



ALBANY DISTRICT

Spiritual Health Lockdown Kit

Compiled by Ps Francois van Tonder





Greetings!

Greetings to each member of the
Albany District Church family!



Friend I sure didn't expect to experience a national lockdown and global pandemic this soon in my lifetime. But upon reflection - something that many have been doing during this time of crisis - I realise that such an event is *exactly* what should be expected at this point in earth's history. The Bible tells me this in various places. And so I take courage, and fight the fears which forcefully arise within my heart and mind with faith.

Faith in my risen Saviour who loves me with an ineffably extravagant love, who has done all necessary to secure my redemption, and who has promised to return to this earth to gather His beloved children home. How marvelous!

Doubtless even more perilous times than we are experiencing now lie ahead for all who will seek to remain faithful to Jesus. And so now is the time to redouble our efforts to ground ourselves in Jesus and learn to abide in Him completely, steadfastly, wholeheartedly. Only by learning to abide constantly in Him will we be able to stand. Today is the day, now is the time!

To this end I share with you this concise *Spiritual Health Lockdown Kit* with the hope that you will join me in an earnest effort to know Jesus even better: "and this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth." John 17:3

In Christ,

Ps Francois van Tonder

Deepen Your Faith

An Adventist Faith!

As Seventh-day Adventists there are a number of doctrinal positions we hold in common with other Christian denominations. But there are also significant points of difference.

Why not use this lockdown period to familiarise, or re-acquaint, yourself with where we come from and what we believe as the Seventh-day Adventist church?

Our Fundamental Beliefs

<https://www.adventist.org/beliefs/fundamental-beliefs/>

Official Statements and Positions

These statements range from religious freedom to transgenderism, assault weapons to gambling, human cloning and climate change. Did you know we had official Seventh-day Adventist positions on these matters?

Check them out, and many more!

<https://www.adventist.org/beliefs/statements/>

Origin and History

Have a peek at how we have developed as a denomination - you'll be inspired by how God has led us thus far!

<https://www.adventist.org/church/what-do-seventh-day-adventists-believe/history-of-seventh-day-adventists/>





Do you have an enquiring mind?

Do any questions on biblical matters or the ministry of Ellen G White often bounce around in your head?

Find some answers on these great websites geared towards providing answers informed by and relevant to the Seventh-day Adventist belief system!

