

# HOW TO SPEND YOUR QUARANTINE TIME

## TRACE SAYS:

- Write. You don't have to be a "writer" to write. You can write about anything! Make a journal and when you want to whine about life, whine there. Write about what the Lord is teaching you in this season. Write a story! Write about things you're observing during this season. For me, I'm writing music; specifically worship. When the Lord has me "bored", he has my full attention and has been showing me all kinds of things.
- Workout / be active! Find creative ways to stay active and moving! It's not good for the body to be dormant for long periods of time AND it 100% improves our moods! (Which if you're like me, you definitely need)
- Shoot birds and squirrels out of your bedroom window. Bc why should they be happy and able to go about their life if we can't?!
- If you're going to Netflix, do it with friends with Netflix Party!
- Help someone else! You can help others and show them Christ by doing things for other people. I cut my neighbor's grass.
- Learn SOMETHING. Find a new hobby and spend your time learning. Photography, music, photoshop, etc.

## JACOB SAYS:

- Set a goal to walk or run a certain number of miles with a family member throughout the week.
- Do a puzzle - send us a picture when you're finished!
- Create something.
- Make a cool/funny commercial skit with your family. Send it to us!
- Listen to the Spotify playlist we created. Fix your mind on Jesus!

## JAEMIN SAYS:

- Dive into God's Word! So much time to do so.
- Memorize Scripture.
- Read a good book.
- Practice an instrument (if you play one), try new stuff and play around musically.
- Reach out to a buddy every day and FaceTime them! It's a good way to not only keep in touch with community but also catch up with friends.

## JIMBO SAYS:

- Learn to play the piano!
- Pray for unreached people groups and ask the Lord to send laborers into the harvest.
- Download Duolingo, or a similar app, and teach yourself a foreign language
- Go through your camera roll, pick your favorite pics from the last year and create a photo book online!
- Make a list of things you are thankful for.

## TAYLOR SAYS:

- Get in a Bible PLAN. It's so helpful to have a plan that you follow daily. The Bible app has some great free plans available. If you need guidance on where to "start", let us know!
- Write notes of encouragement to friends + family! Who doesn't love snail mail?! Writing Scripture in the card is a sweet reminder for not only the recipient but a reminder of truth for you as well as you write!
- Put down your phone for an hour. Just put it down! No insta, no TikTok, no news on your feed...unplug for a little bit. It's refreshing!
- Organize something. Whether it's a closet or a pantry, there's something satisfying about organizing/cleaning that makes you feel accomplished and productive. (Send us your before and after pic!)
- Give generously. In a time where everyone's mindset is to take what they can get and hoard what they have, be a generous giver. God promises to give us our daily bread. Don't panic...give generously! Whether it's your resources, time, talent, love, or a listening ear.
- Spend time outside! What a gift from God to be quarantined during SPRING of all seasons! Thank Him for this beautiful weather and get ya some Vitamin D!

## DAN SAYS:

- Read books - pick a topic you're interested in. This is a chance to learn something new, and books are a great way to do it.
- Help your parents around the house - maybe it's yard work, cleaning the bathroom, helping cook dinner, unloading the dishwasher, etc. Look for ways to serve your parents without being asked to do so. They'll really appreciate it.
- Learn a new skill - there are unlimited lessons available to you online. Learn to code, learn to sew, learn to build a birdhouse. The possibilities are endless. Pick something that interests you and learn more about it.
- Serve those around you - Jesus modeled for us in Philippians 2 what it looks like to be the ultimate servant. What are some ways you can emulate Him? Play with your younger siblings, go for a walk with your parents and talk about life, cut the grass for your grandparents or a senior adult in your neighborhood. Look for opportunities to serve wherever you are.
- Focus on Godliness - we each have more time than ever to spend with the Lord. Read your Bible, pray, memorize Scripture, journal about what God is teaching you. All of these things can help you grow in your relationship with the Lord during this time.

## OWEN SAYS:

- Find something physically active to do outdoors. (Run, walk, hike, garden, do yard work, etc.)
- Sleep outside for a night (tent recommended but not required). It'll shake things up a bit and make you more thankful for your bed the next night.
- Find a good podcast to get into. If you like topical podcasts such as movies, music, and other pop culture-related stuff, hit me up, I've got a few.
- Pick a book of the Bible and read it in a sitting. I did Galatians recently and it rocked my socks.
- Scroll through your contacts in your phone and call old friends. If you don't have "old friends", call your current ones. They'll appreciate it.