



Quarantine Reflection

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6 NLT

Things that are causing me anxiety:

1. _____
2. _____
3. _____

What I am grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

Plans that I was excited for but were canceled because of quarantine:

1. _____
2. _____
3. _____



Opportunities that are coming out of quarantine:

1. _____
2. _____
3. _____
4. _____
5. _____

Questions I have for God in this time:

1. _____
2. _____
3. _____

Promises God has made to His people (look up scriptures!):

1. _____
2. _____
3. _____
4. _____
5. _____

Prayer requests for others or myself (pray through them!): _____

And if we know that He hears us—whatever we ask—we know that we have what we asked of Him.

1 John 5:15 NIV