

HARRISONBURG FIRST CHURCH ^{OF} _{THE} NAZARENE

Greetings HFCN Family,

Thank you so much for checking out these resources to help you engage from home. We are excited to hear how these help you stay connected and to fight back against isolation.

It feels like everything is changing so quickly and we are working diligently to adapt to the new standards of safety for our people and our community. We could choose to focus on all the things we are missing out on, However, in the short time that we have all been practicing social distancing, we have been really encouraged by the ways we see our people being the church. Coworkers checking on one another, neighbors looking in on neighbors, deeper connections made between acquaintances as real, practical care has been shown.

We don't want any of you to miss out on an opportunity to be a part of "being the church" and so, as I mentioned on Sunday, we have created "Need a Neighbor, Be a Neighbor," which you can sign up for at <https://www.abeaconofhope.org/neighbor/>. There are opportunities to be a part of this whether you are able to leave your house, or whether you are confined to your home.

Keep your eyes open in the days to come for more moments to connect with our church family. Check out our [Facebook page](#). Follow us on [Instagram](#). Listen to [Front Porch Talks](#). Subscribe to our [YouTube page](#). Check our [website](#) for updates. Meet virtually with your life group or ministry group. And most importantly, let's pray. Pray for one another, for our community, for our leaders, for our nation and for the whole world.

Until we meet again,

Pastor Adrian Mills

Sunday Morning Message:

Video Link: [Drifting, Part 3 - March 22, 2020 on Vimeo](#)

YouVersion Notes: [Drifting, Part 3: The Lure of Isolation :: YouVersion Event](#)

Additional Resource: Sunday Message Response Guide

HFCN Student Ministry "Culture Shock" *Living Counter Culturally: Relationships*

Video Link: [3D Live! Culture Shock: Relationships](#)

Additional Resource: Response Guide, Family Response Guide

HFCN Children's Ministry: Sunday Message, Easter Challenge, Family Resources

Video Link: [Sunday Kid's Message](#)

[Flat Jesus](#)

Additional Resource: Kids and Social Distancing: Battling Isolation Family Resource Guide

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Sunday Message Response Guide Drifting, Part 3 - The Lure of Isolation Week of March 22, 2020

Core Scripture: Ephesians 4:16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

Secondary Scripture: 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.

Response Questions

Monday: Reflecting on Brian's message on this topic on Sunday, what made the most impact on you personally?

The following are five signs you may be drifting:

- You have less intense passion for God – His word, His worship, His heart.
- You don't regularly practice a biblical sabbath.
- You are often emotionally disconnected.
- Your schedule is out of control.
- Technology doesn't serve you, it runs you.

Which one of those is least true about you? What is your secret in staying away from it?

Tuesday: As you read and think about the Core Scripture for this week, what stands out to you? What's something you may not have noticed or considered before?

Why do we isolate ourselves? How can you challenge yourself in this time of social distancing to fight the urge to disconnect?

Wednesday: Read the following Scriptures: 1 Corinthians 10:17; Romans 12:4-5; Ephesians 4:12
How might they shed light on your perspectives on the isolated Christian?

Mid-week challenge - On Sunday, Pastor Adrian announced "Need a Neighbor, Be A Neighbor." Visit <https://www.abeaconofhope.org/neighbor/>. Today is the day that if you have not visited this link, you should go and sign up to meet the needs of others around us. There are ways to help from your home and, as your health permits, out in the community. This is an incredible opportunity to care for our community and to be the church!

Thursday: As you read the Secondary Scripture for this week, what stands out to you?

Someone said, "I know some extroverts who spend all of their time with others and yet are the most disconnected people there are." How is this possible? Would it describe you?

Friday: Isolation can cause disconnect not just with those around us, but also between us and God. Check out this short message from HFCN's Pastor of Generational Ministry, Olivia Michael, about how she is handling isolation as she is in quarantine, and how she is finding new and creative ways to connect both with God and others. [Quarantine Connection- Pastor Olivia Michael](#)

Optional Video Links

- Comfort Zone <https://www.youtube.com/watch?v=Acb7WcKCINs>
- Isolation Kills <https://www.youtube.com/watch?v=LMoB8XagRaw>

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HFCN Student Ministry Response Guide Culture Shock: Relationships

Culture Shock - Social Media: *Response Guide*

Thanks for giving this a try! We hope you like it and find it useful. You are encouraged to find a journal or a notebook, and answer these questions in your own time as you reflect on what it means to live counter culturally in the area of social media. You might also find it interesting to get online with your small group and talk through these together.

Scripture Texts: Proverbs 16:9, Matthew 22:34-39

(Don't have a Bible? Download the YouVersion Bible app or visit www.biblegateway.com)

Response

1. *Read Proverbs 16:9* Why is it better to follow God's plans than to follow your own heart?
2. Have you experienced a situation where following your heart led you away from what God would want for you?
3. *Read Matthew 22:34-39* What does Jesus say is the first rule? Why might Jesus suggest that loving God completely is the first rule and loving others is the second?
4. How does loving God completely better prepare you to love others well? How does loving God completely better prepare you to love someone in a romantic way?
5. What are some reasons a person might choose to be single?
6. Thinking about the 7 things Pastor Billy said to consider about WHO you should date; what characteristics do you hope for in a potential mate? If you are in a relationship, do they have those characteristics or are they missing some of the most important qualities?
7. What is the difference between thinking about dating from the perspective of finding the right person vs. becoming the right person?
8. What is the biggest area of struggle you have with trusting God with dating relationships?
9. Are there any questions you have about a godly view of relationships?

