord. YouVersion is a great place to look for devotionals. (*try this: pray, read 2x, journal about, pray*)
- Make a list of Bible verses you'd like to memorize. Commit to one a week. If you have an iPhone, use the Fighter Verses app (it's amazing!)
- Challenge yourself to memorize all the names of the books of the Old Testament, New Testament, or the whole Bible. There are songs that can help you with this that you can find online. See how long it takes you to do it correctly.
- Do a prayer walk around your neighborhood. As you walk pray for people in their homes, pray for your school, our country, our leaders, the church. Tip: don't close your eyes as you walk (haha)
- Create a Spotify or iTunes playlist that helps you focus on and worship the Lord.
- Head to the [bibleproject.com](http://bibleproject.com) and study the Bible! These videos are NEXT LEVEL GOOD!
- Pray 3x a day, on your knees. Use the Lord's Prayer as a guide. Pray for family, friends, your church, your city, country and the world!

## **Pursuit of Others**

- Offer to do some Spring cleaning or yard work for your family. Take a before and after picture.
- Find a way to do a random act of kindness for somebody.
- Go on a family hike. Take pictures along the way.
- Tensions are high right now: go apologize and seek forgiveness for sinning against family or a friend
- Send five people a “real” letter or a postcard.
- Scare your parents and do the dishes/clean the kitchen without being asked!
- Call a grandparent, an uncle, a cousin, or some other family member you don’t see regularly.
- Help clean up your neighborhood, local school, park or other area. Bring a trash bag and use some gloves to pick up trash somewhere around where you live so things stay looking good.
- Have a campfire dinner. Roast hotdogs and makes s’mores.
- Play a game w/ your family at least two nights a week
- Have a family movie night where your parents get to pick a classic movie that they loved as a kid.
- Have a karaoke night - Youtube has some good options!
- Bake something or cook something you’ve never tried to before, THEN SHARE IT! Take a picture of it.

### **Time Alone (*yes this is a good thing*)**

- Take a picture of the Sunrise & Sunset on the same day
- Take a walk at least 2 miles long. Take video along the way
- Take a picture of your favorite place in your house and write a paragraph of why you like that place so much.
- Commit to a certain number many hours of screen time twice a week. Example: only do 2 hours of screen time on Tuesday's & Thursday's
- Read two books. An old favorite, if you've ever had a favorite book. And something new that you've never read before. Try reading them at the same time as a friend
- Clean your room, take a "before & after" picture of it.
- Try a hobby: paint something, make something, do some woodworking, build a model, do some photography, write a poem or a short story.
- Keep a daily log or journal of things that you're doing.

### ***"I'm feeling BOLD list"***

- Memorize an entire chapter of the Bible (I said BOLD!)
- Prepare, set up, and clean up a family dinner all on your own. Take a picture of your family eating that meal together
- Find at least 10 to 20 things you don't need around the house and donate them to a local thrift store.
- FaceTime a friend, check on them and ask to pray RIGHT THERE!
- Pick a few verses (or chapter) in context, study it, call (or Facetime a friend from Citizens Students and share what God taught you!
- Write out your story of salvation - before Jesus saved me I was \_\_\_\_\_; when Jesus saved me I was \_\_\_\_\_; because he saved me I am \_\_\_\_\_. Share it on a social media platform.