

## **Seeds of Hope, Stories for Lent #34 – *Embrace Spiritual Training***

In his book: *The Rhythm of Life*, Matthew Kelly states that there is a definite difference between “trying” and “training.” He points out that if most of us tried to run a marathon today, no matter how hard we tried, we would not be able to do it.

Yet if we began training for this marathon by running one lap today, two laps tomorrow, three laps the next day and building up gradually over a period of time, we would be able to run several miles.

Then if we kept training diligently, day after day, week after week, and month after month, we would eventually be able to run an entire marathon.

He goes on to say that the same thing can be said about our spiritual life as well. Many of us try to live a good life, but simply trying won’t make it happen. We also have to train for that. We have to train our bodies. We have to train our minds. And most of all, we have to train our souls every day.

It is not enough to just go to church on Sunday or pray a minute a day. We have to train ourselves by sacrifice. We need to train ourselves by growing in prayer each day.

We must train ourselves by stretching to give more, love more, and forgive more. That is how we actually can stretch ourselves to reach that new level of spiritual life.

Today, let’s set for ourselves a great goal. May we begin to train to run the good race which ultimately leads to the Lord, Himself. I guarantee, it will be the race of your life.

Amen? Amen!

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### ***For Further Reflection...***

***What type of spiritual training do you feel you are lacking in your life?***

***Think of two new training objectives for your spiritual life that you will begin tomorrow.***

*“Train yourself for devotion, for while physical training is of limited value, devotion is valuable in every respect, since it holds a promise of life both for the present and for the future.”*

1 Timothy 4:7