



WAYS TO BE GOD'S HANDS AND FEET WHILE ABIDING IN SOCIAL DISTANCING



SPIRITUAL

- **Deepen your spiritual walk** by prayer, reading your Bible, doing a bible study, and devotionals.
- **Pray for our leaders** – This is an unprecedented time. Pray for clarity and unity for leaders of our government, state and locally, including our pastors, employers and others who lead people.
- **Community groups** – Start an online group of friends who you can fellowship with and study the bible together. If started with local people, plan to transition it to an in-person meeting, when possible, after social distancing requirements have been removed.
- **RightNow Media** – Find some great studies on [rightnow MEDIA](#), encourage others to watch them, then call them up and talk about what stood out to you.
- **Purposefully meditate** – Practice setting aside time for meditating on the things of God. Do it in coordination with others and explore together what the Lord spoke to or impressed upon you.
- **Prayer Walk** – It's just what it sounds like - praying to God while walking around, keeping your eyes open to the needs around you and humbly asking God to be in the details. You can prayer walk your church property asking God to allow the attenders to be a beacon in the community. Consider parking your car outside a closed restaurant or school asking God to encourage people as their schedules and resources are in flux.

RELATIONAL

- **Write a card or letter** first to those who are sheltered, then continued to connect to those in your circle.
- **Connect with people electronically** by using Skype, Facetime, [Zoom](#) or other interactive apps for individual and or group calls. The site [common sense media](#) shows a host of games that people can do together interactively.
- **Call a minimum of two people a day.** Use your phone contact list, church directory or your address book with the goal of calling everyone on your list for the next 30 days.
- **Love others** – From your own home, check-in by phone with others, who you know, do not have a strong support system. If you aren't aware of someone's support system, reach out to them to find out how to best encourage them.
- **Adopt an older / vulnerable person** – Identify vulnerable / older people in the congregation and ask others to “adopt” them and call them regularly (at least weekly) as well as text and email (if the person uses those forms of communication).
- **Neighborhood communities** – Setup / utilize neighborhood email registries for those interested. Assign block captains (may or may not be Christians). Provide regular updates, ask neighbors to check on each other. Ask for prayer requests.
- **House a college student** – many foreign students and some nationals may not be able to get home and their dorm may be closed. Individuals or families could provide housing for one or more students.

EMOTIONAL

- **Write a gratitude journal** – There are so many blessings that God gives us each day, even when there are bumps in life. Capture a minimum of one blessing each day and make each one unique.
- **Share stories with friends on social media** - God opens a mission field in every crisis. People will see your calm in the storm and will want to know the source of your calmness – our strong and mighty God!
- **Talk about your feelings** – Give someone an opportunity to talk about how they are feeling during this crisis. Let them process out loud what they are going through emotionally. Be careful not to feed into or exacerbate their negative thoughts and emotions. Let them know it is normal to feel what they feel.
- **Limit news and social media** – Encourage others to limit the amount of social media and news they are consuming. These avenues of communication can cause stress, fear, and worry. By limiting these, and trying to create a normal life rhythm, it can create a sense of stability and trust.

INTELLECTUAL

- **Think of others** by being part of the solution of halting the spread of any virus by practicing all the recommendations of the CDC, [How to Protect Yourself](#)
- **Learn something** – Read the books you have put off. You can download books through the library and book downloading services. Learn a language for free using [Duolingo.com](#) or similar sites.
- **Share your ideas on social media or by text** listing your ideas of how to share God’s love and grace with the goal of creating and/or maintaining community during these unique times. Email your ideas to respond@efca.org.
- **Book club** – Find a group of people who are willing to read a book. Get together via phone or online and then talk about it and how it applies to life.
- **Teach someone** – Use current technology to teach someone something. It can be anything from knitting to mathematics. Use those times as an access ministry to someone’s heart.
- **Find ways to support those who are currently out of work** especially hourly people who work in restaurants, gyms, students who had jobs at their universities that are now closed, etc.

PHYSICAL

- Prayer walk your neighborhood – It’s just what it sounds like - praying to God while walking around, keeping your eyes open to the needs around you and humbly asking God to be in the details. Look for others that are out and, while keeping a safe social distance, ask them how they are, if they have a story, if and how you can you pray for them.
- **Game night** with your family such as charades or other games that don’t use items, such as cards or dice that you touch, <https://matadornetwork.com/life/boardless-cardless-games/>
- **Plant a garden** – Growing fruits and vegetables helps you appreciate the miracle of God’s creation.
- **Exercise** – There are any number of ways that you can exercise, taking a walk, finding an exercise app, or using the workout equipment in your home. Online, try [Gonoodle.com](https://gonoodle.com) for kids, [Silversneakers.com](https://silversneakers.com) for mature adults and a wide variety of others on youtube.com for everyone.
- **Support local restaurants** – Have people intentionally order take-out from restaurants to help support those local businesses.
- **Start a Facebook Group to provide services** to more vulnerable individuals, over 55, immune-deficiencies, infected. Provide meals, shop for groceries, check in on individuals.
- **Drop off meals and/or groceries** to the elderly, families who have newborns, people who have lost their jobs, or families who are now having to stay home from work because their children’s schools are closed.