



Share these questions with your family and friends. Ask them to spend some time reflecting on each one (taking notes if they wish). Spend some time reflecting for yourself, too. Then go back, discuss your reflections and pray with them.

As we come out of lockdown and restrictions ease, how are you feeling: excited, anxious, apprehensive, at last they are letting me out... All of the above?

What are you looking forward to?

What are you not looking forward to?

What is something that you have personally discovered in your discipleship over the past few months?

As we come out of lockdown what are some spiritual disciplines you could adopt to keep you connected to Jesus, and who could you ask to help keep you accountable?

When we ignore or minimise our emotions we are actually turning our back on reality. When we listen to our emotions it brings us into reality. And reality is where we meet God.

