

RETHINK NORMAL

—Recovering from Crisis—

Nehemiah 7:4-6

Rediscover the Power of Who & Togetherness — We need each other to survive!

May 13

Quote

~People are God's way of taking care of us

I. How has my social life been different due to isolation/quarantine during the crisis?

II. What relationships suffered during this crisis?

III. How will I mend and/or revive those relationships? What deep questions expedite the reunion(s)?

IV. Who can I best support as they recover/transition?

V. How can I best support them as they recover/transition?

VI. Who do I know that they need to know?

VII. Who can best support me as I recover/transition?

VIII. How can they best support me as I recover/transition?

IX. Who do they know that I need to know?

X. How can we be more deliberate about communicating our emotions?

Additional Notes: _____
