



How am I staying connected? (list as many ways as you can think of for how you are staying connected during this crisis)

Practice 1: God is not calling us to judge – He is calling us to practice thankfulness and appreciation.

Who do I know (that I might not have thought of) that might be wondering if anyone even notices they are afraid, anxious, isolated, or alone? How will I reach out to them?

Practice 2: One way to avoid taking on garments of criticism is to practice celebrating and being joyful regardless of circumstances.

How am I caring for my neighbors by fully participating in sanitation measures and social distancing? What are some others actions I can take to show that I care for my neighbors?

Practice 3: This week, make it a practice to look for examples of how people are rising above the territoriality of everyday life for the good of humanity?

What has someone done for me/my family during this time that has touched me/us in a special way? How can I celebrate with them?