



April 19th, 2020: Self-Care While Self-Quarantined

OPENING

- What do you do to stay emotionally healthy? What does self care look like for you?

DISCUSSION

- How does the gospel help us think about COVID-19?
- How can this time of self-quarantine better help us think about suffering in our lives?
- What does the Easter season teach us about how we should think about suffering in our lives?
- Even though it is not something we would have chosen, how can we hold the positive and the negative elements of this situation in tension? How can we see God working in the midst of it?
- [Read Philippians 4:4-7.](#)
- What does it look like to rejoice in the Lord, even when we can't rejoice in our circumstances?
- Why do you think gentleness is important to God? What about gentleness is life-giving to us and others?

CONCLUSION

- Reread Philippians 4:6-7. Use it to direct a closing prayer for your prayer requests.