

# GLORY RESOURCES // SINGLES

## - WEEK TWO -

### >SCRIPTURE: ISAIAH 65:17-21

Questions to ask:

- What does this say about God?
- What am I thankful for?
- What do I struggle to believe?
- What do I need help with?

### >COMMUNITY ENGAGEMENT

You can still have fun with friends from afar. Download the “Words with Friends” app or another game app to play with a friend!

### >FUN ACTIVITY:

Try a new recipe! Whether it’s something for dinner or a fun dessert, challenge yourself to try something new!

### >WORSHIP THIS WEEK

One way to worship, that we don’t always take advantage of is journaling. Journaling gives us the space to get out our thoughts and reflect on what God is doing in the midst. It is also sweet to be able to look back and see how God has worked. Spend time this week journaling your thoughts and prayers.

### >AFFIRMATION:

When you’re home alone, its easy to get caught in your head especially when it comes to thoughts about yourself. This week, make a list of 10 things you love about yourself. Whether it’s your hair, your ability to cook, or how you serve, remind yourself of who God made you and delight in that.

### >PRAYER FOR THE WEEK:

Take time this week to pray for the mental health of yourself and others that you know who may be struggling with anxiety or depression or isolation during this time. Use this prayer or pray as you feel led.

God, You are in control.

Even though I may feel overwhelmed or discouraged, You are still good. Help me to control my thoughts and protect my mind from lies of the enemy. I give You my anxiety and my burden. Replace it with Your truth and Your joy. I ask that you help my friends and family that are also struggling mentally. God, help them to take captive of their thoughts and turn them over to You.

In Jesus’ name,  
flmen

*for  
singles.*