

Thought for the day – Thursday 27th May 2021

By Revd Kit Gunasekera

Give Help. Receive Help.

My thought is also a book recommendation. I am reading Patrick Regan's Honesty Over Silence, as he speaks from personal experience, about suffering from mental health issues and his journey to accept that.

He founded the amazing XLP. His work in that area has brought much publicity, including visits from the Duke and Duchess of Cambridge, where he writes about him *"standing beside the future king....and seeming perfectly confident in the accompanying TV and radio interviews - but inside, I was a very frightened individual struggling with anxiety"*

He speaks about the journey from being the one who takes care of others, to needing to receive help himself.

Although it is not speaking primarily about mental health issues, I was reminded Jesus teaching on judging others in Matthew 7.

It is easy to look at someone who seems successful and put them on a pedestal, or be envious of their 'success' but in fact, they might be going through immense suffering we know nothing about. It also works the other way around, we can see others to be in need of our help, and be in denial about the huge issues we need help with.

Jesus does not say, not to take the speck out of our brothers eye, but to attend to the plank in ours first. I think that is speaking about our own prejudices, which incorporate a variety of issues. Dealing with our own prejudices is a life time's journey, so if we wait until we have got that sorted, we will be waiting forever! I think we do both, together. We address the speck in the others eye, we offer help to others, we speak up for others, challenge other peoples prejudices, while we have the humility to address the plank in our own eye, our own prejudices, and our need to receive help.

In the chapter I read today, Patrick Regan says *"I believe we need to let go of the harmful notion that there are 'those in need' and 'those who are able to help'. We are all in need in some way, and we can all help others"*

Bible Reading: Matthew 7:1-5

Who can help you today?

Who can you help today?