

Re:Emerging from Shelter in Place / 2020

	Column 1	Column 2	Column 3	Column 4	Column 5	Column 6
Sphere	Pre-COVID (1-5)	Word/Phrase as to Why	Present (1-5)	Word/Phrase as to Why	Exploring the Delta/ Difference	What is the "take away"?
Physical						
Emotional						
Spiritual						
Relational						
Spousal						
Parental						
Financial						
Career						
Service						

Questions for an Individual or Facilitator of a Cohort or Community Group:

The exercise should take 75 to 90 minutes.

- How would you rate yourself in each of these “spheres,” 1 being “terrible,” and 5 being “exceptional.” Rate yourself Pre-COVID and Presently (columns 1 and 3)?
- In column 2, write a word or phrase that describes what is underneath your “score”?
- In column 4, write a word or phrase that describes what is underneath your “score”?
- EXPLORE COLUMNS 2 AND 4 IN CONVERSATION WITH THE GROUP (*make space for vulnerability*)
- In column 5, take a moment to explore the *delta* between these two numbers. What circumstances, practices, habits, relationships, etc. have informed the *difference* between these two numbers?
- EXPLORE COLUMN 5 IN CONVERSATION WITH THE GROUP (*make space for vulnerability*)

- After half an hour or so in conversation, have each person fill in Column 6. Here are some suggested prompts:
 - What habits or practices should be brought into the next season of your life?
 - What habits or practices need to be addressed then prayerfully and carefully dropped?
 - Some people might assume that we have more agency (“control”) than we think we have, and others may feel that we have less agency (“control”) than we think we have. Are there circumstances, relationships, habits, patterns, etc. that you might actually have agency in/over and how might you press in (e.g. asking a boss if you can spend more time working from home)? On the other hand, are there circumstances, relationships, habits, patterns, etc. that you might actually have less agency in/over and how might you embrace that reality (e.g. how your kids spend their time when they are back in school)?

- EXPLORE COLUMN 6 IN CONVERSATION WITH THE GROUP (*make space for vulnerability*).
- SPEND SOME TIME PRAYING FOR ONE ANOTHER.