



When the road changed

My experiences during
Covid-19

By:

According to Merriam Webster Dictionary, Covid-19 is: a mild to severe respiratory illness that is caused by a [coronavirus](#) (*Severe acute respiratory syndrome coronavirus 2* of the genus *Betacoronavirus*), is transmitted chiefly by contact with infectious material (such as respiratory droplets) or with objects or surfaces contaminated by the causative virus, and is characterized especially by fever, cough, and shortness of breath and may progress to pneumonia and respiratory failure.

This disease became a global pandemic: Shutting down businesses, causing people to shelter in their homes, forcing people to worship in different ways, putting a halt to travel plans, etc. Yet, it impacted each person differently.

As Christians who appreciate travel – it is our time to document and share our story from our experience. It is our time to highlight some of the things we learned and the ways we have seen God when those around us have felt lost and alone.

In the following pages are prayers and word prompts to help you document some of the changes that you have witnessed in your local area, in your travels, and around the world. We pray that this may lead you to share your story and shed God's light in a world that may not be able to see God's hand in these circumstances!

God Bless & Safe Travels,
Christian Travelers' Network



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Previous to Coronavirus

Dear God,
I make plans, but You change them.
I make plans, but Yours are better.
I make plans because I want to control the future.
I make plans because I want to use the gifts you give me.
Sometimes I wonder if I would rather know the outcome
of my plans or trust the outcome of Your plans.
Take my plans and make them better.
Amen.

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. (Jeremiah 29:11 NIV)

Reflect on what you anticipated 2020 to look like. What were you aspiring to do? What was on the calendar? How were you spending your day? What travels did you have lined up? What did your faith life look like? Before you can begin to explain what impact Covid-19 made on your life, you must be able to express where things started.

Some of the things I was working on were:

Some of the things I was praying for:

My anticipated goals/dreams were to:

My travel plans included:

Beginning Awareness of Coronavirus

Dear God,
It is impacting others, but would it ever impact me?
Is it just social media hype, or is it truly this deadly?
They know so little about it. But You know it all.
What can I believe? What can I trust?
Amen.

*Do not put your trust in princes, in human beings, who cannot save.
When their spirit departs, they return to the ground; on that very day their plans come to nothing. Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God. (Psalm 146:3-5 NIV)*

Reflect on your initial reaction when you heard about this disease. Did you think it would impact you? Did you think it was social media hype? How close did you think it would hit to home? Did you think it would impact how people lived their lives?

When I first heard about Covid-19, my reaction was:

The first impacts I heard/saw it make on others was:

Some things I prayed about was:

Other reactions:

Coronavirus Personal Impacts Begin

Dear God,

What is happening? There are numbers. So many numbers. Numbers of deaths, numbers of sick, numbers in other countries, numbers where I planned to go, and numbers at home. My home. They're talking about shutting things down. They're talking, but that couldn't really happen could it? You wouldn't let that happen. Would You?

Amen.

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7
ESV)*

Reflect on the first things impacted by coronavirus. Was it in your community/nation? Was it your employment? Your social life? Etc. When it began to make a personal impact on your life, your perspective of it likely changed. Document the emotions and thoughts you experienced at this time.

The first things that changed in my life was:

How long I thought it would impact my life was:

I saw God/ anticipated Him to be evident in this situation by:

My prayers at this time were:

Other reactions:

Ongoing Coronavirus Impacts

Dear God,

Everything has changed. The way that we do life has changed. It has become a normal abnormal. But not without consequence. Mentally, physically, emotionally, economically, etc. But it's all in the name of the betterment of others health. Some support it. Others oppose it. But You are watching over us. You aren't abandoning us. There is hope here. They just don't know where to look yet.

Amen.

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" (Psalm 46:10)

Reflect on what life was like at the peak of the restrictions in your area. You may still be in that situation or you may be moving past it, but as you reflect acknowledge the joys and struggles that came along with it.

At the peak of restrictions, my life looked different in the following ways:

My emotional/physical/mental health was impacted/cared for in the following ways:

My travel plans were changed by:

My faith life was changed by:

How long I thought it would impact my life was:

I saw God/ anticipated Him to be evident in this situation by:

My prayers at this time were:

Other reactions:

Coronavirus Restrictions Subsiding

Dear God,

They are removing the restrictions. But do I trust the freedom? Was the comfort in the rules? They are removing the restrictions. I love the taste of freedom! Was this a pointless season? They are removing the restrictions, but only You can tear down the walls that we have built around ourselves. The fear of interaction. The security in home. The anger with leadership. The confidence in knowledge.

