

**Living well through the next six months**

Picking up on the government's "Rule of Six", the Bishop of Oxford recently tweeted six ways in which the number six can give us a focus and a direction in these difficult times. Mark Tanner, the new Bishop of Chester, passed it on to us.

***Six months is the new horizon***

*Focus on Easter and lean back into the great themes of the church year.*

***Six days to work and a Sabbath to rest***

*Reclaim the gift of one day each week for rest and recreation.*

***Six people to journey with***

*Rediscover church as small groups of people supporting one another.*

***Six ways to the salt and light***

*Identify the people and community organisations you can support.*

***Six percent to your church***

*If your income is stable, increase your giving to sustain the local church.*

***Six people to pray for***

*Pray for people you know to discover the riches of our faith.*

I think this is very helpful advice for us, a way to steady and set ourselves for a hard few months.

It gives us a horizon, being realistic about the situation we are in.

It is advice that sustains us, reminding us that our well-being requires deliberate recreation.

We are reminded as well that we travel better if we travel with others, and that these supportive relationships will flourish if we give time to them.

We are to look outwards as well, considering the small steps we can take to preserve and bless our neighbours.

Our finance is in view in this advice as well - where we can, it is right to give generously to the work of the gospel, particularly through the local church.

Finally, and most importantly, this advice looks towards God, trusting him and pleading for his mercy on those we care for.

Will you take up these six sixes? I am praying this advice will be a guide and support for us all.

Peter