



Rule of life.

1. Start the day with quiet prayer and bible reading

Start the day in quiet prayer and bible reading before any other digital distractions, like Instagram, or the news, or television. If you have kids, ideally this will be before they wake up or find creative ways of working round them to start the day in quiet with God.

2. Find something to be grateful for each day

Remind yourself of the things for which you are grateful. Perhaps you can write them down each morning or share with your family or friends around the dinner table in the evening.

3. Do some exercise

Spiritual, mental and physical health are all connected. Exercise or go for a walk to keep your whole body healthy.

4. Focus on something you enjoy doing

Find an activity in which you can give your complete attention to or get lost in for a while, without getting distracted or finding yourself worried about what's going on in the world. This could be gardening, woodworking, cooking, reading, art, doing a puzzle, playing a game, etc.

5. Be intentional about relationship

Have a regular check-in with a close friend, family member or person in your small group. This is a time to draw closer in relationships. Use the power of technology to its full potential. Be honest, vulnerable and intentional with your relationships.

6. Limit news, screen time and escapist behaviours

Catch up on the news twice a day. News may be available 24-7, but it doesn't change that quickly. Avoid wasting time on other escapist behaviours. Find ways to limit your intake of things like alcohol, social media, television, sugar, staying up late, etc.

7. Look for opportunities to be generous

Make generosity a habit. Instead of focusing on what you need today, think about how you can share what you have with others. And particularly look out for the isolated and most vulnerable at this time.

8. Pray and fast every Thursday

Join with other Christians (more info) in fasting every Thursday as we pray for our nation, our leaders, our families and friends, our health and essential services, and all those who are suffering at this time.

9. Connect with your small group and community

Continue to connect with your small group on a regular basis. This is the best place for us to find fellowship, support and encourage each other, and be aware of any issues or concerns that individuals may be facing. Choose a platform that works for everyone.

10. Worship on Sunday

Gather 'live' with everyone in the on-line service if you can – help us maintain a sense of 'meeting together' even if we are currently unable to physically be together.



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