

resolutions counseling

of West Virginia

Social Distancing is a real thing when it comes to flattening the coronavirus growth curve. But what does that mean for people who already cope with challenging emotions that are tied to a sense of loneliness?

We surveyed some of our clients and came up with this tip sheet. Here are some great ideas from people who mean to thrive during this viral outbreak.

- **Schedule 3 FaceTime** conversations/week with friends, family, mentor or a minister, etc...
- Here's a suggestion that requires a bit of thought and discernment, but ... With churches cancelling services, consider **hosting or attending worship streaming in smaller groups of 5-10 with other healthy friends.** *Note: This suggestion qualifies as an "idea" and not a solution. Precaution should be taken and compliance to government mandates is advised.*
- **Go for a prayer walk with God -- 30-60 minute walk/day.** Explore new routes, trails, etc. Stimulate your senses and reduce the feeling of "Cabin Fever" ---
- **Go for a virtual walk with a friend or loved one.** Same plan as the prayer walk (above), but schedule a time to chat over the phone as you put your body in motion on a walk.
- **Take the time to journal.** Engage in a written conversation between your inner-self and God.
- **Go "Old School" and handwrite some notes and letters.** By a pack of cheap greeting cards, pick some Bible verses and give some hard copy updates and encouragement to old friends on

your Christmas Card lists. Tuck a self addressed stamped envelope in the card and see what happens. ;)

- **Use the time to deepen the discipline of personal devotions.**
Pick a book of the Bible you're curious about and dig in. Do a read over, then back up and look for details. Take notes. Imagine being in the context of the story itself or being among the people receiving the Psalm, Prophecy or Epistle for the first time. Familiarize yourself with free on-line Bible Study tools. (E.g. The Blue Letter Bible; the Bible Project, etc...)
- **Memorize the "Who I am in Christ" Statements**
- **Organize your living space one 4'x4' area at a time**
- **Clean your car inside and out.**
- **Clean up your hard-drive and organize your desktop, File folders, iCloud, etc...**
- Other?

Next page... Who I am in Christ

WHO I AM IN CHRIST

ORIGINALLY COMPILED BY NEIL ANDERSON

I AM ACCEPTED...

<i>John 1:12</i>	I am God's child.
<i>John 15:15</i>	As a disciple, I am a friend of Jesus Christ.
<i>Romans 5:1</i>	I have been justified (declared righteous).
<i>1 Corinthians 6:17</i>	I am united with the Lord, and I am one with Him in spirit.
<i>1 Corinthians 6:19-20</i>	I have been bought with a price and I belong to God.
<i>1 Corinthians 12:27</i>	I am a member of Christ's body.
<i>Ephesians 1:3-8</i>	I have been chosen by God and adopted as His child.
<i>Colossians 1:13-14</i>	I have been redeemed and forgiven of all my sins.
<i>Colossians 2:9-10</i>	I am complete in Christ.
<i>Hebrews 4:14-16</i>	I have direct access to the throne of grace through Jesus Christ.

I AM SECURE...

<i>Romans 8:1-2</i>	I am free from condemnation.
<i>Romans 8:28</i>	I am assured that God works for my good in all circumstances.
<i>Romans 8:31-39</i>	I am free from any condemnation brought against me and I cannot be separated from the love of God.
<i>2 Corinthians 1:21-22</i>	I have been established, anointed and sealed by God.
<i>Colossians 3:1-4</i>	I am hidden with Christ in God.
<i>Philippians 1:6</i>	I am confident that God will complete the good work He started in me.
<i>Philippians 3:20</i>	I am a citizen of heaven.
<i>2 Timothy 1:7</i>	I have not been given a spirit of fear but of power, love and a sound mind.
<i>1 John 5:18</i>	I am born of God and the evil one cannot touch me.

I AM SIGNIFICANT...

<i>John 15:5</i>	I am a branch of Jesus Christ, the true vine, and a channel of His life.
<i>John 15:16</i>	I have been chosen and appointed to bear fruit.
<i>1 Corinthians 3:16</i>	I am God's temple.
<i>2 Corinthians 5:17-21</i>	I am a minister of reconciliation for God.
<i>Ephesians 2:6</i>	I am seated with Jesus Christ in the heavenly realm.
<i>Ephesians 2:10</i>	I am God's workmanship.
<i>Ephesians 3:12</i>	I may approach God with freedom and confidence.
<i>Philippians 4:13</i>	I can do all things through Christ, who strengthens me.