

Church and me: conversations about lifting lockdown

Is the church building going to open up again soon – am I ready for this?

Many feel they cannot return yet, others are straining at the leash. What emotions and practical considerations are running through your head? Let's take time to reflect and listen to our fears as well as our dreams.

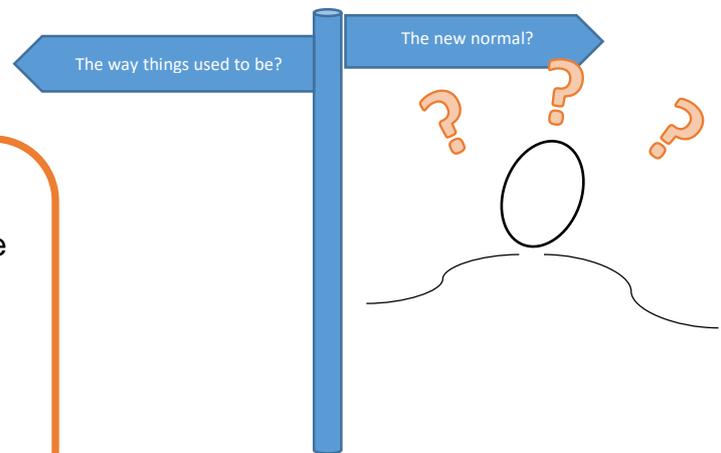
In a small group or with a friend or by yourself, ponder on these bite size conversation starters.

- What are you looking forward to?
- What activities are your priority in the coming days?
- Who do you really want to see again?
- What have you missed whilst the church building has been closed?

- How are you feeling as the possibility of attending church activities in the building is on the horizon? Here are some suggestions

Anxious	Afraid	Excited
Confused	Bored	Grief stricken
Traumatised	Lonely	Unsupported
Supported	Loved	Close to God
Guilty		

- What reassurance do **you** need to feel that it is safe to go back?
- Do you need to talk about how you are feeling with others?
- What small steps could you take to work through how you are feeling?



- Are you by nature an introvert or an extrovert?
- How has it felt to be you during lockdown?
- Are you as confident as you were before?
- How can you build up your confidence if you need to – and who can help?
- What can you do to safely re-build the habit of going out?

- How busy were you before lockdown began?
- How did it feel to have to stop all you were doing?
- Do you still feel that way or have your feelings changed?
- Have you benefited from time to do less and reflect more?
- How has your sense of what God wants of you changed during this time?
- Is there anything you would like to do differently now?
- Are you wondering if God is calling you to something new?
- What would a healthy balance between doing and being look like for you?

- What or who have you been able to give thanks for during lockdown?
- Have you been able to contribute to others in a way that has brought you pleasure?
- Are there habits that have made life better that you don't want to lose?
- Have you fallen into any habits that are not so healthy in the long term?
- Which parts of the 'new' you do you want to encourage, and which parts can be left behind?

- How easy has it been to practise, reflect on or explore your Christian faith during lockdown?
- Have you a sense of God in your life and/or our world at this time?
- How has your attendance at Sunday worship and other activities helped you to sustain your faith during lockdown?
- Do you feel inspired to develop a greater confidence in prayer, biblical reflection and worship?
- Have you found new ways to serve?
- What opportunities have you had to share your experience of Jesus with others?

- Has the internet been a blessing to you in the months since lockdown?
- If so, what has been the best of your on-line experience?
- What would you like to continue online as part of your church life?
- Is there something new you would like to take the initiative on?

This piece of work was produced by the Spirituality of the third and fourth age Community of Practice hosted by the North West and Mann region of the Learning Network. For further information email Alison Ball at balla@methodistschurch.org.uk