

## **Social Distancing Doesn't Have to Mean Isolation!**

**Galatians 6:2, "Carry one another's burdens; in this way you will fulfill the law of Christ."**

Paul writes in Galatians 6 regarding those who are struggling in sin and can't get out. It is here that we read to carry one another's burdens. In so lifting each other up, walking together in community, and helping others bear their burdens and walk out of sin we fulfill the law of Christ.

In this time of quarantining and social distancing, this may seem impossible. Social distancing has put us in a position that seems to promote isolation and ultimately loneliness. We were never created to walk through life alone. Even the Lone Ranger had Tonto! So, what do we do as a body during this time? I wanted to share a few things we can do to continue to social distance but not move toward isolation.

1. Use this time, where schedules may be less busy, to draw closer to Christ. The Lord is near the brokenhearted and the lonely. Distancing from others doesn't mean that the Lord is distant too. Read His word, lead your family in devotion times, pray! In talking to our gospel community leaders this week, I was reminded that when things go back to what we are used to, the Lord will put opportunities in our paths that we should be spiritually prepared for.
2. Develop new healthy habits. Watch TV, catch up on that season, watch movies...but also use this time to help you build some good habits. Don't make yourself busier but enjoy this time you have. Use this time to build healthy habits. Read a new book, listen to podcasts, develop healthier family time, sit outside, go on a walk, have a fire pit, exercise, learn to cook new things.
3. Seek out the community you crave. Video chat with a long-lost friend, check on your neighbor, call that person on your heart, and wait for it...JOIN A GOSPEL COMMUNITY. You heard that right, this is the best time to get invested in a Gospel Community. There are currently 12 groups that are meeting virtually. Don't be alone, join a Gospel Community. We are even looking at starting a few Gospel Communities during this time to help us stay connected to each other and to the Lord. If you are not a part of one, contact me and let me help you get connected.

I am here to serve you! If I can send you resources to use during this time, let me know. If our leadership can pray for you during this time, let me know. If you need community and connection right now, let me know.

In Christ,



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