



FROM THE ASSISTANT CHAPLAIN

Run the Race

How good has the Olympics been?

This years Olympics have been a very welcomed distraction, hasn't it? It has given us all something to cheer for. As I sit watching the Olympics, with all those extra COVID kilos I have put on in lockdown, I am in awe of the dedication and work that each athlete has put in.

To be an athlete at this level they would have been so focused and spent many years training. It wouldn't have always been easy for these athletes. There would have been so many cold mornings and difficult speed humps on the way, but they persevered in those tough times.

It is this analogy that the author of the book of Hebrews chose to use about our relationship with Jesus.

"Therefore, since we also have such a large cloud of witnesses surrounding us, let us lay aside every weight and the sin that so easily ensnares us. Let us run with endurance the race that lies before us, keeping our eyes on Jesus, the source and perfecter of our faith, who for the joy that lay before Him endured a cross and despised the shame and has sat down at the right hand of God's throne." (Hebrews 12:1-3)

The race we all have to run is the life that God has given us, and how are we meant to run it? Here the writer urges the listeners to throw off anything that will hinder their relationship with Jesus. He encourages them to have their eyes focused on Jesus as he has run this race before. He endured through the toughest times and he even died on a cross.

I want to encourage you now, as you are all inspired by the Olympics, to run your race focused on Jesus. Endure these tough times knowing that we have a God who endured tougher times because of His great love for us.

Mr Matthew Richards
Assistant Chaplain
