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## DR. ANDY WOODS

Andy is the Senior pastor of Sugar Land Bible Church. He is also the president of Chafer Theological Seminary. In addition, Andy has contributed to many theological journals and Christian books and has spoken on a variety of topics at Christian conferences. Many of his articles and conference seminars are also available at [www.spiritandtruth.org](http://www.spiritandtruth.org)



Andy Woods: JD, ThM, PhD

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### Note from Dr. Woods

Beloved, I thought I would share a few action items that we can all take part in so as to maintain our spiritual walk during this difficult time of social distancing and self-quarantine. First, start off each day with Scripture meditation. You might consider making it a habit to read at least one chapter of Proverbs and one Psalm per day. Second, rest in God's promises. One of my personal favorites is found in Romans 8:28, which says, "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose." Third, listen to worship music. There are many songs that no doubt minister to your heart. Now is also the time to explore some of the great hymns of the faith. Nothing changes the mood better than availing oneself to such melodies (Col. 3:16). Fourth, while respecting proper social-distancing guidelines, do not forget to get outside. Take a walk. Breathe fresh air. Enjoy the beauty and majesty of God's creation. Fifth, take the opportunity that solitude provides to pray often (1 Thess. 5:17). Enjoy communion with both your creator and redeemer. Sixth, remember that you are part of a larger spiritual body (1 Cor. 12). Stay connected with fellow believers via social media and other means so that you can be blessed by them as well as be a blessing to them. Seventh, remember that during this troubled time God's presence will never leave us (Matt. 28:20; Heb. 13:5). Scripture is replete with examples of God's presence with His people even in the most difficult of circumstances. Think of Daniel in the Lions den, the three Hebrew youths in the fiery furnace, and the prison experiences of Joseph, Peter, and Paul. God has not changed in this regard. He will certainly also be with us during this difficult time of isolation. Finally, stay productive (1 Thess. 4:11). Think of all of the things that you wish you could have done but your normal hectic schedule would not allow it. Well, now is your golden opportunity to pursue those untapped interests. As we faithfully do these things, I am confident that we will all come out the other side of this temporary difficulty with our spiritual lives intact.

God bless you!  
Dr. Andy Woods  
Pastor-Teacher Sugar Land Bible Church  
President Chafer Theological Seminary

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### Books by Dr. Andy Woods

**Ever Reforming:** Dispensational Theology and the Completion of the Protestant Reformation

**The Falling Away:** Spiritual Departure of Physical Rapture?: A Second Look at 2 Thessalonians 2:3

**The Coming Kingdom:** What Is the Kingdom and How Is Kingdom Now Theology Changing the Focus of the Church?