

Sunday School May 3<sup>rd</sup>

Podcast: [The Happiness Lab: Checking in with Susan David](#) (Date: April 6, 2020)

Podcast Reflections to consider:

- What new conversations have you entered in to your relationships in this time?
- Raw emotions are at the forefront of our being. What emotions are you experiencing and how are you navigating your emotions?
- We believe in a God of abundance. Some of our natural behavior in this time is out of fear of scarcity. How do you hold this behavior and belief together?
- Ways to care for ourselves:
  - Self Compassion: Notice How we Feel
  - Ground ourselves in Courage – The speaker offers that courage is not the absence of fear. She states “courage is fear walking.” What is our definition of courage? How does our faith teach us to have courage?
  - Define our values. What are our values and how do our values call us to action?
  - Name our fears.
- We are invited to consider: even in the midst of chaos we are called to be. Who are we called to be in this time? Who is God calling us to be?

Podcast on Deck for May 10th: [NPR TED Radio Hour: Meditations on Loneliness](#) (April 24, 2020)