

## ***Friday Faith Post! #05***

Today is the 29<sup>th</sup> April and I will sign our Friday Faith post. I have been trying to think how long we been in lockdown. There are a lot of things happening. Kinds and Grandparents can't hug. Mothers maybe can't hug. We can't see our friends. We are stuck at home. It feels boring and repetitious. We are thinking how long will this last? Weeks? Months?

We do the same things everyday. Just a process of sleep, wake, eat, repeat. Yet there are good things happening. You might have heard about a woman who got covid-19 only a month or so before her baby was born. The big fear for her and the doctors was that her unborn baby might also have the virus. She then started to have breathing problems and was put on a ventilator, and was in a coma. The baby was born when she was unconscious. After ten days she regained consciousness and came off the ventilator. Meanwhile the baby had to be isolated for two weeks to see if it had covid-19. When the baby was found to be perfectly health it was given to the mother to hold for the first time. It must have been overwhelming to hold her baby for the first time two weeks after it was born, this precious bond.

A story like that can help us realise that there are good things happening. Though there are negative aspects of the situation, there can also be positives. Take the time to reflect for a few minutes. Reflecting and being grateful for the good things that are in your life too. Think about how your relationships with people might have improved. Have talked to family, or had the opportunity to chat with a friend. You may have had the chance to grow closer to family through playing games or doing things you haven't had time for before. When we stop and think like that, we can realise that we're alright. So stop, reflect and think that good things can happen.

These positive things are the blessings that God gives. For most of us, God does not work earth-shaking miracles, but just gives us blessings that we are not aware of - until we stop and reflect about life. Then maybe we are surprised at the good things are happening to us. These are gifts and blessings given to us. Each of us have them. If we stop and take time to pray and reflect, we get lifted out of the boredom and frustrations of our lives at present, and start to realise how God is blessing us. We ask God to help us realise the blessings he is giving us in these days.

Thank you for watching this Faith Reflection video about us all.