



MAKING THE MOST OF COVID-19

Four Days of Reflection for Christians
Experiencing the COVID-19 Pandemic

by Ângela Moreno



DAY 1 - GAINING PERSPECTIVE

John 10:9-10; Luke 10:38-42

Jesus assures us: "I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

During this time of global crisis, God challenges us to stop and reevaluate life in the light of grace, as He did with Martha. He challenges us to listen to Him as He did with Mary. He is challenging us to a revival of life, as He did with Lazarus in Bethany. It is here that we can find renewed life and mission in our time of isolation and quarantine. In everything, giving thanks in the name of our Lord Jesus Christ to God the Father, let us be better human beings and better Christians, because we've chosen to sit at Jesus' feet!

This is an opportunity for us to look upon ourselves, our loved ones, and our lives. In this time of isolation, it seems that everything has stolen abundant life from us. The importance of these things has made us similar to Martha. God is with us. He wants us to embrace the thoughts, attitudes, and appetites that will bring us back to the abundant life He offers.

While the doors of our workplaces, stores, and houses are closed, let's invite Jesus inside. Let's receive Him with open arms. He wants to perform a miracle in our lives and in our families! He is eager to complete the work He started in our lives!

Questions to Ponder

1. What would revival and restoration look like for you, your family, and the world right now?
2. In this time of quarantine, do you find yourself to be most like Mary or Martha in temperament?
3. What do you think God is communicating to you about how you might use this time to grow as a Christian and a disciple?



DAY 2 - THE COVID-19 OPPORTUNITY

Luke 10:38-42

“Martha, Martha,” the Lord answered, “You are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her” (Luke 10:41-42, NIV).

In Cape Verde, like most other countries around the world, we are in a state of national emergency due to COVID-19. We are indoors, obeying national and civic authorities. My husband, my children, and I, as well as other Christian families, are reading the Bible, praying and fasting. It has been a wonderful and unique time!

Sometimes I stop to think about how we’ve been living before this virus struck. It seems that we have been endlessly going back and forth, living our routine. The world, as well as many of us Christians, have been living like Martha, “...worried and upset about many things, but few things are needed...” (Luke 10:41b-42a, NIV).

Like Mary, we have been called to choose “...what is better, and it will not be taken away” (Luke 10:42). Our rightful place is to be at the feet of Jesus. Our calling is to know Him more, listen to Him more, and read more about Him. Now is the time to re-think our personal, family, religious, social, and economic lives. This is a unique opportunity to look at each other, face to face, and to enjoy time with our family. We have never experienced an event with such a global impact. The world of endless activity has stopped!

Questions to Ponder

1. As you look at your world or activities prior to COVID-19, what hectic activities would you say have consumed the world and your life?
2. In what ways have you “gone with the flow of the world” and fallen in line with the hectic pace of life and pushed God to the margins?
3. What actions are you going to take today to reconnect with God and rethink your priorities?



DAY 3 - RESTING IN CHRIST

Matthew 11:27-29

So how can we best take advantage of this unique situation? By resting!

Haven't we been complaining that we are tired? Haven't we complained about the lack of time to do the things we ought to do? We've been in a hurry so long that we are exhausted. Now we have time to rest and refocus on essential things. Now we have time to learn to practice Sabbath.

Many of us have been careless with our health, our compassion for others, and our relationship with God! We've seen many divorces because the spouses don't have time to care for each other. Children are going astray because parents didn't stop to listen and love them as they should.

We've talked a lot about religion, but little about God. We've talked a lot about the church and little about the Head of the Church, Christ. We've carried our Bible, but haven't read it. We've invoked the name of God, but haven't rested in His care. We've been more concerned with our finances than growing our faith.

Not all of us have been praying appropriately. Some have pray hurriedly, not waiting to listen to God's response. We pray for God's endorsement of our preferences. To be honest we prefer our desires over God's sovereign will.

God is looking forward to speaking to us and to our family in special ways. So let's keep ourselves indoors and open our hearts to hear His voice. We will probably never get another chance like this. The time is today and now! We have no good reason as Christians for not reading the Bible, fasting, praying, and seeking intimacy with God as individuals and as families.

So let's make up for our lost time! Let's repent of our sins! Let's ask God for forgiveness. Let's become more like Mary, the one who chose to sit at Jesus' feet. Let's enjoy the presence of God with our family in our homes.

Questions to Ponder

1. Our world is driven by the relentless pursuit of activity that is perceived as progress. Rest is essential to restore strength and vision. Are you taking advantage of this time to be restored in Him? If so, how?
2. Communication is essential to relational growth and progress. How are you strengthening your communication with God through prayer, praise, studying the Bible, and listening to the Spirit?
3. Is there anything you need to repent from and ask God for forgiveness?



DAY 4 - TAKE ADVANTAGE OF THIS QUARANTINE!

Ephesians 5:15-20

We're experiencing an unusual time in history, and God is waiting to meet us in unusual ways. We should not let these days go by, as if they were ordinary days.

Enjoy these unique days with wisdom. Strengthen your faith and intimacy with God and with your family. The doors of our homes are closed, but Jesus is inside with all of us! Let Him perform a miracle in your home, your life, and the life of your family! He wants to complete the work He initiated in your life.

Remember these words of Jesus: "I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full" (John 10:9-10, NIV).

God's grace and mercy is upon this generation during this unique time. While we are in our homes, let's keep praying for our families, our neighbors, our world, and ourselves. Let's get up early in the morning and pray! Let's also give more time in prayer with family! Let's teach our children the Word of God! Let's share our testimonies. We can also take time in silence, listening to God speaking, and praising Him for the opportunity to know Him more intimately.

Questions to Ponder

1. This pause in the world's activity brings opportunity. Spiritually we have the opportunity to draw closer to God through communion with Him. Soon we will have an opportunity to reenter the world in ministry. With that in mind, how will you be different after this time is over? How will your schedule, your family's schedule, be different?
2. With whom will you share your experiences with God during this unique time?
3. Whom is God calling you to minister to once your neighborhood and community is open?

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