

Connecting with Your Spiritual Side

With these unprecedented times involving the coronavirus, COVID-19, it is a challenge to protect yourself and stay healthy, while still being able to engage in the activities that are important to you. In many places, religious services are not operating in their usual fashion, with social distancing and quarantine becoming in the way. With these changes, there are alternatives that are available for consideration, and there are still ways that make getting your religious services accessible safely from your home.

Here are some tips for ways to get your religious services from home:

1. Online streaming services.

Online streaming services offer live-stream services for those who wish to view from their home. All you have to do is go on the internet and type your religion and live streaming services, and many options will pop up. Some local churches may even be offering their own service, so check that out too. This is a great way to have some of the same interactions with your faith as if you were there in person. For example, [here is a source](#) for the Christian faith- if you type in your location, they will find live services for you. Another example for the Jewish faith, this is a [Synagogue in New York City](#) that offers their live streaming services, as well as on demand services.

2. Joining an online bible study group.

There are many options to join an online bible study group for free. These bible study groups will allow you to connect with others and while staying safe at home. An example of this is the [ComeuntoChrist website](#), which offers a free bible study. With this website specifically, you take a survey on what you would like your study to include, and then a representative gets in touch with you. The representative will send Bible verses related to the topic you chose, and then read them with you. You have the eligibility to schedule sessions as often as you like. Resources like this are available on the internet, when typing in “online bible study groups”. [Here is a website](#) that lists many different online study groups that are accessible for you to join if you have interest in their topic of focus.

3. Start a daily faith journal.

To start a daily faith journal, you can either use a journal that you already have and create your own template, or you can purchase a daily faith journal from multiple different websites, including [Amazon](#), [Etsy](#) or [FaithGetaway](#). In these journals, you are able to reflect on your own ideas, as well as many of them having bible verses and scripture in them. They vary, some having a minimal layout and others having more structure.

4. Read your faith's scripture from home.

This is a great way to stay in touch with your faith from home, especially if you do not have access to the internet. If you do not have a bible, or whatever book aligns with your faith, Amazon is a good place to look, and it should be delivered to you quickly.

5. Listen to sermons on the radio.

If internet access is limited where you are, there is an option to listen to Sermons on the radio. There are AM stations on the radio for you to listen to. Here is also a way to listen to Sermons, with multiple options: [Sermon Audio](#), which you will need internet access for.

6. Listen to a spiritual or scripture based podcast.

Podcasts are a great way to get your spiritual and religious needs in with staying home. There are many different spiritual and scripture based podcasts that are available through multiple different sources. With this, just look up either spiritual or scripture based podcasts on the internet, and multiple different options will come up. This [NY Times article](#) has a list of 8 spiritual podcasts that they recommend. There are hyperlinks at the bottom of each podcast they recommend that you can click on to listen to. [The Bible Recap](#) podcast, that you have to subscribe to, is a short daily reading, about 8 minutes long by Tara-Leigh, of the bible in order that is available to listen to. Here is what the podcast looks like:



7. Talk about the scripture and/or your relationship with your faith with a friend.

This is a great way to stay in touch with others while also keeping up with your faith. If you are able to call, skype, facetime, zoom or even e-mail with a friend, this would be a great way to practice your faith.

8. Download an app online for your services.

There are multiple religious apps on the app store for either free or purchase to help with your religious needs. [This website](#) shows some of the recommended apps for faith. They recommend “My Church”, “Quran- By Quran.com” and “PocketTorah”. Here is what the apps look like:



My Church



Quran-by Quran.com



PocketTorah

9. Listen to music that involves your faith.

There are many different stations that play specific types of religious music that are available both on the radio and the internet. Either find a local radio station that plays it, or you can search it up on the internet!