

Friday Faith Post #03

Welcome to another JPC reflection video on our lives during the Covid-19 lockdown. In Victoria the lockdown has been extended until at least May 11. That means we still have a few more weeks until then. After that, we still don't know what will happen.

I'm sure we all wish the lockdown is over, and that we can get back to normal. Maybe we are feeling fed up with it all. Yet we know that we must continue the lockdown until the virus is controlled. So, now is a time for patience and calm. We have been so used to getting things quickly we want them. When we see something we want, we want it now and we are used to getting it. But life has changed and we have to learn to accept this for the time being.

These changes come with frustrations naturally; not being able to do what we want. Faith can help. Jesus tells us to focus on him and let him come into our hearts, then we will be able to realise that these feelings are normal, and importantly that other people are feeling the same. From this we can understand more of ourselves and others. He tells us that loving others is the most important thing. That we can give to others to make them happy. But reaching out to others to spread joy is helping them — if we do that, we will actually be helping ourselves. Loving and caring for one another makes our lives happier.

At this time then, remember to pray. Ask Jesus to make room in your heart for others, and not just to focus on yourself. He promised us that if we focus on him, then he will give us all the grace and help we need to keep on going!

Thank you and look after yourselves.