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Quarantined? 17 Ideas To Keep Your Body, Mind And Spirit Strong

<http://www.christianitytoday.com/karl-vaters/2020/march/quarantined-ideas-to-keep-strong.html>

This is a serious and difficult time. Quarantines are hard. But we can do more than endure, we can step up and be strong. Over the next few weeks there will be a lot of people quarantined in their homes in an all-out attempt to mitigate the effects of COVID-19 (Coronavirus). This is cause for concern, but it need not be a cause for fear. Especially if we prepare well for it. But what exactly can we do while isolated – either alone or with family – for days or weeks at a time? A lot of people are already adding to their TV-watching queues. That's not wrong – I plan to watch some TV and movies myself. But if that's all we do, we will have added to the problem by squandering our time. Fighting Fear By Fighting Boredom Staving off boredom may seem like a trivial issue. And it is certainly not as severe as the medical and financial challenges many are facing. But it is not trivial. Fear is a very real issue right now. And fears tend to grow when we're passive, but diminish when we're active. So let's keep busy. But not just for the sake of busyness. Let's use this as an opportunity to do activities that add value to our lives and the lives of others. Here are a few ideas: 1. Read Start with the Bible. Depending how long this goes, you might cover a lot of territory, or go really deep into a book that touches your heart. Also, you can catch up on books that can teach you something new. Enjoy a novel or biography. Join an online book club with friends, or join an existing site like Goodreads. 2. Write Process your thoughts, feelings and ideas in a journal or diary. This is a great Blog. Write a book that someone else might want to read. I can tell you from personal experience, there are more people who want to read what you have to say than you might think. Send cards or letters to friends. 3. Create This would be ... Continue reading...

Date created: 2023/05/15