Amen.

He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? (Micah 6:8 ESV)

As restrictions change for everyone around the world there are different emotions and responses people are experiencing. In fact, many believe that a second wave may hit. While God is the only one that knows the answer, reflecting on your unique experience can help equip you to share Christ's love with those still living in fear or ignorance of the disease.

As restrictions begin to subside, my concerns are:

As restrictions begin to subside, my greatest joys are:

What I have learned from this season about my faith that I don't want to forget:

What I have learned from this season about travel that I don't want to forget:

Additional things I have learned from this season that I don't want to forget:

The biggest ways I saw God working during this season:

My prayers as I leave this season:

Other things to note:

Coronavirus Story

Everyone has a different story from this experience. As Christians our story will sound different. It will focus on hope in the fear, freedom in the anxiety, trust in the unprecedented, and honesty in the struggle. Our stories will not dismiss the fact that some days we didn't trust God's plan or that we couldn't see how He was working. But it will point out God's handiwork to those who may not have been able to recognize it at the time. To help you write your own Coronavirus Elevator Story (a 30 second recap of your experience that you could tell someone in the amount of time you have on an elevator) use the prompts below.

Looking back on my previous notes:

...three key emotions I experienced during Covid-19 were:

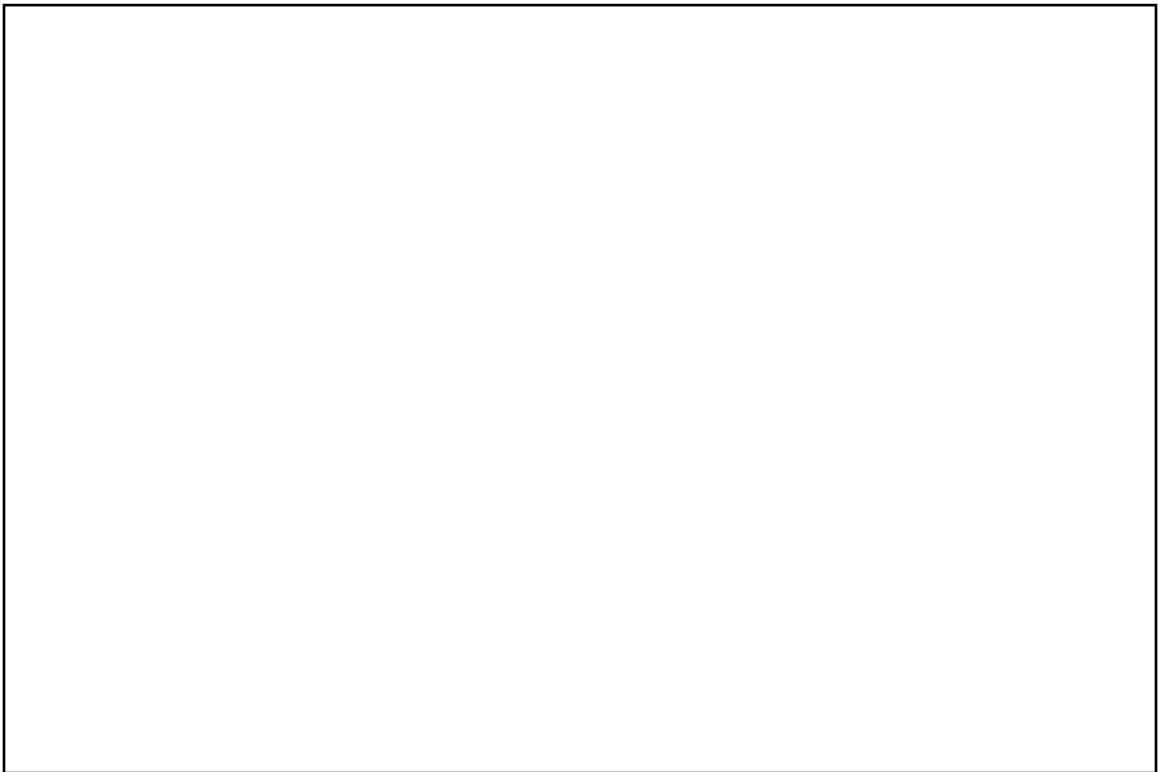
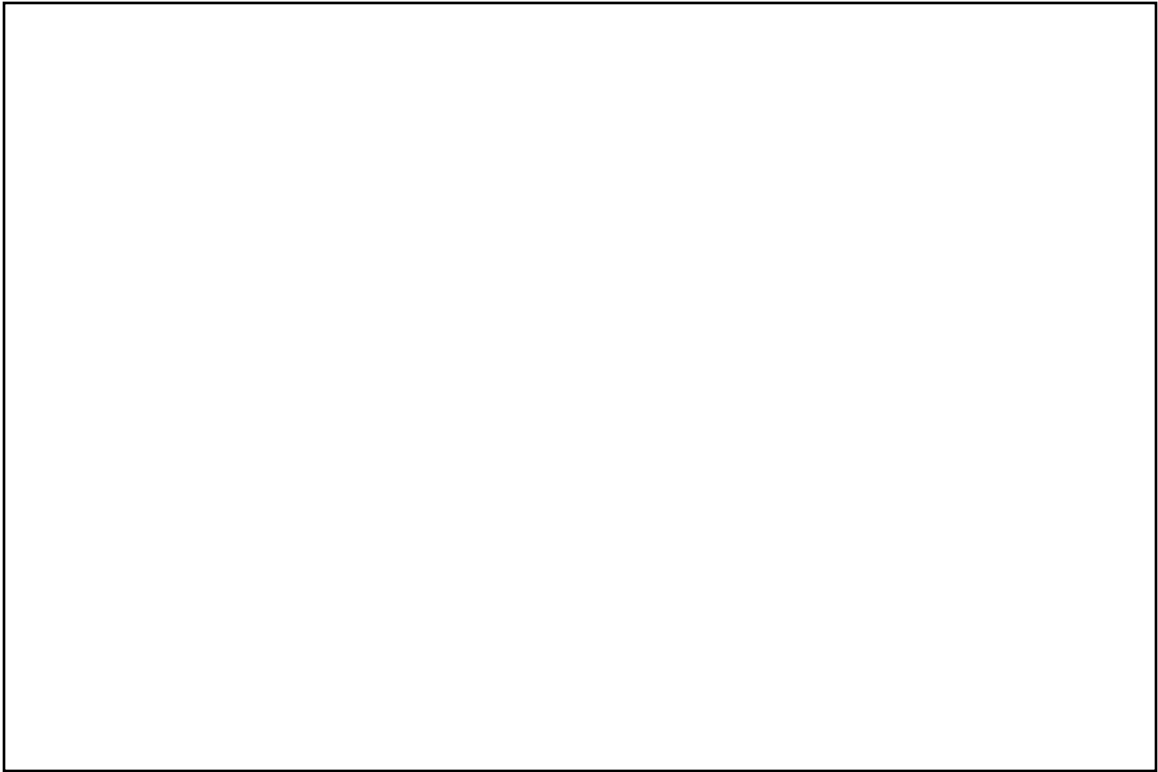
...the biggest change/event was:

