

In a Dry and Weary Land: Spiritual Health in the Wilderness
 Personal Reflection Questions

Your Personal Pandemic Timeline

1. **Please describe your current emotional state** (today, the past few weeks). You could pick a word or two from the table below and explain.

Mood Meter

enraged	panicked	stressed	jittery	shocked	surprised	upbeat	festive	exhilarated	ecstatic
livid	furious	frustrated	tense	stunned	hyper	cheerful	motivated	inspired	elated
fuming	frightened	angry	nervous	restless	energized	lively	enthusiastic	optimistic	excited
anxious	apprehensive	worried	irritated	annoyed	pleased	happy	focused	proud	thrilled
repulsed	troubled	concerned	uneasy	peevied	pleasant	joyful	hopeful	playful	blissful
UNPLEASANT					PLEASANT				
disgusted	glum	disappointed	down	apathetic	at ease	easy going	content	loving	fulfilled
pessimistic	morose	discouraged	sad	bored	calm	secure	satisfied	grateful	touched
alienated	miserable	lonely	disheartened	tired	relaxed	chill	restful	blessed	balanced
despondent	depressed	sullen	exhausted	fatigued	mellow	thoughtful	peaceful	comfy	carefree
despair	hopeless	desolate	spent	drained	sleepy	complacent	tranquil	cozy	serene

2. **Write or sketch out a “personal pandemic timeline,”** incorporating events between **March 2020 and today.** Examples to get you started could include:

- March 2020
- remote schooling
- sickness
- periods of quarantine
- when you and your family got vaccinated
- the start of each academic year
- Delta variant
- Omicron variant
- racial/political tensions
- personal losses
- personal changes
- other stressful periods

3. **Look back over your timeline. What trends do you notice? What changes have you noticed in your emotional life between now and prior to the start of the pandemic? What changes have occurred at different points along the way?**

Loving God and Neighbor

1. **Where do you see God in your timeline? What do you think God thinks about you and the difficulties you have experienced over your pandemic timeline?**

2. **Where do you see God's faithfulness at various points along your timeline? And/or where do you feel disappointed, having hoped his faithfulness would look a particular way?**

3. **How would you describe the strength of your relationship with God currently?**

4. **How would you describe your relationships with others?** (starting with those with whom you have the most contact) Where is there tension, conflict, hurt, unhealthy patterns?
 - People you live with - Spouse, children
 - People you live with - Roommate(s)
 - Adult children (children who don't live with you)
 - Co-workers
 - Neighbors
 - Extended family

Taking a Deeper Dive with the Help of FWPSM

Please describe the role each of these currently play in your life. Honestly assess where you have strength and weakness as each relates to your relationship with Jesus.

1. **Fellowship**
 - Do you have weekly Sunday interactions with the Body of Christ?
 - Are there other points in the week where you connect with other believers?
 - Do you have a few close Christian friends who are walking through life with you?
2. **Word**
3. **Prayer**
4. **Sacraments**
5. **Mission**
 - Body of Christ
 - Outreach