

May 14, 2019

Dear Grace Church Family and Friends,

As part of my exercise routine, I swim once a week at a Montgomery County indoor pool, and last week, as I was leaving the pool, I saw a Grace Church parishioner.

“How was the swim?” she asked.

I explained that I was just returning from an injury, and so the swimming was hard.

“Well, that’s the thing about swimming,” she said, “Just doing it is a win.”

Her words have stuck with me.

“Just doing it is a win.”

There’s a lot of wisdom there.

When it comes to life, there are many things where “just doing it is a win.”

Exercise, for sure. Saving a little money. Being a good friend.

Prayer is another.

When it comes to prayer, it doesn’t matter how you pray, or how long you pray. Just doing it is a win. Because prayer brings God into your life. Prayer nurtures that connection with the divine.

Our relationship with God is like our relationship with anyone else – it develops and deepens as we spend time together, being together and talking to another.

So, spend a little time with God today. Let God know what’s going on in your life.

In other words, pray.

“Just doing it is a win.”

See you in church,
Andrew