

Living with Greater Uncertainty in our lives with Covid-19. How might a Christian respond?

Facing our own worst self?

Most of us face some form of anxiety and fear on a daily basis. An examination, a job interview and a business presentation can all lead to experiencing some stress.

Events such as a retrenchment, death of a loved one, loss of functional ability, bankruptcy, faced with a chronic illness, caregiving to a handicap child and many life transitions often bring forth even larger amounts of stress.

Depending on our individual capacities and resilience, these events are crisis of sorts that we do not expect to happen to us in our lives.

H. Norman Wright defines a crisis as *“When a problem is overwhelming, or when our support system, either within ourselves or from others, doesn’t work, we are thrown out of balance.”*

The current Covid-19 is exactly throwing many of us out of our balance and if we are honest, we find ourselves facing our own worst self.

While some people find the situation overwhelming, there are others who seem indifferent and able to get on with life.

When I cancelled a training class recently, some of the registrants were very grateful that I did so. Perhaps they prefer caution and have some degree of fear just as I did. I have had some unnerving questions such as *“What if I am seated next to someone who was with another person on LOA?”*, *“I have a business trip to take, is it safe to travel at this point of time?”*

There are others who thought less serious of the circumstances, perhaps were more courageous...?

Don’t we all feel judged for how we are feeling and responding? So what should be the way to respond in such a situation?