

YOUTH SURVIVAL GUIDE



**4 TIPS FOR STAYING CONNECTED
AND GROWING DURING COVID-19**

Student Survival Tip #1 - Spend Time with God

Psalm 5:3 - In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.

Why: We were created for meaningful interaction with God every day. The idea behind this verse is that the writer spent regular time with God. It was not only a part of his routine, but he expected God to answer Him. We need to come to God every day through His Word and expect to hear from Him.

How:

Have a regular time and place

- At your desk in your room
- On the floor next to your bed
- Use the 4-week Bible reading calendar provided at the end of the guide to get started!

Get all your materials together

- Bible – This can be on a phone, computer, or it can be a physical copy (I recommend a physical copy so you can highlight and write in it).
- Journal – Can be notes on a phone, computer, or an actual journal (I like an actual journal)
- Pen, pencil, and highlighter

Read the Bible and then pray

- Read a passage (a few verses or paragraphs)
 - Look up words you don't understand
- Write down what you learned by answering a few questions:
 - What does it say about God?
 - What does it say about me?
 - What am I going to do about what I read?
 - Write down any questions that come up
- Pray (just talk to God about what you read).

Memorize a Bible verse each week that came from your quiet time. (The Bible Memory App is great! It's my favorite for verse memory).

Student Survival Tip #2 – Put Others First

Galatians 5:13 (NLT) - You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Why: Through Jesus we have been freed from having to earn God's favor. But we should use the freedom God has given us to help others and put them first. This usually means inconveniencing ourselves for the sake of other people. Below are some ideas for how to do this while we are in isolation.

How:

Serve Your Family

Without being asked:

- Take the trash out
- Clean your room
- Do the dishes
- Cook dinner!
- Start a game night with your family
- Include your younger siblings in things you're doing

Listen to Authorities

While you might not be as susceptible to having harsh symptoms of COVID-19, there are other groups of people who are. The guidelines given to us by our authorities are meant to help everyone and not just one group of people. With the increased focus on social distancing and the cancelling of gatherings, this is a great opportunity to practice this important principle from the Bible and inconvenience ourselves for the sake of others. You can do this by having a good attitude about being at home. Stop begging your mom and dad to leave and trust what they're telling you!

Student Survival tip #3 – Stay Connected... Digitally

Hebrews 10:24-25 – 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.

Why: We are the church. Ideally, we want to have face to face interaction, but when that is removed, we need to still stay connected somehow. In today's world that means staying connected digitally. We need to be around with people who want to walk with God so that we can give and receive encouragement. God uses other people in our lives to help us grow, and He uses us to help others in the same way.

How:

Our Growth Groups are going digital! Go to the Seabreeze Youth page on the website for more information. Youth Leaders will be in touch to schedule these meetings. For the most part they will still meet on Wednesdays @ 7pm. Contact Andrew or any Youth Leader to get information and have your questions answered!

Student Survival Tip #4 – Practice Gratitude Daily

Phil. 4:12-13 - I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Why: Right now, it's easier for many to be at home. It's a nice break from school. You don't have to get ready for classes. No practices. You have a flexible schedule. After a few days, expect the newness to wear off and the boredom set in. With boredom and inconvenience comes the temptation to complain.

How:

Paul can be content anywhere. Why? He knows who's in control. Each day as you spend time with God, or throughout the day, take a step back and look at your life. What 3-5 things can you be grateful for? Tell God what they are and say thank you.

4 WEEK BIBLE READING PLAN

Whether this is your first time reading the Bible, or you're a pro, hearing the story of Jesus from beginning to end is helpful. The book of Matthew is the first book in the New Testament (back half of the Bible) and tells us about the amazing things Jesus did. Join us at any time as we read through this book together!

Week 1

- Matthew 1
- Matthew 2
- Matthew 3
- Matthew 4
- Matthew 5
- Matthew 6
- Matthew 7

Week 2

- Matthew 8
- Matthew 9
- Matthew 10
- Matthew 11
- Matthew 12
- Matthew 13
- Matthew 14

Week 3

- Matthew 15
- Matthew 16
- Matthew 17
- Matthew 18
- Matthew 19
- Matthew 20
- Matthew 21

Week 4

- Matthew 22
- Matthew 23
- Matthew 24
- Matthew 25
- Matthew 26
- Matthew 27
- Matthew 28

