

St James News: Thought for the day – Wednesday 30th September 2020

By Rev John Ohen

Covid - 19 has hit us so hard and could be affecting the mental health or the wellbeing of some, including those in hospital or care homes.

Sometimes it is difficult for us to express simply and clearly what we believe. For some it could be lack of confidence or for fear of being rejected, and for some it could be that they do not have the words, like those suffering from Dementia. In Britain alone over 700,000 people are suffering from Dementia. Being diagnosed with Dementia can be distressing for the family and friends as in the case of my sister years ago before she died. People with Dementia their ability to relate to the world around them diminishes as they become more isolated. Not only that communication becomes more and more difficult and they may not be able to communicate in other ways.

Jesus said to Peter, “who do people say that I am?” Whatever happens to our mental functions, we are still spiritual being.

Peter said you are the Messiah of God (Luke 9: V20). A good question, do we look for and recognize God among people with Dementia? It helps if we can see God in their pains. Our journey of faith continues once there is life in us. We all continue in our spiritual journey and find comfort with our deeply held spiritual beliefs. Let us remember that God is there in our loneliness to comfort us. For those witnessing the mental decline of their loved ones, our faith plays a major part. Our God is there all the time and remains our refuge and our strength. So, brothers and sisters let us make Christ known and be strong and be bold.

Bible Quotation: Luke 9:18-22.