

HEY SIGNAL PRES FAMILIES!

We know things get crazy as you are facing weeks (at least) at home. We've all scrambled through the first week and found it unsustainable. How shall we live? We put together a handful of things that might help express the faithful presence of Jesus' love in your ordinary life in these extraordinary times.

First, the fundamentals still apply! We have great wisdom from the heart of God: we are to love the Lord God with all our heart, soul, mind, and strength; to love our neighbors as ourselves (Matt. 22:38-40); and to impress the same on our children (Deut. 6:5). This is still our best path as adults and kids, parents or grandparents—to hold Jesus before our eyes each day and learn from him. Here we've picked a handful of ideas that can function as rhythms of grace and peace during a day.



HOME

Share life, not just space. Play a game together, give thanks together, cook and clean up a meal together.

When everyone's home, structure helps. Talk together and pick a schedule that works for you. Revise as you need to, and give up on getting it perfect.

Do a project or bring order to something together—that also helps create time and space for conversation.

Don't forget to celebrate and laugh. You need it, and it is a gift.

Sing the Doxology ("Praise God from whom all blessings flow...") or pray the Lord's Prayer together during your day.

Pick one intentional way to safely serve your neighbors or those nearest to you. Need ideas? Contact us.

Take advantage of time and technology – FaceTime or call or message distant relatives or friends.

Be generous with your supplies, funds, and resources and look for increasing community needs that will be revealed in coming days.



HEAD

Pick one new thing to read or learn about that interests you – might be a book, podcast, film, or show. Dive in!

Set screen time limits (if you don't already) for yourself and those you are responsible for. Spend at least one hour away from your phone. Sign up for a news update instead of endlessly scrolling. And if you are checking news, access and share reliable sources.



HEART

Start with Scripture and prayer—by yourself or with others. Pick one Psalm and pray it daily (just start with Psalm 1). If you have others living with you, model this for them or do it with them. Consider sharing this in a group message or online with those close to you.

Commit to your own responsibility to love and live at peace with one another (Romans 12:9-18).



BODY

Get outside: go for walks, hikes, spend time outdoors.

Get regular sleep, and eat regular meals—not just chips or ice cream or _____.

Rest: In a strange way in these strange days, we are receiving back the one resource we seem to have lacked the most: time. May the Lord give you rest – heart, mind, body, home, and relationships.