

## Friday - March 20

*Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.*

*Philippians 3:13-14 (NRSV)*

My physical therapist formed a wellness training group for me and many of her patients. We exercise several days a week together and I have found the community of like-minded people to be helpful in my pursuit of physical fitness. It has been a great source of emotional strength for me, too.

In our latest session that started in the new year, I have had a boost in my Faith journey there that reminds me of the goodness of God in all things. On the first day of our new workout gathering, I gasped at one of our new members, and he gasped right back at me! Jeff and I had been colleagues many years ago, but had not been recently. We embraced as old friends do, and then talked all over each other as we attempted to explain how we ended up together at that time and place. He had been diagnosed with a chronic illness just a few weeks before our meeting, and he was shocked and relieved to see me all at the same time! I firmly believe that God put us there with a purpose in mind. I have discovered joy at a time and place where most of us are working and sweating through discomfort and pain. Jeff and I believe in a larger plan. We are supporting each other for today and tomorrow and not dwelling on the past. Paul writes, "... press on toward the goal," and I believe our journey in Faith is a never-ending one as we dwell in the mystery of life and lift high the Cross. Together.

Todd

**Prayer:** Almighty God, thank you for the reminders along life's way that show us how much You love us. Despite our flaws and our sins, You remain our consistent source of grace and hope, and we thank you for sending us messages of Your glorious Light. Amen.