



Debriefing 2020

Looking for God's loving-care and guidance in challenging seasons.

| Cleansing
| Healing
| Transforming



Spring Cleaning - Covid Year Debriefing

As we mark the Spring Equinox and a full year since Covid was declared a state of emergency, take time to debrief 2020 and its impact on key domains of your life. A few guidelines:

- ☞ **Pray before each writing.** Use the prayer I've provided or use your own words.
- ☞ **Be honest.** Be as honest with yourself and God as possible.
- ☞ **Don't judge** your thoughts, feelings or actions. Just put them to paper.
- ☞ **Don't rush.** Take the time you need to answer each question fully.
- ☞ **Don't overthink it.** Write from your heart, not your head.

I hope this process will bless you and give you a renewed sense of God's power, love and work in your life.

Grace, peace, joy & love,

Prayer

God:

Thank you that you love me unconditionally and are uniquely able to use even the most difficult challenges for good if I bring them to you.

Please help me to see with your eyes what you have, are and will accomplish through this extraordinary year and the time to come.

Please align my will with yours so I can enjoy the healing, peace, joy, love and grace you promise.

Amen.

Notes:



Spring Cleaning - Covid Year Debriefing

Date: _____

1. **Then & Now.** For each domain, briefly summarize where you were this time last year and where you are today.

Domain	March 2021	Today
Marriage/Relationship		
Kids		
Family & Friends		
Work/Finances		
Service to Others		
Physical Health		
Spiritual/Emotional Health		
Other		



Spring Cleaning - Covid Year Debriefing

Date: _____

2. **Gains & Losses.** For each domain, list 3 things you feel you've gained and lost over the past year.

Domain	Gained	Lost
Marriage/Relationship		
Kids		
Family & Friends		
Work/Finances		
Service to Others		
Physical Health		
Spiritual/Emotional Health		
Other		



Spring Cleaning - Covid Year Debriefing

Date: _____

3. For each domain, list 3 things you've learned over the past year.

Domain	I've learned
Marriage/Relationship	
Kids	
Family & Friends	
Work/Finances	
Service to Others	
Physical Health	
Spiritual/Emotional Health	
Other	



Spring Cleaning - Covid Year Debriefing

Date: _____

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7 (NLT)

4. For each domain, note any current fears or anxiety. In the second column, write a brief prayer asking God to remove each by name.

Domain	I am anxious about...	Thanks & Prayer
Marriage/Relationship		
Kids		
Family & Friends		
Work/Finances		
Service to Others		
Physical Health		
Spiritual/Emotional Health		
Other		



Spring Cleaning - Covid Year Debriefing

5. For each domain, write about a prompt you've felt or ask God for direction in any action to take for healing or moving forward. Tune in to listen for gentle direction. This could be a conversation, a change, an apology, a decision, a commitment, a letting go, etc. Ask God to guide and equip you to take the action at the right time.

Domain	Action
Marriage/Relationship	
Kids	
Family & Friends	
Work/Finances	
Service to Others	
Physical Health	
Spiritual/Emotional Health	
Other	



Spring Cleaning - Covid Year Debriefing

Date: _____

And we know that God causes everything to work together^{for the good} for the good of those who love God and are called according to his purpose for them. Romans 8:28 (NLT)

6. Read Romans 8:28 aloud. Ask God to show you how He has, is or will use this Covid year for good.

Domain	I am anxious about...	Prayer
Marriage/Relationship		
Kids		
Family & Friends		
Work/Finances		
Service to Others		
Physical Health		
Spiritual/Emotional Health		
Other		



Spring Cleaning - Covid Year Debriefing

Date: _____

7. For each domain, list 3 hopes you have for the future. Give each one to God.

Domain	I hope that...
Marriage/Relationship	
Kids	
Family & Friends	
Work/Finances	
Service to Others	
Physical Health	
Spiritual/Emotional Health	
Other	



Spring Cleaning - Covid Year Debriefing

But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.” John 4:14 (NLT)

Closing Prayer

Dear God:

Thank You for guiding me through this process. Thank You for being an unwavering and unconditionally loving constant in whom I can be secure, even as life remains uncertain.

While I bring all my hurts and hopes to You, I ask that You anchor my healing, hope, peace and joy in You above all. Whatever happens, please help me have a deep sense of your loving care and guiding presence in my life and those I love. Amen.

Hungry for More? Order [Embracing Life](#) for a deeper dive into the topic of God’s work through the unexpected.

Notes:

