



## **Questions to support young people to process**

1. What has been difficult for you in the past year? How have you managed with that? Facing those difficult things, have you run to God in prayer or worship?
2. What has been good over the past year?
3. Has there been worship songs which have helped you sit with emotions?
4. David in the Psalms declares the difficulties he is experiencing, but most often finishes with praise and declaring who God is. Has this felt possible for you?
5. What are you looking forward to as things resume?
6. What are you anxious about as things change?
7. Where have you seen God work in your life or around you?
8. What word would characterise your faith in the past year?
9. What colour would characterise your time with God and discipleship in the past year?
10. What were the Bible passages you looked at most during lockdown and why?
11. If you could go through the past year again, what would you do differently/same?
12. What do you think God has been teaching you about himself?
13. What have you learnt about yourself in the past year?
14. What new things did you try that you'd like to keep doing?
15. When did God surprise you?
16. If you could change your name - in light of the last year, what would you change it to and why?
17. What are you mourning the loss of most?
18. What has been surprising (in a good way)?
19. What are some of the practices/experiences you want to keep?
20. Did you start a new habit in lockdown?
21. What is something you didn't miss over lockdown that has surprised you?
22. What is something that you did miss in lockdown that surprises you?
23. What are some of the things you have realised that you don't need?
24. What have you survived this year that makes you proud?
25. What have you achieved this year that makes you proud?



### **Questions to support young people to process**

26. What would you say to your younger self in early March 2020?
27. What small things have you been grateful for that you didn't always notice before lockdown?
28. What viral trend has made you laugh most this year?
29. Which family member have you missed the most?
30. What have you noticed in your friends that has encouraged you?
31. How did you celebrate your lockdown birthday?
32. If you could change one thing about the world today, what would it be and why?
33. How have you supported or cared for others in lockdown?
34. Did someone do something kind for you during lockdown?
35. Has Covid-19 made you more or less sure that God exists?
36. What healthy coping mechanisms have you used in lockdown?
37. What is on your post-Covid bucket list?
38. When have you felt peaceful recently?
39. What have you valued most in lockdown?
40. Name one thing that has broken your heart this year.
41. If you could ask for help with anything as we reconnect, what would it be?
42. Have you prayed this year? If so, what happened?
43. In the middle of this tough situation, can you believe in a loving God?
44. Who has made a positive impact on your life this year?
45. What was the best show you watched in lockdown?
46. How have you been able to use your gifts in lockdown?
47. What has felt unfair in the past year?
48. How has lockdown particularly affected you and your friends?
49. How did it feel being back in school?

by Christina Baillie, Diocesan Youth Officer for Connor Diocese