

## Who's Running With You?

### **Ready:**

??God has said, ?Never will I leave you; never will I forsake you.?? - Hebrews 13:5b (NIV)

**Set** Recently, I was serving as a course marshal for my school's cross country meet. That basically meant that I stood at a certain place and made sure the runners went the right direction. The high school students had to make three laps, so I saw all of them three times. One particular runner was fourth-from-last on the first lap. On the second lap, he was last, and I thought there was no way he would even finish. He was struggling to breathe with each step he took. On the final lap, as he approached me, a man from the sidelines joined him and completed the race with him. The man was definitely not dressed to run as he was in street clothes, yet he stayed with the runner to the end. Perhaps without the man running beside him, this runner might not have finished. After the race was complete, I saw the man and asked if he was the coach. He said, ?No, I am his father." As I reflected on his comments, I thought, "What a great example of what my heavenly Father does for me." When I am gasping for breath, struggling with each step, my Father is running with me to encourage me each step of the way.

**Go** 1. In life, do you ever feel like this runner? 2. Do you believe that God is with you at all times? 3. Do you have Christian brothers and sisters in your life who can encourage you in tough times? If so, how does that help you realize God's presence in your life? 4. How can you encourage someone today who is struggling?

**Workout** Exodus 17:8-16 Psalm 86:15 1 Thessalonians 5:11

### **Bible Reference:**

1 Thessalonians 5



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