

Below are thirty ideas to consider if staying inside for a while. I pray they'll become the catalyst for spreading hope, encouragement, and truth, to others (germ-free!):

- Set aside fifteen minutes to scroll through Facebook to collect prayer requests. Jot them down and set aside time to pray specifically for each person. Well-meaning “likes” don’t always result in prayer, but they can today! If the Lord brings to mind a certain scripture verse while praying, share it with the person. Our extra minute can encourage them for days.
- Turn on praise music and sing to the Lord or better yet, sing acapella.
- Create your own music list. Fill it with songs of hope and peace.
- Start a new Bible study. If you don’t have one on hand, try an online study from Proverbs 31, LifeWay studies, and free studies from Jen Wilkin.
- Complete the last study you didn’t finish.
- Hibernate in prayer.
- Turn everything off. Listen to the birds. Watch them. Study them. Let these tiny creatures serve as a reminder of God’s intimate care for you. (Luke 12:24)
- Cook a vegetable meal. Before you pick up the fork, read Proverbs 15:17 aloud: “Better a meal of vegetables where there is love than a fattened calf with hatred.” Invite conversation: How does this apply to our family? How can we “put feet” to this verse in helping others?
- Take a James 1:17 stroll. “Every good and perfect gift is from above.” As you walk outside, intentionally search for God’s good gifts surrounding you—an unfurling blossom, a flower’s scent, the sun breaking through clouds, etc. Embrace the goodness of God and let it carry you heavenward throughout the day.
- Take tea for two, you and God.
- Finish the current book you’re reading. Then, go the extra mile and leave a review on Amazon. Bonus points if you do the same on Goodreads, and don’t forget to add it to your reading list while you’re there.
- Start a new book. If you know the author, message her along the way sharing what encourages you or a phrase that stood out to you. If a quote stands out, consider posting it on Facebook and Instagram to encourage others (and the author).
- Call a different person each day. Many of us prefer to text but let’s delight someone by laying aside our preferences and call instead.
- Text two people each day with one purpose in mind: to encourage.
- Pray for your children/grandchildren. Jon Bloom’s 7 Things to Pray for Your Children is a favorite.
- Pray for your adult children.
- Pray for the lost. Tim Challies’ 18 Prayers to Pray for the Lost is a great place to start.
- Draw a line down the center of a page.
- Plan for the future. Sometimes our immobility is simply a rest area on the highway of life. It gives us unexpected time to pray, think, and mull over ideas.
- Create mini-love notes and place them in sock drawers, on mirrors, cereal boxes, or inside his/her Bible.
- Is it raining? Engage those God-given senses!
- If you’re up for it, work or play in your yard. Plant flowers, pull weeds, plunge seeds into the ground.
- Create simply for the joy of creating.
- Create a vision board. Go through magazines, clip inspiring quotes and pictures OR create an online version via Canva for free. (Watch for an upcoming post on this subject!)
- Write morning pages. Not sure how? Click here for one of the best breakdowns I’ve read (other than Julia Cameron’s The Artist’s Way.)
- Start a gratitude journal. Is there a better time to focus on our blessings?
- Do a prayer walk through your home.
- Set up a prayer journal.
- Read scripture verses on peace.
- Write them down. Memorize at least one and lean on God’s promises with the same warmth and confidence a child bends toward her mother.
- If you’re a Creative Pauses subscriber (you are awesome!), enjoy your free resources (Scripture-Based Coloring Pages, Praying Throughout Your Home, 10 Ways to Show Up for Others This Summer, etc.). If not, then pull up a chair and join in the fun! Simply type your email in the top right-hand sidebar and start enjoying your free resources immediately.