

# Reflecting & Preparing

A GUIDE FOR PROCESSING A PANDEMIC  
*by Angela Jones*



**INSTRUCTIONS:** As things begin to change, I hope that these questions help you to spend time intentionally processing and planning. These questions may be helpful to revisit as different phases bring different feelings and thoughts. The questions are meant to be mulled over and savored, not rushed through to get to the end. The first set of questions is about reflecting. I encourage you to take time with each section. The second set of questions is meant to help you prepare for your next steps. I encourage you to think about each of those questions in terms of your heart, mind, body, and spirit. Most of all, keep in mind that these questions are meant to serve you; they are not a test. I intended them to be a jumping off point for processing and journaling. If they bring up other questions that need answers, follow those rabbit trails. If you'd like to share any of your answers or thoughts, we would love to hear from you: email Fr. David at [david@trinitythomasville.com](mailto:david@trinitythomasville.com) or Angela at [angela@trinitythomasville.com](mailto:angela@trinitythomasville.com).

# Reflecting

*Where have I seen Jesus working in my own life? Where have I seen Jesus working in the life of my family? Where have I seen Jesus working in the world?*

*How has my relationship with Jesus changed? What scriptures has Jesus used to speak to me during this time? What other resources has Jesus used to speak to me during this time? (worship music, sermons, videos, interactions, etc.)*

# Reflecting

*What was my hardest moment of this time of isolation? What has been the best moment of this time of isolation? Who or what did I press into when feeling stressed or anxious? Did that satisfy?*

*What has been the hardest thing I have had to let go of? What has been the easiest thing I have had to let go of? How has my perspective changed regarding what matters most?*

# Preparing

THINK THROUGH IN TERMS OF HEART, MIND, BODY, & SPIRIT

*What patterns have I created that I love?*

*What patterns has my family created that we love?*

*What patterns have I let go of that I DO NOT want to pick back up?*

*What patterns has our family let go of that I DO NOT want to pick back up?*

# Preparing

THINK THROUGH IN TERMS OF HEART, MIND, BODY, & SPIRIT

*What am I longing to do the most when this time of isolation is over?*

*What help do I need to seek to help me process the difficulties of the past few months?*

*What help will my kids need to process the difficulties of the past few months?*

# Preparing

THINK THROUGH IN TERMS OF HEART, MIND, BODY, & SPIRIT

*What have I learned about who God created me to be? What will I do with that information?*

*What have I learned about God's desire for my family? What will I do with that information?*