

With faith, we will overcome Covid-19

COVID-19 has placed South Africa in a position where we need to start talking about the brevity of life. In the presentation by the Ministry of Health and Professor Salim Abdool Karim, I noted with a chilling acknowledgement that one of the stages for preparation and action is mental preparation in light of the impending spike in deaths.

I have four things to share in this regard. I lost my father in October 2019, and many things that were unsaid and not completed. I realised that other personal moments of grief and my familiarity with the death-induced pain of others prepared me for my big moment.

My son died at 10 weeks. I was too young to experience his death, and it felt like I'd never get over it. When I confronted the grief some two years later I realised I had no reason to feel guilty about my son's death because it was an accident; even if I had been in the house when he fell, I could not have prevented anything.

I want to dare the South African collective to do four things.

- ◆ Do what you can and should to protect yourself – do what the authorities are saying is best practice;
- ◆ Reflect on life after victory, and imagine victory through the help of Jesus Christ and God. Imagine soccer and Pirates finally silencing Chiefs fans;
- ◆ Stand boldly and look Covid-19 in the eyes and say God has brought us through too much for us to cringe and fear;
- ◆ Tell Covid-19 we shall overcome, and we shall see the goodness of the Lord in the land of the living.

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