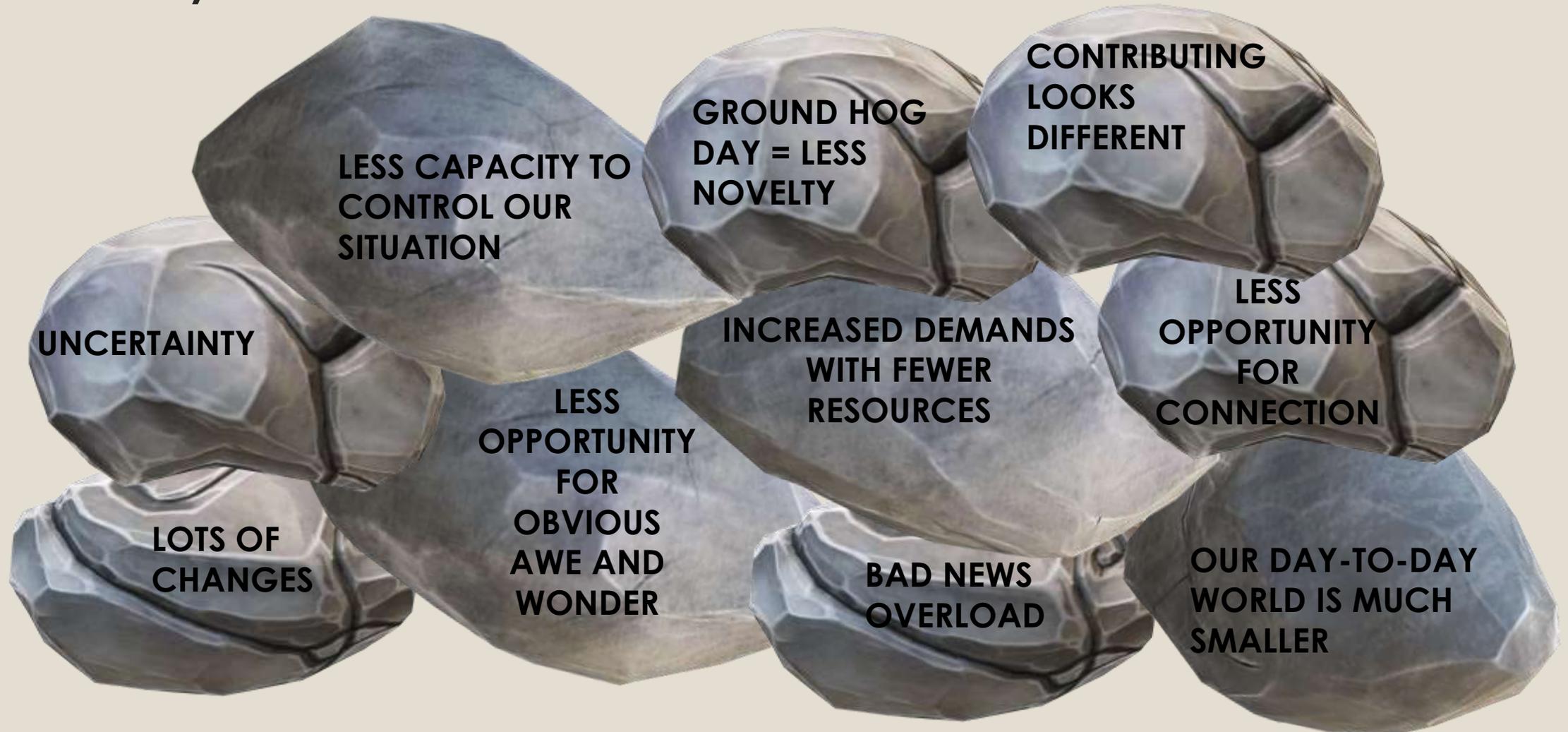




# FINDING CALM IN THE CHAOS

PBC WOMEN

# Why does lockdown affect us so much?



# KNOWING YOURSELF

- What gets me down the most about COVID/lockdown?
- What makes me most anxious about COVID/lockdown?
- What am I missing most about pre-COVID life?
- What usually gives me energy?
- What usually gives me a sense of rest and restoration?
- What makes me feel like I am drawing breath?
- Am I an introvert or extrovert?
- What other parts of my personality are worth considering?

# KNOWING GOD

- What characteristics of God are important for you to cling to right now?
- What names of God hold significance for you?
- What promises of God do you need to hide in your heart?



# Using your senses

- To ground you
- To help experience God's word a new way



# Meditating on God's word using our senses

Psalm 23

Parting of the Red Sea, Exodus 14:19-31

# Increasing awe and wonder

- Awe: an overwhelming feeling of reverence, fear, and admiration produced by that which is grand, vast, or powerful
- Wonder: being astonished with a sense of questioning and a broadening of your sense of the world
- Awe and wonder has been found to:
  - Increase a sense of connectedness
  - Increase critical thinking
  - Reduce anxiety
  - Improve mood
  - Promote humility

**We have the huge advantage of knowing God – the creator of awe and wonder! 😊**

# Increasing awe and wonder

- Slow down and actively look for opportunities for wonder
- Review photos you have taken of places, sunrises/sunsets etc
- Do some research about something that fascinates you eg. A destination, the human eye, how many species of insects there are and their role in the eco-system, space, your favourite animal. Be amazed by what you learn!
- Listen to an amazing piece of music, go for a virtual tour in an art gallery
- Read a biography of someone inspiring
- Have child-like faith

# Awe and wonder conversations

We are going to break up into groups of 3, and each share something that fills you with awe and wonder.



