

## **Don't Waste Your Isolation – Episode 1**

**"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil" (Ephesians 5:15-16 ESV).**

The Greek word translated "making the most of" in the ESV means "to deliver, liberate, make the most of, buy off" and has the sense of "efficiently using something (perhaps as a compensation for waste), conceived of as buying it back."

I realize we are all in different levels of social separation, and we are all dealing with these uncertain times in varied ways. But all of us need reminding of our Lord's sovereign rule and reign!

So in an effort to help us redeem our time of social separation, I'll be sending out regular suggestions for using our extra time in ways that might aide our sanctification. Today I address a pressing need during uncertain times and then provide links to some free readings provided by Westminster Books dealing with this same pressing need.

I know that some of us are fighting to keep fear, anxiety, and doubt at bay. Philippians 4:5-7 is a reminder that believers are free of these things if we commit them, that is our fear, anxiety, and doubt, to the Lord. Meditate on and memorize these words:

"Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Westminster Bookstore, the bookstore for Westminster Theological Seminary in Glenside, PA (just north of Philadelphia) has provided some free downloadable resources with these times in mind. Part of their email reads:

"In light of these unprecedented times, we, as a bookstore . . . have collected 15 of our favorite chapters that help us slow down and understand ourselves and our God in the midst of scary and uncertain times. These readings are available to download for free. We pray they will be a comfort to you and those you care for. Please read, share, and be encouraged."

And so I share with you, so you might be encouraged and redeem your isolation!

Because of Christ,  
Pastor Rob

**#1: O Death, Where is Thy Sting? by John Murray**  
Chapter 13: This I Call To Mind (Lamentations 3)

**#2: God's Grace in Your Suffering by David Powlison**  
Introduction

**#3: The Promises of God by Charles Spurgeon**  
*March 11-17 Devotional Readings*

**#4: Piercing Heaven Prayers of the Puritans**  
*Help Me Rest In God's Love*

**#5: A Small Book for the Anxious Heart by Ed Welch**  
*4 Daily Readings*

**#6: Walking with God through Pain and Suffering by Tim Keller**  
*Introduction: The Rumble of Panic Beneath Everything*

**#7: Untangling Emotions by Alisdair Groves & Winston Smith**  
*Chapter 13: Engaging Fear*

**#8: Suffering by Paul David Tripp**  
*Chapter 11: The Comfort of God's Sovereignty*

**#9: Everyday Prayer by John Calvin**  
*Anxiety Leads Us to Pray (Psalm 130)*

**#10: Created to Care, God's Truth for Anxious Moms by Sara Wallace**  
*Peace in Our Kids' Physical Protection*

**#11: Dark Clouds, Deep Mercy by Mark Vroegop**  
*Introduction: Life in the Minor Key*

**#12: The Whole Armor of God by Iain Duguid**  
*Chapter 1: Dressed for Battle (Ephesians 6:10-13)*

**#13: Pray Big by Alistair Begg**  
*Chapter 2: Prayer is Spiritual (But Not Impractical)*

*#14: Anxiety–Knowing God's Peace by Paul Taugtes*  
*Day 1-3 Readings*

*#15: Living Life Backward by David Gibson*  
*Chapter 1: Let's Pretend*

**And if you'd like one link containing all of the above readings (though in a different order):**

**All 15 Readings**