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# HOW TO BE THE CHURCH DURING A PANDEMIC



A New Normal

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We need to grieve then leave the life we once knew  
because we are never going back to normal.



- Working from Home
- Digital Meetings
- Tele-Health
- Curbside Service
- No Contact Delivery
- Garage Gyms
- Online Workout Communities
- Peloton
- NTI
- Online Education Models
- Online Church



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## We were already living in an Age of Overload.

- Calendar Overload
- Availability Overload
- Brand-Building Overload
- Connection Overload
- News Overload
- Errand Overload  
“aka Adulting”
- “I Have Kids” Overload
- Information Overload
- Efficiency Overload



Some of us won't even give ourselves permission  
to do whatever we want anymore.



"In a situation where every waking moment has become the time in which we are making our living, and when we submit even our leisure for numerical evaluation via likes on Facebook and Instagram, constantly checking on our performance like one checks a stock, monitoring the ongoing development of our personal brand, time becomes an economic resource that we can no longer justify spending on "nothing." It provides no return on investment, it is simply too expensive... Nothing is harder to do than nothing."

- Jenny Odell



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so a fool repeats his foolishness.



## We were already living through an Epidemic of Loneliness.

- Nearly half of Americans report sometimes or always feeling alone or left out.
- Only half of Americans have meaningful in-person social relationships on a daily basis.
- Gen Z is the loneliest gen in American history.



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an Epidemic of Loneliness.

College students after the year 2000 are showing a 40%  
drop in empathy from college students of earlier decades.



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What if we actually learned from this?

- I need to slow down.
- I need my people.



Could this be the Holy Spirit convicting and sanctifying  
a culture who lost its way?

- I need to slow down.
- I need my people.



1. Selfless Self-Care – The better you care for you,  
the better you care for others.

Galatians 5:14 - For the whole law can be summed up  
in this one command: “Love your neighbor as yourself.”



### Galatians 5:22-23

But the Holy Spirit produces this kind of fruit in our lives:  
love, joy, peace, patience, kindness, goodness, faithfulness,  
gentleness, and self-control.



## 2. Intimacy with God – Embrace the disciplines of disengagement for reengagement with Him.

**Luke 5:16** - Jesus often withdrew to the wilderness for prayer.

**Psalms 27:4** - The one thing I ask of the Lord— the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord's perfections and meditating in His Temple.



### 3. The Gift of Presence – Enjoying God's good creation by being in the moment.

**John 3:23** - After this Jesus and His disciples went into the Judean countryside, and He spent some time there with them...

**Romans 12:16** - Don't be too proud to enjoy the company of ordinary people.



- Eat more with others.
- Never miss Sunday church.
- Put down my phone.
- Be grateful for ordinary moments with friends.
- Spend more time outside.



## 4. Sacrificial Generosity – Giving outside my comfort zone.

**Acts 20:35** - You should remember the words of the Lord Jesus: “It is more blessed to give than to receive.”

**Luke 21:3-4** - “I tell you the truth,” Jesus said, “this poor widow has given more than all the rest of them. For they have given a tiny part of their surplus, but she, poor as she is, has given everything she has.”



## 5. Missional Living – Putting the mission of the church back into the hands of the church.

**Ephesians 4:11-12** - Now these are the gifts Christ gave to the church: the apostles, the prophets, the evangelists, and the pastors and teachers. Their responsibility is to equip God's people to do His work and build up the church, the body of Christ.

**1 Peter 2:9** - But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of Him who called you out of darkness into His marvelous light.



1. Selfless Self-Care
2. Intimacy with God
3. The Gift of Presence
4. Sacrificial Generosity
5. Missional Living



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