

CORONAVIRUS SURVIVAL GUIDE

SKCC
Youth

a youth devotional

INTRODUCTION.

Hello!

Since the whole world seems to be at standstill with the (dare I mention the word) *Coronavirus*, with certain countries such as China coming out the other side, my job as a Youth worker is being restricted to an online presence and phone conversations. Whilst this breaks my heart that I won't get the pleasure of your company, I feel inspired and positive that we can find new and creative ways to connect, hence why I am creating this devotional.

SO WHAT'S THIS ALL ABOUT?

I have taken it upon myself to see that you guys thrive through this time and that you are not left feeling like your health: physically, mentally and spiritually has taken a big hit. It will be so easy to slip into bad habits (I'm talking to myself also) binge watching TV series, getting stuck on our phones or game devices whilst slowly devouring the contents of an Oreo packet?!

Though all these things keep us engaged and distracted from life around, you know as well as I do that the over use of such things can suck us dry and effect our mental health if we are not fixed on some of life's important gifts. I have visions of people emerging from their homes 3 months down the line squinting at the daylight, hunched over, forgetting how to greet people, trying to interact with car windows thinking they're touchscreens and picking their nose in public (guilty of the last one!) We are better than this! And we were called to so much more than this! These devotionals can be done daily if you feel able. In fact I would encourage you to. Challenge yourself not to be defeated by the effect of life taking a sudden shakeup and help yourself and your friends in turn to stay on track. It will take some will power and it might not come easy at first, but make it part of your healthy routine in life and you'll be flying!

WHAT TO EXPECT

Each devotional won't take any longer than 10 minutes and will include a combination of these elements:



READ: A scripture reading from the bible to help your mind stay focused.



REFLECT: A personal story or reflection. These might include my own thoughts or some great stuff that is already out there.



WATCH: A video that is linked to the theme. It could be anything from a worship song to a funny video to lighten the mood. (If you are reading this digitally, then it is possible to click the [Hyperlink](#) to view the video directly, otherwise, search the video on YouTube).



PRAY: Spend time seeking God in prayer over what you have read.



CHALLENGE: A challenge to help you stay active in your faith, friendships and health.

See it as your *Coronavirus Survival Guide* – hence the title! This leaves me to ask you...

WILL YOU DO IT?

NOW ASK YOURSELF, WHAT DO I WANT TO GET OUT OF THIS?

RESPONSE

DEVOTION ONE.

Why We Worry



If worrying was a professional sport, many of us would be the Most Valuable Player on our team. Can you identify with this? It's so hard not to worry when troubles loom all around us.

The word worry has a few definitions in the dictionary. The one we'll refer to in this Plan is to *torment oneself with cares and anxieties*. Every time we worry, we're tormenting ourselves. No one else is making us do it or doing it to us—we're *doing it to ourselves*.



When we worry, we're allowing our minds to dwell on difficult circumstances, overwhelming fears, and other stresses that are weighing us down. We're consumed over actual things we're facing or potential situations that *may never* occur. Worry causes extreme distress to all areas of our bodies. It prevents us from sleeping, impacts our relationships, affects our appetites, and causes us to perform poorly at school.

We tend to worry about what matters the most to us. It is also the place where we tend to trust God the least. When we have an extra amount of pressure put on us, we're under stress. We worry about things we're stressed about. Something we're facing at work or home, with a friend or family member, or a fear that has overtaken us that we can't seem to overcome affects us. And when we are stressed, we look for ways to cope. Some choose denial and others choose substances. Many choose worrying as their coping mechanism.

Imagine that worry is a fire. The more we allow worry to occupy our thoughts, the more fuel we are putting on the "worry" fire. The more we do this, the bigger the worry fire we'll have to put out later. Most of our worry is directed toward things that *might* happen. The truth is that if you're worrying about it, it's dictating your life. It does nothing but make the problem bigger.

What if we didn't worry at all? How much extra time in the day would we have to devote to things that are positive and actually make a difference? The return on our investment would be unbelievable! We have a certain amount of mental and emotional energy each day, and we mustn't give worry any of it.

Over the next few days of this Plan, we'll learn about what Jesus said about worry, how we can stop this toxic cycle, and how to never let it have its way in our lives again.



Would you consider yourself to be a person who worries? On an average day, how often do you dwell on things that you have no control over? What one worry is it possible to leave behind today?



YOU MAKE ME BRAVE (Amanda Cook – Bethel Music)
<https://www.youtube.com/watch?v=6Hi-VMxT6fc>
What do these lyrics mean to you?



Ask God to reveal His truth to you over the next few days in regard to worry.