

# Navigating in COVID-19's times

## 50+ useful ideas from COR congregations



### **This pandemic was a real surprise, wasn't it?**

Actually, this shouldn't be true. For centuries Christians have read the words of Jesus about signs of His second coming. A quick review of Matthew 24:4-8 will help us refresh our memory. We knew that pestilences would be part of the landscape of the last days events, and also that we are called not just to survive, but to accomplish God's mission for us in such a time like this.

These are some practical ideas for these times, seeking to create more ideas for the mission of your local church. Please, always use the principle in 1 Thessalonians 5:21 "Test them all; hold on to what is good".

### **Let's connect with others**

Social distance or physical distance? Quarantine = Isolation?

1. [Video Conferencing Tools](#) for face to face worships, meetings, or discussions.
2. Facebook (or Instagram) [Live Streaming](#) open to everybody.
3. [Group Text Messaging](#) / Group Chat for texts messages enthusiasts.
4. [Facebook Groups](#) for Book Studies and Bible Studies. ([Useful ideas](#))
5. [YouTube channel](#) or Broadcasting for creating and sharing content. ([Useful ideas](#))
6. Blog Posts with Comments (e.g. [WordPress](#)). ([Useful ideas](#))
7. Use [Twitter](#) to communicate and stay in touch.
8. Telephone Conferencing. (Here's a [free](#) example)
9. Take Prayer Requests Online or on the phone, and have a virtual prayer meeting.
10. Make a SurveyMonkey or Google Form to find out how people want to connect online.
11. Host a photo challenge (e.g. My favorite place to pray at home?).
12. If you have an electronic (or other) sign, use it to post encouraging messages for the community.
13. Take a look at one of these [Intergenerational Ideas](#) for young people and cross-generational community.
14. Find and share articles and stories of people persevering through adversity and challenge using social media.
15. Tap into the leadership resources you already have established (boards, committees, teams) and repurpose them for what is needed right now.
16. Make sure to encourage leaders and staff to care for themselves to avoid [compassion fatigue](#) as things get more challenging.
17. For official communication guidelines, please visit [www.sdadata.org](http://www.sdadata.org), a service from NAD packed with resources.

## Let's support others

Words are good, but, can we do more? "Dear children, let us not love with words or speech but with actions and in truth." (1 John 3:18)

18. Facebook community support group.

- With the support and involvement of your church leaders, create a group to receive and respond to emerging needs of our community during this challenging time.
- It's simple - if you need help, ask. If you can help, respond out of the goodness of your heart.
- The goal is to be able to connect those in need with people and resources that are needed. This can include running errands, picking up groceries, getting help with technology to stay connected with loved ones, etc.
- Whether you are a student, elderly, in need of help, or willing to help, this group hopes to create a sense of unity by loving our community and caring for each other.
- Disclaimer: By engaging in any of the above, you are an independent person and responsible for your own health and safety. Please continue to practice handwashing, sanitizing, and distancing measures recommended by the CDC. And please, in all interactions, treat people with respect, honesty, and kindness.
- Please make sure to stay updated with the CDC guidelines and if you're sick know there is other ways to help.

19. If you are a friend of technology, assist those who are not, even by phone, and help them to stay connected with their loved ones.

20. Drop off food and supplies to elderly people and those in isolation.

21. If you have more toilet paper than you can use in your lifetime, please share it with others who need it.

22. If you are familiar with homeschooling or pedagogy, please share ideas with parents with kids at home.

23. If you are doing well working and dealing with your children at home, share your general everyday routine.

24. Explore free [educational apps](#) for kids.

25. Share more [Resources](#) for Kids.

26. Experience at home the [David Story](#) from the Chosen International Camporee!

27. Prepare and deliver free lunch bags for children, students, and the homeless.

28. Support the preachers that now are facing a camera instead of a church. ([Useful Ideas](#))

29. Support your [pastor](#) and leaders with more ideas.

30. Understand and share [how to safeguarding your mental](#) health during quarantine.

31. Is coronavirus [mentioned](#) in Bible prophecy? Explore and share.

32. Create an emergency fund to help people who are living paycheck to paycheck and are temporarily out of work.

33. With the overwhelming amount of information and misinformation in the media, request health professionals in your community to create or select just vital information for prevention and awareness. Share this information with your community.

34. Check in with immigrant and refugee communities.

35. Check in with artists and speakers whose income has been severely affected by cancellations.
36. Post how-to videos: Do you have people in your congregation who are skilled bakers, talented musicians, or great artists? Have them create how-to videos and post them on YouTube.
37. Post and promote physical workout routines at home to stay physically and mentally strong.
38. Support your every student at hand with the transition to online classes.
39. Support students in your community that may be struggling with the transition to online classes.

## Let's connect with God

“Come to me, all you who are weary and burdened, and I will give you rest.” Matthew 11:28

40. Make a prayer journal.
41. Pray for health professionals that are in the front line of defense against the pandemic, and let them know you are praying for them.
42. Divide people up into prayer partners or prayer groups to meet virtually or via phone.
43. Promote the use of a daily [Bible reading guide](#).
44. Practice a news fast. Turn off social media and news. Try looking at news only one time per day.
45. But also [stay informed](#).

## Let's keep our church alive

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

46. Divide your community among the elders and have them call everybody to see how are they doing and if they need anything.
47. Have people pray in “shifts” over a period of time so your community knows your church is in constant prayer.
48. Record or broadcast Sabbath School lessons for adults and children, or share the link to other Sabbath School services. Local leaders should be involved in this.
49. Make Shure that everybody has access to their Sabbath School lessons.
50. Record a video with a sermon for each Sabbath from your pastor. Support the video production of these videos.
51. Make sure people can continue returning tithes and offerings remotely ([AdventistGiving](#) is the official system for SDA)
52. Use [prefilled cups/wafers](#) for communion? (A good idea from other denominations)
53. It is time for [family worship](#). ([Useful Ideas](#)) ([More Useful Ideas](#))
54. Adventurer, Pathfinder, and Master Guide Clubs should continue their activities online.
55. Don't give up!

*For more information about Church Of Refuge, visit our [website](#) or send us an [email](#).*