

# Five ways of sustaining faith in difficult times - reality

Each of us is called to be real, loving and honouring our lives and our humanity. I think one of our tasks as church is to help nourish and protect the goodness of humanity in a world that's often hostile to us. We are to offer the world the real wisdom that can be found in Jesus and in his way. The wisdom of Christian spirituality is that it does offer a human life that is rich, vibrant and fulfilling and a foretaste of all that is to come.

Our human nature is holy, in many ways damaged and broken but holy none the less. Incarnation tells us that we must take our humanity seriously and any form of spirituality that makes us reject the reality of who we are is not ever going to satisfy our desire for God. We, in our humanity, reflect the nature of God. The greatest witness we can give to the Gospel is to be really human and alive.

What does that mean in these times of coronavirus? Maybe it means praying that everyone is aware of their own dignity and the wonder of humanity. Maybe it means reminding ourselves that God isn't angry with the world but weeps with us at this time. Perhaps it is about reminding us that we all are the pinnacle of God's creation.

- **Take time each day to remind yourself that you matter.**
- **Take time to remind others how precious they are.**
- **Thank God for the gift of being human and alive.**