

## **I'm not OK: struggling with lockdown**

*Questions to help you process the video available at [stjamesbythepark.org/ash-wednesday](http://stjamesbythepark.org/ash-wednesday)*

### **Read 2 Corinthians 12.7b-10**

What is my 'thorn in the flesh' – something that feels like a weakness, burden or challenge that stops me doing what I think God wants me to be doing?

What is God trying to teach me through letting me have this 'thorn in the flesh'?

Why might God see your strength as a weakness?

How might his power be made perfect in your weakness?

How might your weakness help God's plans and purposes, rather than hindering them?

Who have you been honest with about your current struggles?

Try doodling or colouring 2 Corinthians 12.9 to help you meditate on it and learn it. See [www.google.co.uk/search?q=2+cor+12+9+doodle](http://www.google.co.uk/search?q=2+cor+12+9+doodle) for some examples

Romans 8 says, "The Spirit helps us in our weakness ..."

Admit your weakness to God.

Pray for the Spirit's help.

Look expectantly for God's grace and power to be at work in your weakness.