

# STUCK AT HOME?

Biblical reflections for students in isolation



**Praise the LORD, my soul,  
and forget not all his  
benefits...**

*PSALM 103:2 [NIV]*



Thank God daily for his amazing grace towards you and for the ways He continues to bless you in this season. Find creative ways of thanking and praising God – why not try praying through a Psalm, writing down your prayers or singing along to a Christian song?

**Do not conform to the  
pattern of this world, but be  
transformed by the  
renewing of your mind.  
Then you will be able to test  
and approve what God's will  
is - his good, pleasing and  
perfect will.**

*ROMANS 12:2 [NIV]*



Do not neglect your study. Take advantage of all the extra time you have and use the hours of the day that are most conducive to concentration to study as much as possible. Ask yourself: How can I discover God in what I study? How can I view my discipline through a biblical lens?



**Be alert and of sober mind.  
Your enemy the devil prowls  
around like a roaring lion  
looking for someone to  
devour.**

*1 PETER 5:8 [NIV]*



Without fixed hours, routines or accountability we can easily waste time and leave ourselves open to temptation. What structures could you put in place to help you in this time? Get out in the fresh air as far as you are able, adhering to public health advice. Find activities to help take your mind off things. Is there a new hobby you could take up? An online fitness video, baking, reading?



**...whatever is true, whatever is  
noble, whatever is right,  
whatever is pure, whatever is  
lovely, whatever is  
admirable—if anything is  
excellent or  
praiseworthy—think about  
such things.**

*PHILIPPIANS 4:8 [NIV]*



Remember to feed your soul with the truth of God's Word. How wonderful it would be to emerge from this season with a deeper love for the Bible and a stronger affection for Jesus! What we read online has a huge impact on our spiritual lives. Use the internet wisely, to build up yourself and your friends. Could you share helpful articles you've read on social media, or discuss a good book or video with a group of friends? Could you support another Christian in their faith, studying the Bible or praying together online?



**In humility value others  
above yourselves, not  
looking to your own  
interests but each of you to  
the interests of the others.**

*PHILIPPIANS 2:3-4 [NIV]*



Think of all those who are struggling with distance learning because of technical problems or because of the isolation it brings: how could you help them? Could you talk via Skype, Zoom or other means, about the content of a course with a friend who is finding it difficult? How could you encourage each other to study well?





**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.**

*JOHN 14:27 [NIV]*



Be quick to recognise anxious thoughts in your mind. Ask God to help you to keep turning to him, filling you with his peace that passes understanding (Philippians 4:7). Remember others who are particularly afraid or are suffering from anxiety, and ask how they're doing. If allowed, why not invite 1-2 people into your home? Or find a time to chat online?

**At the present time your plenty will supply what they need...**

*2 CORINTHIANS 8:14 [NIV]*



Give a helping hand to the neighbour or friend who needs help with errands or anything else. Do those around you have enough food? Do they need supplies or medication you could deliver?



**I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people...**

*1 TIMOTHY 2:1 [NIV]*



Why not use this new season to develop a new habit of prayer? What if you spent 15 minutes of your usual commute time praying for your friends who don't yet know the Lord?

**It is written: "I believed; therefore I have spoken." Since we have that same spirit of faith, we also believe and therefore speak...**

*2 CORINTHIANS 4:13 [NIV]*



These are difficult times. But we know the One who is on the throne, who holds the whole world in his hands, in love and faithfulness. That changes everything! What glorious confidence we can have! How can you hold out the gospel message of hope to your friends in these uncertain times?



**He will wipe away every tear from their eyes, death will be no more, and there will be no more mourning, crying, or pain, for that which was before is gone.**

*REVELATION 21:4 [NIV]*



God offers the assurance that He is the Master of History and that one day there will be no more sickness, suffering, or mourning. He knows the number of hairs on your head (Matthew 10:29-31). How do these truths change the way you look at your circumstances, your studies, your relationships, your plans for the future? Let this reality shape your hearts and lives.

