

HOW IS YOUR SENSITIVITY?

"... ..If you hear the voice of God today, do not harden your hearts." Hebrews 4: 7 (NBD)

Some time ago I read about the testimony of a man who in a strange way, for no apparent reason had overnight lost 50% of the sensitivity in his right leg. To his amazement, the doctor informed him that this had not been as sudden as he thought, but without him realizing it he had gradually started to lose sensation in that leg because although he could still move, he had strength in it. However, he could not identify or recognize what he was touching. This undoubtedly represented a great danger and threat to him, since by not reacting to external stimuli, that leg could easily be burned, broken or damaged.

All of this led me to reflect on the importance of sensitivity in our lives, especially when understanding that sensitivity is present in three dimensions: physical (body), emotional (soul, mind) and spiritual (spirit).

But what is sensitivity?

It is a gift from God. It is the ability to perceive (distinguish - intuit) and understand our surroundings, that is, to discern the state of mind, the way of being and acting of God, people, circumstances and environments.

Sensitivity, "is the value that makes us wake up to reality, discovering everything that affects personal, family, social and spiritual development to a greater or lesser degree." It is to appreciate, to value from the smallest details that are in us, in others, in nature and in everything that surrounds us.

It is in short, the ability to have and express the LOVE of our heavenly Father by "feeling" joy, pain, need, etc. of others as if it were ours. Hence it is considered that the power of sensitivity is love.

In fact, the greatest display of sensitivity was presented to us by the Father in the person of Jesus Christ. *"Because God loves the world in such a way that he has given his only begotten son so that everyone who believes in him will not perish but have eternal life."* John 3:16

WRONG IDEAS:

- "It is very vulnerable and fragile, to live in these days.
- Being sensitive is for women, men must show strength and not so much sensitivity, because that makes them weak.

It should be noted something very important, being sensitive does not mean fragile or weak. Rather, sensitivity is a STRENGTH that makes the person be careful and appreciative of people, places, etc.

When you lose the ability to **"feel" to perceive and understand your surroundings through the Spirit of God, it is when a heart becomes hardened.** And as a consequence, it causes the person to become a compulsive gossip, unable to build bridges of harmony, loyalty, and peace. It speaks of faith but without putting it into practice. In the words of one author: "it promises but does not deliver; it talks about love but does not give."

Which leads us to the conclusion that the greatest enemies of sensitivity are indifference and selfishness. Well, "Getting carried away by what is easy and most comfortable is the clearest example of insensitivity towards everything that affects our lives. Many say that I don't have time for details and that is why I am not sensitive."

HOW TO MAINTAIN SENSITIVITY IN OUR INTERIOR

1. Feeding on Christ, his love, his grace. Which is something that our actions will manifest. Well, we already said once, "we are what we eat."
2. Dealing with, handling and abandoning all offenses
3. Receiving and delivering forgiveness.
4. Maintaining an attitude of gratitude.
5. Looking to Christ in each person and circumstance
6. Being compassionate to one another
7. Abandoning all selfishness.