

# ME TIME

Take some quiet time where you can think, journal, or reflect about two or three of these questions:

- When you hear the word "pain," what's the first thing you think or feel?
- What do you like about the way you personally respond to pain? What do you dislike?
- When you were growing up, how did your family respond to pain? How has that shaped the way you respond now?
- What has COVID revealed to you about the way you respond to pain?

Read this short passage of scripture and reflect on it this week:

**James 1:2-5**

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.*

# US TIME

Have a conversation with one or more people you trust. Share reflections from your "Me Time" and ask these two simple questions:

- What might God be saying to me through this conversation?
- What am I going to do about it?

# GO TIME

It's Go Time! What are you going to do this week that's different because of what you've experienced?

# ME TIME

Take some quiet time where you can think, journal, or reflect about two or three of these questions:

- When you hear the word "family," what's the first thing you think or feel?
- What do you like about the way your family functions? What do you dislike?
- When you were growing up, how did your family relate to each other? How do you relate now?
- What has COVID revealed to you about the way you relate to your family?

Read this short passage of scripture and reflect on it this week:

**1 John 4:7-12**

*Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.*

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Take some quiet time where you can think, journal, or reflect about two or three of these questions:

- When you hear the word "friendship," what's the first thing you think or feel?
- What do you like about your friendships? What do you dislike?
- When you were growing up, how did your family engage in friendships? Is this similar to how you engage in friendships today?
- What has COVID revealed to you about your friendships?

Read this short passage of scripture and reflect on it this week:

**Romans 12:9-16**

*Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.*

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# ME TIME

Take some quiet time where you can think, journal, or reflect about two or three of these questions:

- When you hear the word “finance,” what’s the first thing you think or feel?
- What do you like about the way you personally handle finances? What do you dislike?
- How did your family handle finances when you were growing up? Is that similar or different from how you handle them now?
- What has COVID revealed to you about how you handle your finances?

Read this short passage of scripture and reflect on it this week:

**Matthew 6:28-34**

*If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*



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Take some quiet time where you can think, journal, or reflect about two or three of these questions:

- When you hear the word "habits," what's the first thing you think or feel?
- What habits do you have that you really like? What habits don't you like?
- When you were growing up, what habits did your family have? How are your habits today similar or different?
- What has COVID revealed to you about the habits in your life?

Read this short passage of scripture and reflect on it this week:

**1 Cor 9:23-27**

*I do all this for the sake of the gospel, that I may share in its blessings. Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

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