**LESSONS FROM A LOCKDOWN**

**Foreword**

No one could have predicted that we will be experiencing a lockdown. The dangers posed by Covid-19 seems to have changed the way we lived these past few days. We stopped going to work and going to school. Our movements and choices have been limited. There are many different and frightening things happening around us. People are getting sick and dying by the thousands all over the world. What seemed to be far away is now so near and we don’t know how long this situation would last.

In these trying times, how are we Christians supposed to react? Our answers are always found in the Bible. Perhaps we can find answers from a fellow Christian who himself was in lockdown. Paul wrote four letters while he was in prison – Philippians, Colossians, Ephesians and Philemon. Collectively known as the Prison Epistles, these letters give us insight in the heart and mind of a brother in lockdown. Perhaps as we study these letters we will find wisdom in dealing with our own hearts.

Each day of the quiet time series begins with the scripture reference followed by questions for personal reflection. I cannot stress enough the importance of answering these questions first, thoroughly and completely *before* moving on to reading the “insight” portion. It is important that we apply our own hearts first to the scriptures before reading someone else’ insight.

It is my hope that through this quiet time series would help us find grace and truth in the scriptures.

Rommel J. Casis

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