

## Reflection Questions for Difficult Times

Where do I find joy right now?

What is this situation calling forth in me?

What is my soul learning right now?

Whom do I feel called to walk with in these difficult times?

What, if anything, am I sensing about my particular contribution in these times?

What is the work, the task that is right now? What needs to be attended to now?

What do I know about the particular ways I find and express strength in challenge?

How have I done that in the past?

What knowledge or skills reside in my lineage, that I can draw upon right now?

What would it look like to be loving to myself in this situation?

What would it look like to be loving to others in this situation?

How can this experience draw me closer to understanding and wisdom?

God/Life/Love, what do you want me to remember in this situation?\*

God/Life/Love, what does it look like to walk with you in this situation?\*

*\* I use God language in some of these questions. Please feel free to use it if it's useful or resonant for you, or replace with your own term for the vast creative force of Life, if it's not.*