

# 30 Days of Social Distancing Journal Prompts

What is the Coronavirus climate where I am today?

What in my life has changed because of the global pandemic?

What things am I sad about?

What things am I glad about?

What things am I afraid of?

Has anything brought me comfort during this time?

Who am I praying for?

What were the toughest decisions I've had to make?

What has surprised me?

What do I wish people understood?

What do I feel guilt about?

What am I doing to take care of myself?

What am I doing to take care of others?

What are the biggest needs I see around me?

What are the funniest things I have seen during this time?

What Scriptures do I see differently because of this experience?

What do I miss the most about how life used to be?

What am I planning for when things are different?

What is God saying to me during this time?

What have been my best ideas during this time?

Who needs encouragement during this time?

Does this experience remind me of anything? (Whether from my life? history?)

What good things have I seen happening?

Do I want anything in my life to look differently when things have changed?

What have I learned about myself during this time?

What have I learned about those who are close to me during this time?

What have I been reading, watching, creating?

What is true about today?

What is the most encouraging story, sermon, advice I have heard this month?

How does God want to make me more like him during this time?