# Opportunities for novelty

- What is something you could try that is a bit different?
- How can you bring novelty into your day-to-day?
- How can you bring novelty into your relationship with God?

# Creative contributing/ministry

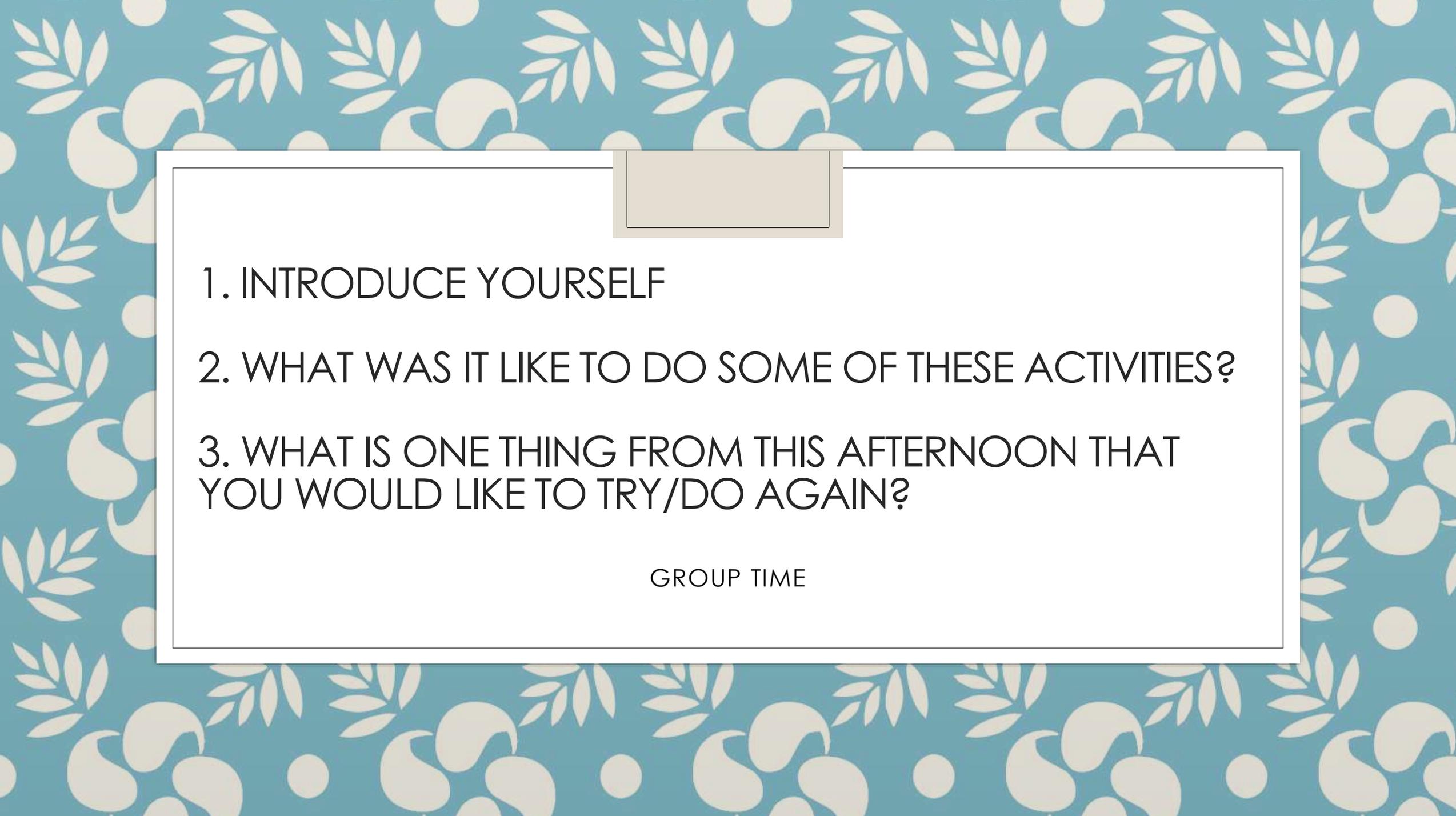
- How would I normally contribute/minister to others?
- How can I still do this while meeting lockdown regulations?

**PRAY** ENCOURAGE **ADVOCATE** Send/drop off something  
**MEET A PRACTICAL NEED** PHONE SOMEONE *Tutor online*  
ORGANISE A ZOOM CATCH UP **DONATE** Run an online class  
**SHARE RESOURCES** RANDOM ACTS OF KINDNESS **MAKE SOMEONE**  
**LAUGH**  
MAKE SOMETHING FOR SOMEONE ***SHARE YOUR STORY***

# Managing feelings of being overwhelmed

- Balancing rest and achievement/satisfaction
- Visualisation:
  - giving things to God
  - Hiding in Him
    - Psalm 62:1-2, 5-8





1. INTRODUCE YOURSELF

2. WHAT WAS IT LIKE TO DO SOME OF THESE ACTIVITIES?

3. WHAT IS ONE THING FROM THIS AFTERNOON THAT YOU WOULD LIKE TO TRY/DO AGAIN?

GROUP TIME