

February 1999

When running it seems like lately I either get the death or resurrection of Christ. Some days I just don't feel well and it is just not easy to get into a rhythm. Maybe the lungs aren't taking in enough air, the legs are stiff or heavy, or the stomach is feeling sick. Maybe the weather that day doesn't make for the most enjoyable run. Other days, however, I just float along. It is like Christ is present, carrying me along. So my running presents me with either the presence of the cross or the resurrection of Jesus. But whether it is the cross or resurrection that is present, the important thing to remember is that either way Christ is present. Some days are like that too – heavy, tiring, it just seems like a struggle - Christ is there. Other days just fly by with hardly a glitch – Christ is there. The important thing is to keep lifting up the head, raising up the knees, pumping the arms and moving forward so as to “finish the race” as Christ is there and wants us to persevere with our hearts and minds directed toward the love of Him.

October 2002

For athletes, most of the time is spent practicing (to prepare for play/competition). For Christians, most of our time is spent playing/competing (after having spent our time in “practice”, the minimum being the one hour we are to worship on Sunday). Are you ready to compete so that you can win?

As a runner, you must run so as to know that all are behind you. As a Christian, you must pray and act so as to acknowledge knowing that all are to be ahead of you.