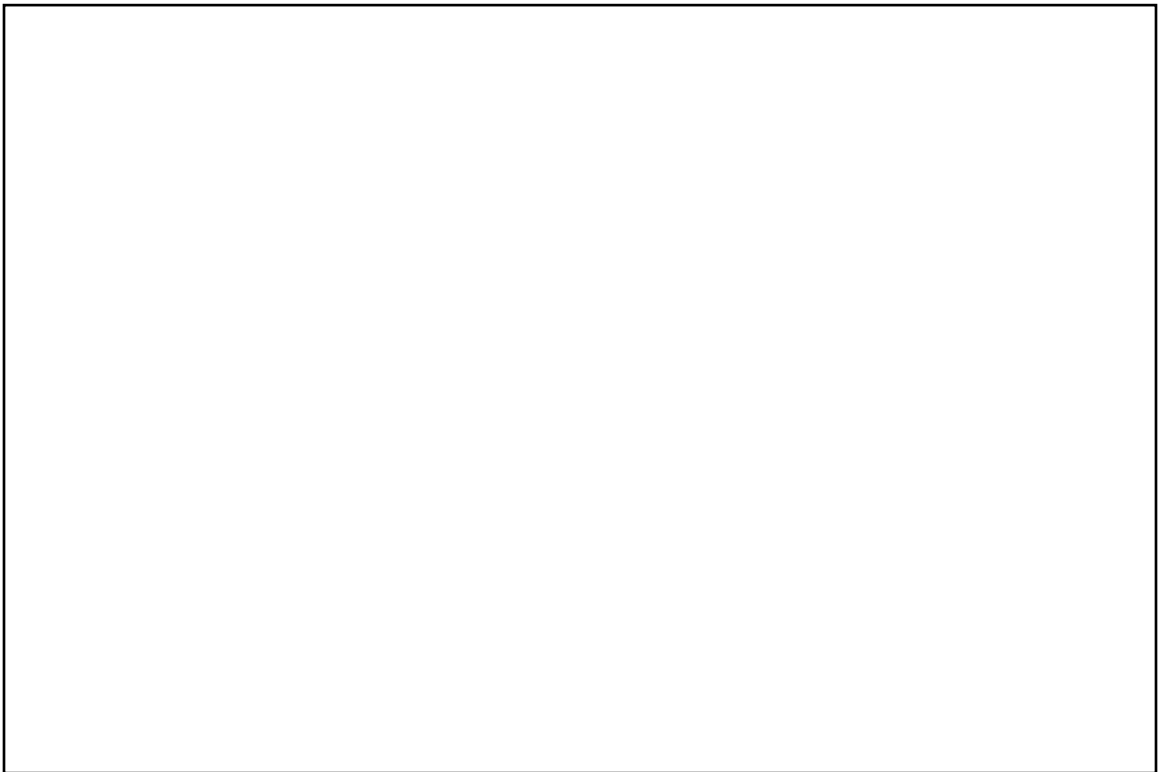
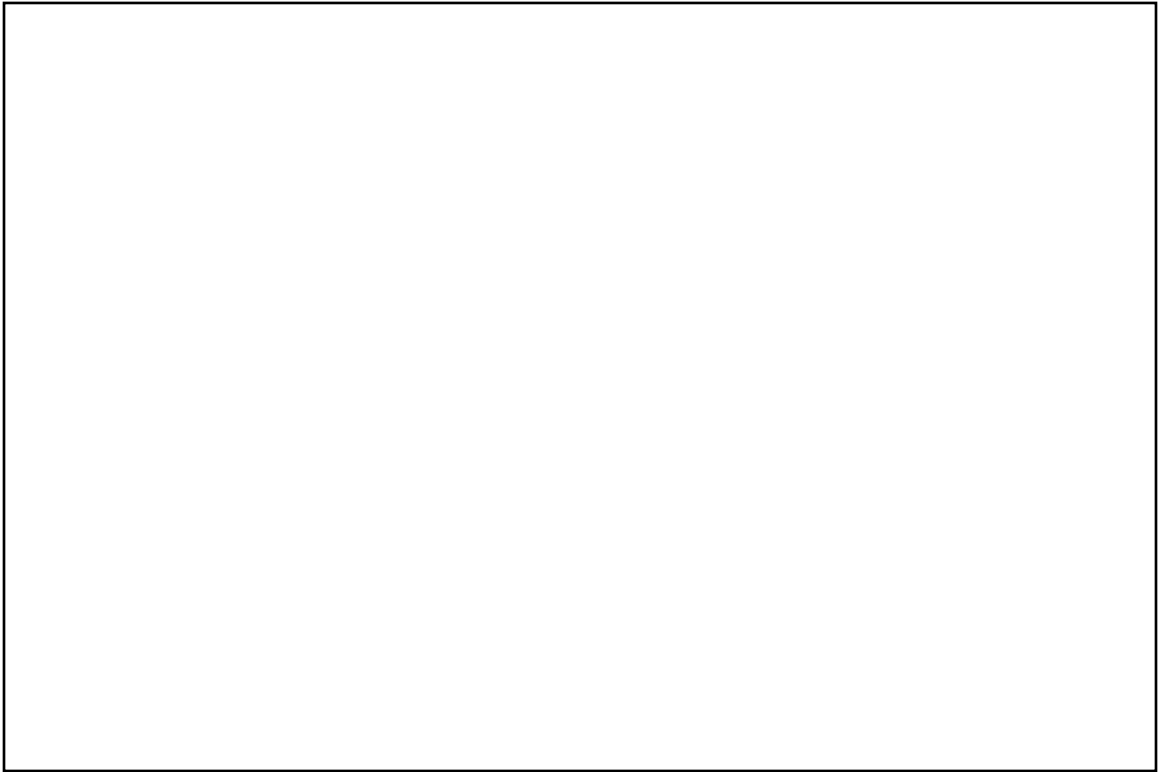
...two big ways I saw God move during that season:

...God answered my prayers by:

Looking back on my experience, here are six pictures that best capture my experience:







Now take these key points and in 3-4 sentences write your Coronavirus Elevator Story: