



# Lessons from Lockdown

## TIME TO REFLECT:

*Week 1 - Peaceful Proactivity*

**Read our Philippians passage for the week:**

- PHILIPPIANS 1

- 1 Throughout lockdown, have you been more prone naturally to falling into the 'ditch' of panic, characterised by fear and anxiety, or passivity, characterised by lethargy and apathy?

.....

.....

.....

- 2 Think about your life right now and write two lists to help you cultivate an attitude of peaceful proactivity:

### THINGS I CAN'T CONTROL

.....

.....

.....

.....

.....

.....

.....

.....

.....

### THINGS I CAN CONTROL

.....

.....

.....

.....

.....

.....

.....

.....

.....

**3** How can you practically adopt an attitude of peaceful proactivity towards everything on your lists this week? What actions are you going to take relating to the things you can control?

.....

.....

.....

.....

.....

 **PRAY**

*Take a moment to invite God to fill you with His peace. Release to Him the things you've been holding on to that you can't control and ask for His energy to fill you so you can be proactive in the things you can control.*

