

# A Pandemic Examen

*Use these questions to think about how you are coping during the pandemic and what you might want to share during our conversation. You don't need to respond to every question. Choose the ones which seem most important, helpful or urgent to you today.*

## Overview

- \_\_ How do I feel today... content or uneasy?
- \_\_ How does that change from day to day during this pandemic time.

## Events

- \_\_ What do I find most challenging under the current pandemic conditions?
- \_\_ Do I find anything enlightening, enriching, or liberating under the pandemic conditions?

## Feelings

- \_\_ What makes me feel angry ... sad ... resentful ...guilty ... grateful ... proud... joyful ... content?
- \_\_ What am I excited about ... worried about ... afraid of ... looking forward to ... not looking forward to?

(over)

## God's Presence

- \_\_ In what way(s) have I been surprised or disturbed by God's presence, love and compassion during these days?
- \_\_ Where do I encounter Jesus these days? Where did I see a need for Jesus' presence?
- \_\_ When or how am I challenged, affirmed or enlightened by my experience of Church during these days?

## Prayer

- \_\_ How have I been touched by prayer these days?
- \_\_ What insights, concerns or challenges have emerged from my prayer?
- \_\_ Do I find it easier or harder to pray these days? Why?

## Needs and Concerns

- \_\_ What needs or concerns do I have today?
- \_\_ Who or what might help me with them?

## Resolution

- \_\_ What do I hear God calling me to be or do?
- \_\_ What decisions do I need to make?
- \_\_ What changes do I want to make?
- \_\_ What changes am I prepared to make?
- \_\_ What are my immediate goals?
- \_\_ What are my long-range goals?