



THE WAY

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FROM THE ASSISTANT CHAPLAIN

Sport can be brutal. Whether you are an athlete or a die-hard fan, things can change in a second. As some of our families, especially in junior school may be aware, I went to compete with the ParaMatildas at the Cerebral Palsy Asia Oceania Championships in Melbourne. Over the course of the tournament, I found myself not just being tested physically but also mentally. The emotional rollercoaster was real. Whether it came to the high-pressure moments in the middle of a game, being down 2-1 at halftime and digging deep to keep on pushing in the second half or the pain from little niggles in my body which would become a concern of thinking it could be the start of something serious. Sport can be brutal. Things can change in a second. And so, I want to share with you what helped me stand firm despite feeling in the thick of anxiety and doubt.

Psalm 119:89-90 claims *'Your word, Lord, is eternal; it stands firm in the heavens. Your faithfulness continues through all generations; you established the earth, and it endures.'*

Now, as I am sure you can agree, in sport as in life, there are countless variables that could make things change whether that be an injury, sickness, even the team line-up. Whatever these variables are, whatever facet of life can make you feel the world is spinning; that's when we start to search to hold tight onto something that is steadfast, right? As Psalms 119:89-90 shows, God's word is eternal. God shows His faithfulness through enduring love, through His son, Jesus. If this Psalm 119:89-90 is true then it means that God remains the same, always and He is trustworthy. If this is true, then isn't it worth checking out what God's Word, can offer you? If we constantly feel like we are needing to hold on tight, isn't it worth holding tight to what is faithful and eternal?



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