

## **Spirituality in a Time of Crisis: Responding to the Coronavirus from the Christian Tradition**

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### **Coping with Crisis**

**How does your religious tradition help its followers make sense of the world during a major crisis?**

#### **Saint Teresa's Prayer: A Christian expression of total Trust in God**

*Let nothing disturb you. Let nothing frighten you. All things pass. God does not change.*

*Patience achieves everything. Whoever has God lacks nothing. God alone suffices.*

[Video of Taize Community Praying this Prayer](#)

Christians profess their belief in the Paschal Mystery—Life, Death, and Resurrection of Jesus Christ who came that we may have life in God's Kingdom now and forever. (Gospels: Matthew 9:35; Luke 4: 16-19; John 14).

Gospel accounts are ways the community understood the Paschal Mystery written in times such as these.

For example:

- Calming the storm is one of the miracles of Jesus in the Gospels, reported in Matthew 8:23–27, Mark 4:35–41, and Luke 8:22–25.
- Jesus Teaching and Healing—Jesus enters into the darkness of our lives.
  - Healing of the Leper: Matthew 8: 1-4a
  - Women Who was Hemorrhaging: Luke: 45-48
  - Man Born Blind: John 9: 1-41
  - Those with Anxiety: Matthew: 6: 25-34

**How does your religious tradition help its followers deal with emotional upheaval, anxiety, stress, and uncertainty?**

**Meditation.** Using Lectio Divina (Sacred Reading) we mediate so to bring us to a deeper understanding of the ways God continues to guide us in these troubling times. ([Video on how to use Lectio Divina](#))

- We can use the bible quotes listed above or the daily readings provided by Christian communities such as: [Episcopal](#), [Catholic](#), [Baptist](#), [Lutheran](#).
- Contemporary Writings: [Pace E Bene](#). [Richard Rohr's Center for Contemplation and Action](#)
- Biography: *The Mission Walker*: Edie Littlefield Sundby. Her journey from darkness to healing. See also the film *The Way* with Martin Sheen.

[Catholic Mass](#) and [Rosary](#).

**Building and inspiring fellowship and community in a time of crisis**

**The Daily Office Morning Prayer, Noonday, Evening and Compline.** <https://dailyoffice.app>

**The Showings of Julian of Norwich.** Princeton University Press. 1994

An anchoress who lived in solitude in **Norwich**, England, in the late 14th century, **Julian's** book consists of the 16 "**showings**" or revelations from God. Most famous is her vision of the universe as she gazes into the smallness of a hazelnut, but the book is rich throughout with beauty.

Julian lived in the midst of the plague and the social unrest of her time. Among her richest quotes is this one: “And all shall be well, and all shall be well, and all manner of things shall be exceedingly well...for there is a force of love moving through the universe that holds us fast and will never let us go.”

**Raising Abel: The Recovery of the Eschatological Imagination.** James Alison. Herder & Herder. 1996.

**Take this Bread.** Sara Miles. Ballantine Books. 2008.

### **Reflecting on gratitude and faith in a time of crisis**

**Gratitude Works!** Robert A. Emmons. Jossey-Bass/A Wiley Imprint. 2013

**You are the Beloved: Daily Meditations for Spiritual Living.** Henry J. M. Nouwen. The Henri Nouwen Legacy Trust. 2017

**Psalms for Praying: An Invitation to Wholeness.** Nan C. Merrill. Bloomsbury. 2007  
NB 1, 7, 9, 28, 46, 50, 91, 92, 95, 100, 103, 105, 106, 107, 118, 136,

**Prayer: Our Deepest Longing.** Ronald Rolheiser. Franciscan Media. 2013.

[Gratitude, The Faithful Echo Of Generosity.](#) Dr. Tom Neal.

[Gratefulness.org](#)

[Pope Francis’s address to the world, March 27, 2020, Urbi et Orbi](#)

**Philippians 4: 4-10:** Rejoice <sup>4</sup> in the Lord always. I shall say it again: rejoice! Your kindness <sup>5</sup> should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. <sup>6</sup> Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you. <sup>7</sup>