

## Coffee Talk #03 Highs & Lows of Surviving a Pandemic

### **TAKE 3:**

What's the weirdest thing you've ever lost or found? Have you ever lost anything of value? What did that feel like? How did you respond? Did you ever find it?

"Moo-ving" on, have you ever been chased by a cow?

### **THE SETUP:**

It's hard to believe it's been a year. Reflect for a moment about the randomness of living through a pandemic: sanitizing groceries, the toilet paper shortage, etc. What else comes to mind?

What books did you read? What shows did you binge? How else did you pass the time? Did you take up any new hobbies during the pandemic? If so, have you stuck with it?

### **6 MINUTES WITH...**

Share a few highs and lows from this past year. How did you grow? What did you learn? How did you uniquely stay connected with friends and family?

What was the biggest challenge of living through this pandemic?

What did you miss the most? How did missing those things affect you and others?

How did your relationships suffer? How were they strengthened during the pandemic?

Do you see a correlation between the isolation of this pandemic and mental health struggles (stress, anxiety, depression, etc.)?

How have your priorities changed because of this pandemic?

What role does gratitude and thankfulness play in overcoming the struggles of this pandemic?

What gives you hope right now?

***"Hope is being able to see that there is light despite all of the darkness."***

## Coffee Talk Sheet

### **LET'S TALK ABOUT FAITH**

#### **Read Philippians 4:4-9**

*4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

How does this verse give you comfort in times of trouble?

What is the connection between grief and love?

#### **Read Psalm 9:9**

***What is grief, but love persevering.***

What are some steps you could take to help you and others cope with various levels of grief brought on by this pandemic?

### **ZOOM TALK**

In your opinion, does it seem like this past year has flown by or has it slugged along at a snails pace?

How does hearing the stories of others who have persevered this pandemic encourage and inspire you? How does knowing you are not alone comfort you in times of trouble?

### **TWO CHALLENGES**

Reflect upon the highs and lows of surviving this pandemic. List one each. Mediate on how you grew from those experiences.

Prioritize your relationships. Reach out to someone you've lost contact with over the past year.