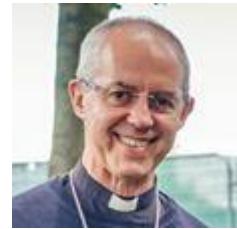


### Archbishop of Canterbury on Facebook

Crises generate so much adrenaline - that fight or flight reaction. The last three months have been a series of crises: the pandemic has left many people dealing with grief, sorrow and anxiety. And while for some lockdown has been a welcome chance to be at home with loved ones, for others it has been a time of growing loneliness and isolation.

Recently we've had the crisis over the terrible killing of George Floyd in the United States. The worldwide reaction to that has seen a new and urgent focus on racism and injustice.



It has also pointed to the injustices in our own society, and our own structures and systems, including in the Church.

Then the economic crisis is there growling away, putting many people out of jobs and threatening their futures. For hundreds of millions of people in poorer countries, it is threatening even their ability to find food.

So crises give us energy, whether for fight or flight. But the consequences of crises often mean there is work to be done, and we might struggle with a sense of despair. We might ask, "How are we going to change things? When is this going to end?"

This is the moment when our true values and ethics come to the surface. It's when we show whether we will, as Jesus tells us, love our neighbour - and who we consider our neighbour to be.

In the 25th chapter of Matthew's gospel, Jesus calls us to care for those in need. So this is the moment where we must care for young people and children, and for all those who are ill and need long-term treatment. We must find the strength for that.

We must care for the poor around the world and show that we recognise their humanity. We must care for the gift of this planet and all that it means to us.

There are so many needs, and we can feel overwhelmed and fatigued if we put our hope in things that fail us. If we put our trust in the idols of this world, we will buckle under the strain. We'll confine ourselves to doing only what we can for ourselves.

But there is another way.

We can open our lives to God. We can do as Jesus says in that teaching in Matthew 25.

We can be those who live rightly in seeking his strength - being empowered by him, knowing his love, his hope, his future - and find we are truly welcome into his Kingdom, into his joy and light.

May God bless you and open all our hearts more deeply to his love.