



Group Reflection: *Looking back and looking forward*

As we head into the fall season after a particularly difficult year it's helpful to take time to reflect on where we have been and on where we are going.

Looking back at this year what have you learned about God, yourself and your community? How might this pandemic experience shape how you live going forward?

Suggested way to lead this session:

- a) Give your group members the opportunity to reflect on and to answer these questions on their own. You could invite people to do this in the week before you meet, or you might put aside some time during the meeting for people to reflect.
- b) Invite people to share with the group their answers to a few of these questions as they feel comfortable.
- c) Take some time to pray for each other out of your sharing.

Reflection Questions:

Looking back

1. How do you feel about heading into the fall after this pandemic year? How might you sum this up in one word?
2. What did you like about the way your life changed over this year?
3. What was the hardest part of this past year for you?
4. What did you learn about yourself? Your family? Your community? About God?

Looking forward

5. What are you most looking forward to in this coming year?
6. What is the most important thing that you learned this year that you would like to remember going forward? What might help you to remember this?
7. How might you like to choose to live differently this year than you did before the pandemic because of what you learned about God, yourself or your community?