



Spiritual Survival in Lockdown!

Be real - find a daily pace/a rhythm which suits you & is possible in your situation.
If you need a hand thinking it through ask Rev Sue or any one you trust.
If you need help shout!

Spiritually ... Eat well



Only time for a light bite try UCB Word for Today
<https://www.ucb.co.uk/word-for-today> & paper copies available

Munch a meal: try a simple Bible reading plan
<https://www.biblegateway.com/> or use a study guide

Watch online: our own church Faith Moments or others
eg <https://www.soulsurvivorwatford.co.uk/take-heart-podcast>

Look after yourself - Eat well physically!

Spiritually ... Exercise well



Know your own place(s) to exercise faith, to put faith into action:
In your workplace, community, family.

Exercise your faith each day and when you're tired rest!

Make sure you exercise physically if you can.

Spiritually ... Rest well



Rest well with God.

Be careful how much news you listen to especially before sleeping.

Take time to rest with God - Listen to quiet worship music

Walk and look at creation

Rest your soul in His hands

Take a break when you can and keep a check on how well you're sleeping.

Basically find a pattern (a rhythm) of work, exercise and rest which works for you and every so often change things a bit to keep it fresh. Let's help and support each other, we're in this together. If you're struggling in any way give me (or someone else) a call for a quiet chat. Rev Sue x