CHALLENGE: In the next week, accomplish these three tasks. 1) Pray each day that God would help you become the man or woman that He desires you to be; 2) Check out the following series from Transformation Church called [RelationshipGoals](#); 3) Find an opportunity to serve someone else who may be struggling with loneliness in this time of social distancing and encourage them.

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HFCN Student Ministry Family Response Guide Culture Shock: Relationships

Hey Parents!

I am so excited that you've chosen to check out this resource. This week at 3D, we are talking about relationships, and in particular, dating relationships. Pastor Billy is passionate about equipping others to have good healthy marriages. He absolutely believes that preparation begins even before a person is old enough to consider dating. We would encourage you to take advantage of this opportunity to have a conversation with your student, and don't let it be the last! Keep talking and encouraging them as they work out what it means to honor God with their relationships.

If there is anything you'd like to review in tonight's message, we will be uploading the message to the 3D YouTube page. Please, use the questions below to guide your conversation, but don't be afraid at all to let your conversation ebb and flow naturally with your student's interests.

A final note: The questions will only be as effective as you are patient and open. If this is the first discussion that you are having with your student around this topic, it might feel a little awkward. Stay in it. We hope this is the first of many conversations like this. Your voice matters in their life!

- 1. Challenge:** On a piece of paper, each person should write their top 5 things they'd like to see in the future mate for the student. See how many on the list are the same. If there are list items that are different, take turns talking about why those things made the list.
- 2. For both:** Read Proverbs 16:9 Why is it better to follow God's plans than to follow your own heart? Can you think of a time that following your heart led you in a direction away from God?
- 3. For both:** Read Matthew 22:34-39 What does Jesus say is the first rule? Why might Jesus suggest that loving God completely is the first rule and loving others is the second?
- 4. For parents:** Pastor Billy said "Loving God with ALL is essential to true love (holy love) in all other relationships." You may have heard people say "Relationships AREN'T 50/50, they are 100/100." Talk about how these two concepts relate and how learning to love God with your ALL will help a person love others with their all, as well.
- 5. For students:** Since our series is on being counter cultural, take a moment and describe what the dating relationships you see at school and in your social group are like. How does that compare to the 7 ways of how to date that Pastor Billy discussed?
- 6. Challenge #2:** Each person should write the top 5 things they'd like to see in the life of the student when the student is grown. See how many on the list are the same. If there are list items that are different, take turns talking about why those things made the list.
- 7. For parents:** Schools take time to teach our kids about the physical consequences of sex, but they do not spend time teaching them about the social/emotional and spiritual effects of having sex. This is probably the most important information that our students need! Give an example of how having sex can have a social, an emotional and also a spiritual impact on a person.
- 8. For students:** Seeing how the world handles vs how God calls us to handle romantic relationships can be really confusing. What questions do you have about relationships?
- 9.** Take a minute for prayer, encouraging your student to open the prayer and you closing it.

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HFCN Children's Ministry Family Resource Guide Kids and Social Distancing: Battling Isolation

We are so glad that you are taking the time to join with us to help your child deal with all that they have experienced in the past few weeks, and in the weeks to come. It could be easy right now to disconnect from the church and the support that provides us as believers. We so deeply appreciate your commitment to helping keep your child connected to their faith and to the ministry which serves them.

We are excited to hear about how this time really impacted you and your child's faith and helped connect you both to the call of God for HFCN: the call to GO!

3 Tips for Helping your Kids with the Loneliness of Social Distancing:

- 1. Speak positively and assure them that this time will end** - Our kids did not get a nice conclusion to the year with yearbook signings and end of year celebrations and many are concerned that they will not be getting those things at all now. Let them know that this is only for a season. Also, let them know you are dealing with the same concerns. Let them know that their feelings are valid and that you feel them as well.
- 2. Double up on the affirmations** - One thing that the children aren't getting nearly as much of is daily affirmation. Schools are very good at speaking positivity and recognizing a job well done. Be intentional to notice and comment on things that they are doing well, or valuable aspects about them.
- 3. Plan activities together DAILY** - Go for a walk. Play a board game. Sit down to dinner at the table together. Read a book. Throw a ball. Learn a new dance together. Whatever it is that interests your child, now is the time to do it with them.

Discussion Guide: *Use these prompts, to help your child work through feelings they may have of isolation.*

1. What are you enjoying about having more time at home with just us?
2. Who are you most excited to see after all of this stuff settles down. Why?
3. When this settles down, I'm most excited to see...(adult shares who they miss seeing)
4. Can you tell me 3 things you like about yourself? Here are 3 things I love about you.

Challenge: As a church, we are being called to GO! So we are issuing you these challenges to encourage you to get out into the world, even digitally, so that you might be transformed by Jesus to bring hope to others through Christ. After Jesus's resurrection, he spoke to his disciples and told them to go out in the world and tell people about him and all that he taught. You can read about that in Matthew 28:16-20. At the end of his directions, he gave this promise. He said "And surely I am with you always, til the very end of the age." He wanted them to know that no matter where they went, no matter what situation they faced, he would be there with them. They were never alone.

On the next page you will find Flat Jesus. For a deeper introduction and more information on how Flat Jesus will go with you as you share his love with our community, and even what he has to do with how we are going to celebrate Easter this year, **check out this message from Pastor Julie!** [Pastor Julie and Flat Jesus](#) **BONUS:** Watch until the end to find out about the big surprise she's cooking up.

Resources to prepare them for Easter: *(Please, engage these WITH your child.)*

Check out this Easter video from What's in the Bible, created by VeggieTales creator Phil Visher, entitled "The Meaning of Easter" https://www.youtube.com/watch?v=DQ7Dc_w_Tl8&t=438s

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