

# STAY WELL @HOME

During this stay-home period I spent much time reflecting on the important things in my life and how well I am doing.

I've concluded that how well I do at home largely depends on how well I look after myself, how well I love each member of my family and how well I spend my time with the Lord.

Let me share some of these reflections with you on how I try to stay well at home in COVID times.

When we practise **Family@Home** we put love into our lives

C

Count your blessings with thanksgiving  
Choose your words wisely  
Cover your family in prayer

O

Organize your routines and activities  
Occupy your time fruitfully  
Offer to help cheerfully

V

Value each other's preferences  
Vary activities to keep things fresh  
Voice your cares and concerns

I

Initiate activities for family fun  
Inform each other of what's going on  
Interest your family in your life experiences

D

Devote time to each other to connect  
Discuss important decisions with your family  
Dine together for family bonding





When we apply **Christ@Home** we put faith into our lives every **STEP** of the way.

### SPACE

Find space in your heart “so that Christ may dwell in your heart through faith”. Ephesians 3:17

### TIME

Make time when there’s no time “for everything there is a season, and a time for every matter under heaven”. Ecclesiastes 3:1

### EXAMPLE

Set an example for others “for to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.” 1 Peter 2:21



Francis Tan with his wife Dinah

### PLACE

Know your place among others and “if possible, so far as it depends on you, live peaceably with all”. Romans 12:18

#### MY PRAYER:

God Our Heavenly Father, please help me stay well at home - to be a better husband, a better father, a better grandfather, a better son, a better friend and a better person, worthy of your Lordship in my life. Amen