



# SHAKING HANDS

By Bill Pugh

We enjoyed watching the Beijing Olympics. Such a wonderful display of expertise. Athletes enduring ice, snow and wind to compete for a medal.

Such athletic jumps over obstacles, wheeling around corners, doing somersaults. Training for months, even years, to compete.

What sacrifices must have been made.

And it all can be in vain if a terrible injury happens. Yet the challenge is worth it.

As I watched, one human reaction stood out. They were fierce competitors. But win or lose, they ended up with words and hugs for their opponents, whatever the result.

They celebrated their sport. They were thankful to be able to compete.

## Reflection:

*The attitude and spirit of those athletes is a comment and example of how we are called to live life. Paul in his Letter to Timothy epitomises the reward of the athletes, who live the good life.*

*"I have fought the good fight, I have finished the race. I have kept the faith."  
And there is a prize to come. Worth all the endeavour.*

*"From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on the day, and not only to me but also to all who have longed for his appearing."*

2<sup>nd</sup> Timothy 4:7

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