

COVID Capsule

“Being confident of this, he who began a good work in you will carry it onto completion until the day of Christ Jesus.” Phil: 1:5-6

“May God in His mercy lead us through these times; but above all, may He lead us to Himself.” Dietrich Bonhoeffer

I believe we have been learning significant lessons during the COVID-19 outbreak. One is that we never really know what the future holds. The big work for this journaling exercise: what will I have learned when I look back a year from now?

Purpose of the COVID Capsule

The gift of inner reflection is a skill we are losing in our culture. We must PRACTICE IT. We are typically too focused on productivity, too fast-moving and our lives are overcrowded with noise and busyness. Let’s use this unprecedented event in our life to dig out some truth that we can take with us after this social isolation is over.

Instructions

This is a time capsule of sorts for you to hear from yourself a year from about what you are experiencing now. For this “capsule”, either write a journal entry or record a video/voice recording using the prompts below. Speak to the “future you.” This event has been incredibly disruptive and fear-inducing; we don’t want to miss the time of reflection that could come from it.

When completed

Find some way to remind yourself this video or journal exists! Either set a reminder in your calendar for the future date and attach the document or video, or find some other way to save it so you can see it or read it a year from now.

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Today’s date: \_\_\_\_\_, 2020      Date of retrieval: \_\_\_\_\_, 2021

Hello (insert your name \_\_\_\_\_)!

Hey future me!!! I wanted to remind you of some of the challenges you faced during the COVID-19 outbreak. Some of the hardest parts were:

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COVID-19 triggered many emotions for me. Here are some of the emotions and the situations involved. (ex: I felt sad when\_\_\_\_. I felt fearful when \_\_\_\_\_, I felt disappointed when\_\_\_\_\_, etc) \_\_\_\_\_

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Some of the new practices I have implemented during the COVID outbreak I hope I will be doing when I read this/open this are:

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Our entire culture had to sacrifice to stop the spread of the virus. Some of the beauty I have seen in the world due to this is: \_\_\_\_\_

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Here are some of the new and healthy practices I implemented to keep my soul healthy during COVID-19:

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There were some people/routines/relationships/things I took for granted before COVID and I want to remember how important these things are in my life:

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One of the most important lessons God taught me about myself during the COVID-19 outbreak is: \_\_\_\_\_

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Finally (insert name \_\_\_\_\_): I really hope and pray above all, you know and remember \_\_\_\_\_

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