

The Lightness of a Mature Faith

A Reflection on Joy and Spiritual Maturity

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Christians today often seem overly regimented—measured, controlled, and careful—mistaking seriousness for spiritual depth. In trying to appear devout, we have quietly lost the joy and freedom that faith was meant to bring.

A faith that is always heavy becomes rigid. When everything is rehearsed, the heart stops responding. True spirituality does not demand constant solemnity; it invites a lighter spirit—one that can smile, breathe, and even laugh at itself.

This lightness is not irrelevance, but trust. It reminds us that God is not honoured by our tension, but by our openness. When we loosen our grip on being "perfect", we become more real, more humble, and more alive. Laughter melts the ego. In a deep laugh, the mind slips. For a moment, the constant chatter of thoughts stops. Suddenly, there is a gap: pure, silent, alive. If you watch carefully, when laughter becomes total, the one who laughs disappears. There is only laughter.

Look at trees, rivers, and birds. Nothing is tense. Nothing is trying to be holy. Yet everything is perfectly in tune with life. A truly spiritual person cannot be heavy; he must be light. He must have a deep sense of humour about himself and about existence. Perhaps a mature faith does not march in strict order, but walks freely—able to see life not only in its struggles, but also in its gentle, lighter moments.

Sometimes, the soul grows deeper not by becoming heavier, but by learning to be lighter.