

A SLIGHT ADJUSTMENT WAS NEEDED

I shared with you in a previous mid week message how I am coaching my daughter's basketball team this year. We have not had any games yet, but they will be starting soon now that the high school basketball season is over. Prior to last week our practices were very sporadic. Sometimes we would get a practice in once a week, and other times two weeks would pass between work outs. Now we are starting twice a week practice.

This past Thursday at practice I took the opportunity to look at some of the players techniques as they were shooting. I noticed that one of my players was not lining her feet up with the basket when it came to her free throw shooting. I showed her what she was doing wrong and encouraged her to make the adjustment with respect to the positioning of her feet. She did and discovered more of her shots were going into the basket.

One of my other players was having trouble with her shot as well. I noticed that her feet were shuffling side to side as she prepared to shoot instead of keeping them planted in one spot on the floor. I pointed out the mistake she was making and encouraged her to make some adjustments to her feet. When she arrived at practice on Saturday, she told me she had taken my advice and had been working hard at making the adjustments.

During practice on Saturday, I had each player take 10 shots from the foul line. I do this at every practice. This time, instead of hitting just 1 out of 10 shots, she hit 8 out of 10. She was so happy and excited with her improvement. The other players noticed her improvement as well and complimented her on it. Leading up to Thursday's practice I knew both players were struggling with their shooting. All it took to improve it was some slight adjustments to the positioning of their feet.

How often do we ever consider that maybe a slight adjustment to our feet might make a huge difference for us? About a month ago I noticed my hip was aching. It had been bothering me for a while. I was beginning to wonder if all my years of being a goalie were catching up to me and if I would eventually need my hip replaced. As I prayed one day asking for relief from the discomfort, I felt a nudge from God to look at my feet. I was standing while I was praying. When I looked down, I noticed that I was standing with my

weight unevenly balanced on. I was putting most of my weight on the side that was paining me. Once I became aware of this, I started making sure that I stood with equal weight on both sides. Sure, enough with this slight adjustment the pain in my hip went away.

We put weight on our feet, and we put a lot of miles on them too as we go about our daily lives. Our feet also take us down many paths in life. Some of the paths our feet lead us on are pleasant, and others are rocky and tough to walk. Some paths prove successful, and others cause a lot of suffering, anguish, and setback. I hope that the paths your feet currently have you walking on are ones of joy, success, and contentment.

If you are struggling right now in life, just like my two players were with their shots, perhaps examining the positioning of your feet may be all the adjustment that you need. The psalmist David understood this truth in one of the many psalms he wrote. In Psalm 40, David's feet were not on a pleasant path. He described his feet as being in a muddy pit of despair. Wanting his feet to be placed on a better path, David prayed for help knowing that God was listening. Look carefully at the adjustment God made to the positioning of David's feet:

**He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along (Psalm 40:2).**

The adjustment God made to the positioning of David's feet was to steady them on solid ground. In the very next verse David acknowledged that after God's adjustment, instead of experiencing despair, he was now singing songs of praise for His Lord, whom he trusted.

Sometimes a slight adjustment to the positioning of our feet might make all the difference for us. Just like David did, we need to realize God is willing to put our feet back on a better path for us. For this to happen all we need to do is:

1. Pray and ask God to position our feet on solid ground again,
2. Keep praying and singing to remain patient while God answers prayer,
3. Trust that God is walking with us while we await His answer.

David knew God was walking with him even on that muddy path because it explains why he wrote in Psalm 23:4:

**Even though I walk through the valley of the shadow of death,
I fear no evil, for thou art with me, thy rod and thy staff they comfort me.**

Perhaps all that is stopping you right now from walking on a better and more comfortable path is ***asking God to make a change to the positioning of your feet***. I know two basketball players who made a small change to the positioning of their feet and were happy they did so. I know you will experience the same, if you listen, and let God do this for you.

Take care and Be Safe

Pastor Dean (as well as Pastor Basketball Coach)