

Sunday April 5, 2020 Study – What are you giving yourself to live on- Junk food or Healthy Food?

Reading: Psalm 23:1-6 A Psalm of David. The LORD is my shepherd; I shall not want. (2) He makes me to lie down in green pastures; He leads me beside the still waters. (3) He restores my soul; He leads me in the paths of righteousness For His name's sake. (4) Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. (5) You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. (6) Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

- “Though I walk through the valley of the shadow of virus, I will fear no evil. Why? Because you, Oh Lord, are with me.”
- Notice it is walk, not a run – it is a slow process
- It is a walk through, not a destination
- We will get through it, it will pass. We have our Lord with us and leading
- Shadows are always larger than the item making it. Are you listening to all the “what if’s” ...
 - Are you thinking how to cross a roaring river before you are actually there and able to survey all the surroundings and details, just relying on what other tell you
 - Think of Moses and Red Sea (how many Israelites would have left Goshen if Moses told them what was ahead)- the Lord will give leadership, strength, knowledge, wisdom, and prudence if and when we come across those possible items

Reading: Philippians 1:12-21 But I want you to know, brethren, that the things which happened to me have actually turned out for the furtherance of the gospel, (13) so that it has become evident to the whole palace guard, and to all the rest, that my chains are in Christ; (14) and most of the brethren in the Lord, having become confident by my chains, are much more bold to speak the word without fear. (15) Some indeed preach Christ even from envy and strife, and some also from goodwill: (16) The former preach Christ from selfish ambition, not sincerely, supposing to add affliction to my chains; (17) but the latter out of love, knowing that I am appointed for the defense of the gospel. (18) What then? Only that in every way, whether in pretense or in truth, Christ is preached; and in this I rejoice, yes, and will rejoice. (19) For I know that this will turn out for my deliverance through your prayer and the supply of the Spirit of Jesus Christ, (20) according to my earnest expectation and hope that in nothing I shall be ashamed, but with all boldness, as always, so now also Christ will be magnified in my body, whether by life or by death. (21) For to me, to live is Christ, and to die is gain.

- Paul in prison under house arrest – yet he did not stop doing the work of God
 - Creative and impactful

- Still reading what wrote – Ephesians, Philippians, Colossians, Philemon, 2 Timothy, and Acts
- We can empathize with Paul
 - Much of what we could do before, we cannot do at this time
- Creativity thrives when we have few obligations if we let it.
 - If not, we will fill it with what is easiest ...Netflix?
 - Build some new spiritual routines
 - Reading Scripture (in fresh ways).
 - Learn something
 - Reading good books.
 - Listening to good podcasts.
 - Exercising

Social distancing is only physical and does not mean relationship or emotional distancing

- So pick up the phone and contact your friends and family. Check up on those lost souls you've been praying for. This is a great time to build and strengthen connections.
- Believers took care of believers in the early church – those in Antioch helped out those in Jerusalem during a famine Acts 11:28-29

Live in Matthew 5, 6, and 7 – Read it on your own

- Be the salt & light
- Watch your heart
- Let your yes be yes, no be no
- Go the second mile
- Love your enemies
- Do Good
- Let your treasures drive your heart for heavenly things
- Trust God
- Be careful what and how you judge
- Don't give up
- Intimate Relationship with Jesus Christ