

Shandon College,

The implications of COVID-19 have hit each of us in very real and unique ways. Some of you are living back in your hometown, and let's be honest you are already tired of sleeping in your childhood twin bed as you miss your regular routine of connecting with friends on campus, running to Cookout at midnight, and surrounding yourself with healthy Christian community. Consider this... **What if God has raised you up individually and us as Shandon College for this moment?** What if our community groups continued to be places of encouragement, discussion, and prayer? What if our Thursday Night Experience grew to have the largest reach it has ever had? Ultimately, my prayer is that each of you would continue to thrive as followers of Jesus in your current context. Let's take advantage of this season where we "push pause" on the urgent and FOCUS ON THE IMPORTANT. Craig Groeschel said, **"Discipline is the difference between who you are and who you want to become."**

I believe that we can all continue to *thrive* wherever God may have us if we practice these 3 disciplines:

- 1) **Scheduling Your Day**
- 2) **Spending Extended Time With God**
- 3) **Staying Connected to Shandon College**

1) **Schedule Your Day**

- a) I encourage you to break your day up into 3, 4-hour time blocks - Morning, Afternoon, Evening - to create a healthy rhythm of life. Spend an hour during each time block engaging in these categories:
 - i) **LEARN:** Prioritize your classes, read, or explore a new hobby.
 - ii) **PHYSICAL:** Get outside. Ride a bike, go for a run, or do a home workout.
 - iii) **SPIRITUAL:** Memorize Scripture. Read The Word, Journal, Pray.
 - iv) **SOCIAL:** Intentionally call friends, Make special memories with your family

2) **Spend Extended Time With God**

- a) The number one reason college students give me for not spending time with God is, "I'm so busy." *He has gifted us free time through the COVID-19 pandemic.* The enemy wants us to waste this time with meaningless scrolling and bingeing. Shandon College - I beg you...Spend time with God. FIGHT FOR THIS! Taste and See His goodness daily.

3) **Stay Connected to Shandon College**

- a) Here is what the plan is!
 - i) **Thursday Nights from 7-9pm - BIG GROUP GATHERING on ZOOM!**
 - (1) Link at shandoncollege.com. This is a time of prayer, scripture reading, and encouragement hopefully with 100's of college students!
 - ii) **M, T, W - Community Groups**
 - (1) Are meeting on facetime or zoom. Reach out to your leader, or sign up for a group at shandoncollege.com
 - iii) **Sunday Mornings:**
 - (1) Livestream Worship at 9am, 10:30am, 1pm, or 5pm at shandon.org.

God is in control, so let's #LiveSent Shandon College!

Billy Judge | College Pastor