

The Concurrently Companion



Episode 20: COVID-19, summer break, and restorative practices

Topic Introduction

The WHO announces an official end to the public health emergency on the global scale. Let's take time for careful reflection about what we experienced, learned, lost and for setting intention for where we go from here.

Discussion

To help you in looking back, the discussion included the following questions:

- » When the pandemic was officially announced, how old were your kids?
- » Where were they in school?
- » What grades were they in, if they were in school?
- » What were the biggest challenges you faced that year?
- » What losses? Or what loss did you experience?
- » What measures did you take to try to mitigate those challenges and losses?
- » What worked? What didn't? Why?
- » What are the joys that surprised you, the blessings that the Lord met you with in that season?

As you prepare for a conversation like ours, consider and notice:

- » Grief is a long process deserving of tender consideration: Make time for processing.
- » The conversation needs structure. Use the questions to lead you: As you reflect on the difficult, consider also the joys, creativity, resourcefulness of the season.
- » The good of all that you learned and all the ways you and your family grew.
- » Our Father is good. Turn to Him with thankfulness as well as supplication (Philippians 4:4-9) as you process the past and set intentions for the future.

Moving Forward

- » How does what you know now shape what you plan to do next?
- » Notice the way the world around us is "counting the cost." What we might affirm or challenge through a biblical perspective? What might it look like for us to live out a godly (salt and light) response in the world?
- » What might it look like for you to "go out, enjoy" this summer with an open hand, an "agenda-free" posture? What restorative practices do you need in your family life?
- » How does knowing the Father give us hope and peace? For our children, how do we cultivate hope and peace through rest and play among life's rhythms?
- » How can we share that hope and peace with and model play, delight, and rest for others?
- » How and where can we enter into the Lord's restorative work in the area of learning, development, rest, growth, reflective intention in our world?

Questions from the Episode

How does this discussion in particular influence your plans for the summer? How does it encourage or challenge you? Personally, I can lean way too much into structure, and I need to ask myself: Where can I make more room for play? For rest, for exploring, for joy? For renewal? How will I lean into that curiosity that we talked about? And how will you lean into that, looking for the Father's hand instead of applying our own hands so heavily that we squash the potential from the next few months?

We are made for these rhythms that we've talked about before, of work, of rest, of play. How can you engage these rhythms? And how can you stoke the curiosity in your children with the same joy and with hope?

Scriptural Anchors/Provision

Hebrews 4:9-11:

So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest.

Joel 2:25-26:

I will restore to you the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you. And my people shall never again be put to shame.

From 2 Timothy 3:17:

He has equipped you for the work.

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