Biblical Research Institute

<https://www.adventistbiblicalresearch.org>

GeoScience Institute

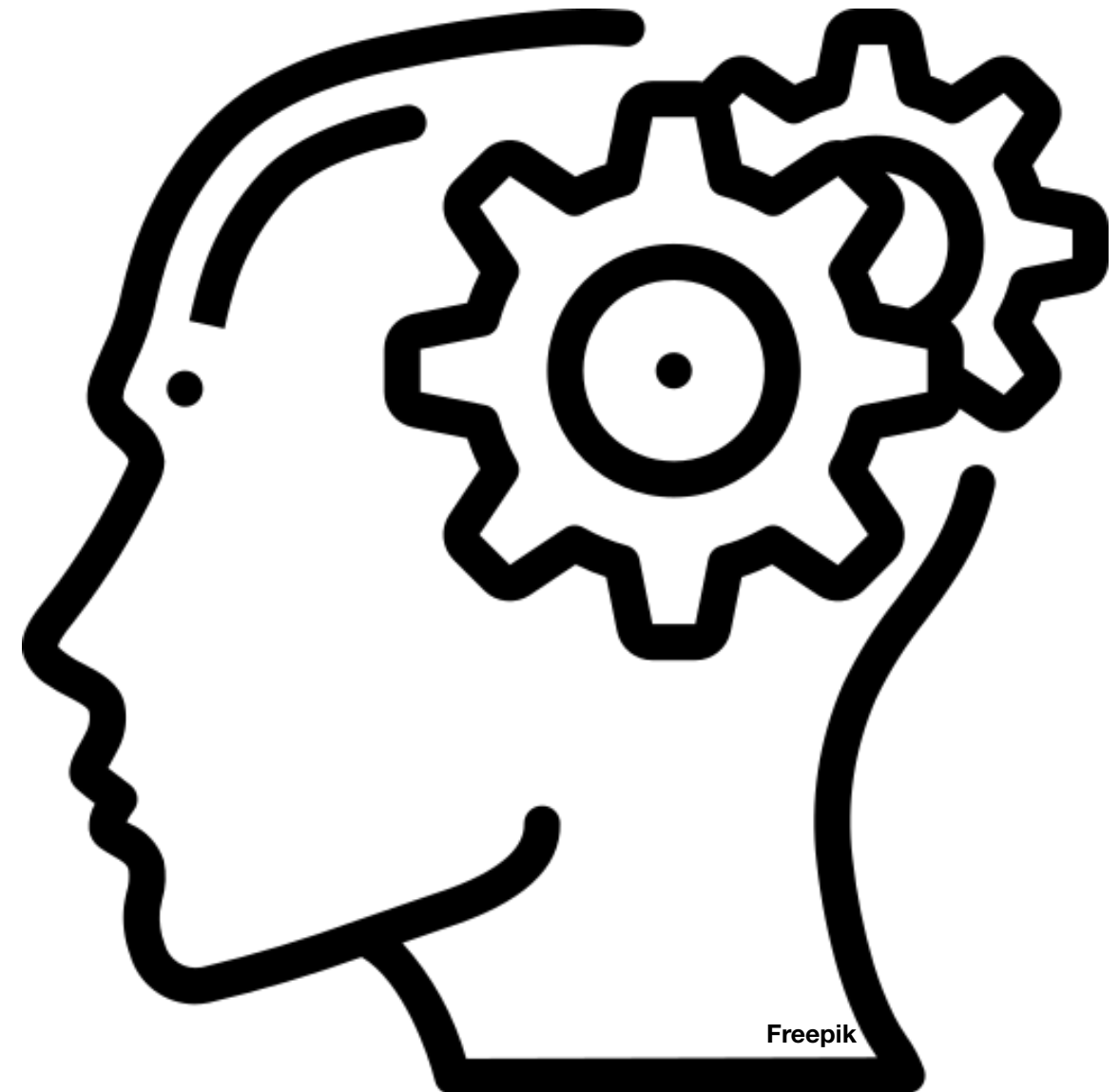
<https://www.grisda.org>

Adventist Learning Community

<https://www.adventistlearningcommunity.com>

Ellen G White Estate

<http://ellenwhite.org>



100 DAYS OF PRAYER

FOR THE WORLD CHURCH AND ITS MISSION

March 27 – July 4, 2020

• Outpouring of the Holy Spirit

• Personal Revival for Mission

• Covid-19 Pandemic

JOIN AT REVIVALANDREFORMATION.ORG/100DAYS



100 Days of Prayer March 27 – July 4, 2020



From March 27 – July 4, 2020 join Seventh-day Adventists all around the world in calling on Jesus in our urgent need!

During this time, we will also be praying for the following:

- *For specific requests regarding the effects of the COVID-19 epidemic on our church and mission*
- *For deeper personal consecration and revival for mission*
- *For our local churches to experience a greater outpouring of the Holy Spirit*
- *For our local churches to be a light to the world during this time of crisis*

Don't miss being part of this initiative!



Children are important!

*Ministering to our younger members during the lockdown needs to be intentional and creative.
Here are some ideas and resources!*

Helpful websites

<http://www.sabbathideas.org/p/home.html>

<https://www.gracelink.net>

<https://meaningfulmama.com/20-bible-object-lessons-for-kids.html>

Note that I do not necessarily endorse or condone everything on these websites, use your discretion and may the Holy Spirit guide you!



21 Possible Sabbath Activities

- Special Sabbath rituals, such as lighting candles at sundown on Friday night
- Special - really fun - toys that are used only on Sabbath
- Special food for Sabbath
- Conduct an Interactive Bible study (Designed for the age group doing the study)
- View a video program (examples might include: documentaries on Noah's Ark, Creation vs Evolution, Bible related stories, etc...)
- Draw and/or color Bible, animal, or nature pictures (things related to God and His Creation)
- Walk in Nature where possible
- Sing songs, and play music together
- Enjoy your time together
- Do Bible, and Sabbath-related story telling and reading
- Call a friend on the phone and talk to them about Jesus
- Write to a Missionary working in a far away land
- Do a Christian crossword puzzle
- Do a nature related jigsaw puzzle
- Make a "Thank You" list (count your blessings)
- Study the Bible or Sabbath School Lessons
- Study astronomy and the stars on Friday evening
- Write Bible verses in your own words, and discuss their meanings together
- Create a Bible character game (like the 20 questions game)
- Vary the Bible game above using plants, foods, animals, Biblical events, etc. in place of a character
- Be a blessing to others in need

Get into the Word!

Want to study the Bible but feeling stuck? Here are some ideas!

SOAP METHOD

Study a Bible text or passage using SOAP.

Read a verse or passage and then:

S (Subjective)—write how it makes you feel.

O (Objective)—write something factual.

A (Apply)—write how you could apply the verse to your life.

P (Pray)—write a prayer to God based on the verse.

ALSO CONSIDER...

Word Study

Tracing a word and its meaning(s) throughout the Bible

Theme Study

Exploring what the Bible has to say about a particular theme you're interested in.

Parables Study

Explore the parables of Jesus - they are rich in meaning and application!

Online Bible Studies

https://www.adventistbiblicalresearch.org/materials/bible_studies/ordered

<https://truthlink.org>

REFLECTIVE BIBLE STUDY

After reading a portion of the Bible slowly and choosing one or two things or insights that especially helped you, take each insight and ask the following questions:

Adoration: How can I love and praise God on the basis of this? What do I see here that I can praise him for?

Repentance: How do I fail to realize this in my life? What wrong behavior, harmful emotions or attitudes result when I forget this?

Gospel thanks: How can I thank Jesus as the ultimate revelation of this attribute of God (reflected upon in #1) and the ultimate answer to this sin or need of mine (reflected upon in #2)?

Aspiration: How does this show me what I should or could be and do? How would I be different if this truth were powerfully real to me?

Adapted from Dr Tim Keller



Online Resources

Here are a variety of websites you can visit for quality, spiritually enriching material

Note that I do not necessarily endorse or condone everything on these websites, use your discretion and may the Holy Spirit guide you!

Adventist Family Ministries

<https://family.adventist.org>

Lightbearers

<https://www.lightbearers.org>

Amazing Facts

<https://www.amazingfacts.org>

Hope TV

<https://www.hopetv.org>

3ABN

<https://3abn.org>

The Compass Magazine

<https://thecompassmagazine.com>

The Trinity Project

<https://www.andrews.edu/sem/sdlc/trinity/index.html>

Adult Bible Study Guides

<https://absg.adventist.org/current-quarter#lessons>

Adventist Theological Society

<https://www.atsjats.org>

College and University Dialogue Magazine

<https://dialogue.adventist.org/home>

Spiritual Gifts Questionnaire

<https://youth.adventist.org/Resources/Spiritual-Gifts-Assessment/Spiritual-Gifts-Questionnaire>

Voice of Prophecy

<https://www.voiceofprophecy.com>



Looking for a specific resource on something?

Feel free to get in touch with me!

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*Rejoice in hope,
be patient in
tribulation, be
constant in prayer.*

ROMANS 12:12