Mountain climbers have a lovely song, which I like to repeat to young people. As they go up the mountain they sing, “In the art of climbing upwards, the triumph is not in not falling, but rather in not staying down on the ground.” Who is the only one who can take you by the hand so that you are not left lying on the ground? **Jesus Christ.**

He sometimes sends a brother or sister to speak to you or help you. Don’t hide your hand when you have fallen, do not say to him, “Don’t look at me, I am covered in mud. Don’t look at me, I am without hope.” You have only to let him grab your hand and you are his, and then that richness which is inside you, covered in mud, and which you have given up on, will begin, through hope, to bear fruit. But always hold on to Jesus’ hand.

— Pope Francis