

# NCS MESSAGE GUIDE

**TOPIC:** How to be Happy during Quarantine

**SCRIPTURE:** Genesis 2:18-23 NLT

**CENTRAL TRUTH:** Our God has been known as a provider and still provides for us today if we choose to be aware of it. Our response to God as our provider is being grateful for what we do have, which brings us happiness and joy.

**PRAYER:** Father in Heaven, thank you for what I do have in my life during quarantine. Help me to be grateful and focus on what you have provided for me so I may experience happiness and joy during this tough time.

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## Scripture

18 Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." 19 So the Lord God formed from the ground all the wild animals and all the birds of the sky. He brought them to the man to see what he would call them, and the man chose a name for each one. 20 He gave names to all the livestock, all the birds of the sky, and all the wild animals. But still there was no helper just right for him.

21 So the Lord God caused the man to fall into a deep sleep. While the man slept, the Lord God took out one of the man's ribs and closed up the opening. 22 Then the Lord God made a woman from the rib, and he brought her to the man.

23 "At last!" the man exclaimed.

"This one is bone from my bone,  
and flesh from my flesh!  
She will be called 'woman,'  
because she was taken from 'man.'"

## Message Summary

Throughout quarantine you may be *without* a lot right now. You may be without certain friends, without the ability to play sports or do a performance, or without the opportunity to eat your favorite fresh food from a certain restaurants. In our story for today we observe that when God first made Adam he was without a helper and companion. God provided for Adam by giving him Eve a companion and helper. It is not right to view God like a genie by telling Him a wish of want we want hoping for it to come true. However, if we look around and think about it we can notice how God has provided for us already and continues to provide for us today. Think about how God gave us hope for an eternal life of happiness thanks to Jesus' life and his sacrifice that led to God forgiving our sins. Also think about what you do have right now in life: a family, food, shelter, and entertainment. You can thank God for all of those things because He ultimately provided them for you. Being grateful for God's provision leads to our happiness and joy. A great practice this week for you to discover happiness is by being grateful and focusing on what God has already provided for you in life!

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## **Questions to Consider**

1. Why do you think God waited to provide Adam with Eve as a companion and helper?
2. Why does it seem easier to complain and focus on what we do not have instead of focusing on what we do have?
3. What in your life can you be grateful for right now?

## **Daily Spiritual Practice**

### *Monday*

- Listen to the song "So Will I" by Hillsong Worship.

### *Tuesday*

- Read Psalm 23 and reflect for 5 minutes on the scripture.

### *Wednesday*

- Write down who and what you can be grateful for in life right now. Text or tell one person in your life who you are grateful for that you are grateful for them and their friendship.

### *Thursday*

- Take time today to pray and thank God for how He has provided for you and what you can be grateful for.

### *Friday*

- Listen to the song "Grateful" by Elevation Worship.