



Do Not Worry

1. What would you say are your three favourite songs of all time, & why?
2. What ways would you say your mindset to the pandemic has changed, if at all, over recent months?

In what ways would you say God has been involved in shaping your mindset?

Which emotional state do you most readily identify with at the moment - Denial, Anger, Bargaining, Depression, Acceptance?

3. What are the main things you tend to worry about?
How does your faith impact the way you handle these worries?
What practical steps would help you in dealing with the things you worry about most?
4. Leaving aside what we can't do in these present times, what things can we do (either for the first time or do more of) which will help us to live a fulfilled life?