

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

Our emotions are to be validated

Our emotions are our natural reactions and what is real for one person does not necessarily be true for another. It does not matter how others feel. But it is important for you to acknowledge how you feel and that it is ok to feel what you are feeling.

Do not dismiss neither judge how you are feeling against how others may be feeling. Being able to recognize and name how you are feeling, be it fear, anxiety, worry, stress and caution, is very important.

By doing so, it stops your unconscious negative feelings from silently churning within you, snowballing and escalating to a point that can become overwhelming.

Be careful, that they may become the fuel and triggers when a vulnerable moment presents itself.

Thinking about the uncertainty certainly dissipates your energy and chips on the foundation of your faith.

Consider these steps that you can take:

1. Acknowledge how you feel.
2. Do not dismiss neither judge how you are feeling against how others are feeling.
3. Ask yourself why you might be feeling this way?
4. Talk to a trusted friend who is understanding and who is able to listen and encourage you. Sharing your feelings can help you feel better.
5. Encourage one another how to respond positively to the situation.