

Use your time well during quarantine

March 24, 2020 | [35 comments](#)



Millions of people around the world are being told to stay home because of the coronavirus. It's a form of social quarantine government authorities are counting on to help stop the spread of the disease. As a result, streets are empty, public places quiet, and homes filled with people wondering what to do with themselves in the interim.

If you are one of these people, wonder no more!! There's plenty you can be doing!

Just because your body may be quarantined to a physical location, doesn't mean your thinking needs to go into lockdown mode. There is something very significant you can be doing. You can pray for the salvation of humanity from this most recent plague.

There are no limits on how far a prayer can reach and how many people it can heal.

Telling us how to protect ourselves from a virus and help our neighbor at the same time, Mary Baker Eddy wrote, **“Good thoughts are an impervious armor; clad therewith you are completely shielded from the attacks of error of every sort. And not only yourselves are safe, but all whom your thoughts rest upon are thereby benefited”** (Miscellany, p. 210).

Quarantine can be used very productively for the benefit of the whole world. It's a time to silence fears of the human mind, dissolve false beliefs about disease circulating in the public consciousness, and to treat the public consciousness with spiritual truth.

Our individual prayers make a collective difference. We can change the world for the better from home. We can save lives with our prayers.

I hope and pray you are using your time in quarantine well!!

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