

A Timely Letter for Quarantined Saints  
Blog 51  
by Jay Hughes

Under house arrest, that is where Paul found himself when he sat down to compose his letter to the saints in Philippi. He was confined, under guard and life as he had known came to a halt; house arrest was his new normal. The traveling preacher and seafaring missionary was grounded, but he did not lose his inspiration, to the contrary, moved by God he began to write. During his time in house arrest, the Lord inspired Paul to write not only to the Philippians, but also a letter to the Church in Ephesus, Colosse and an individual named Philemon.

You and I are under a sort of “house arrest” these days; confined, our hygiene and social space scrutinized by others. Just as Paul didn’t know what the future held for him during his arrest in Rome, it seems that our present reality changes every few hours as new information is made available, new cancelations are announced, and new instructions given with no definable conclusion to our life in limbo. The Apostle did not despair, to the contrary, he was inspired to encourage others as he wrote to the Philippians these words:

*“Rejoice in the Lord **always**. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but **in every situation**, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* (Php 4:4-7).

Have you considered today something new to rejoice over? Have your prayers been filled with thankfulness as well as dependence? Has the virus change your movement in life?

Doing chores under quarantine with grumpy kids is challenging and adult relationships can be difficult even under normal circumstances, but we have the empowerment of the Spirit within to aid us through this unique and challenging season. Are you living well with others? Have you asked for the attitude of Christ to be evident in you through the work of the Spirit?

The Apostle Paul shared these salient points while working from his home in Rome under house arrest. His encouraging letter to the Philippians has much to offer you and I in this peculiar season.

Application:

1. Take the time to read the book of Philippians today, pausing and praying as you do?
2. Review your thankfulness with the rest of the family and jointly pray with them.
3. Especially be thankful and helpful with the spouse.
4. Call the parents and say, “thank you”.