

## **HAVING TO GET CREATIVE**

National Hockey League players have had to become very creative with respect to keeping up their training during this COVID-19 pandemic. With rinks closed at this time, hockey players cannot keep in shape by skating or playing scrimmage games with other players. With this form of workout taken away from them NHL players have been coming up with some creative ways to stay in shape:

- Leon Draisaitl practices his stick handling by deking out his dog and lifting his dog up and down since he does not have weights at home
- Some NHL players are roller blading to try and mimic skating
- Some players have bought a synthetic ice product that you can lay down in sheets and skate on
- Other players are running and biking in order to keep up their cardio.
- And others are doing more push-ups and sit ups than normal

No matter how creative these professional athletes have become in their training since the NHL was shut-down they all admit these things cannot replace the workouts they are used to doing on the ice during the season.

One of the realities for pro athletes during this COVID-19 outbreak is that they have had to become more creative in finding ways to stay in shape and keep up their skills.

Christians have had to be just as creative over these past five weeks in maintaining their spiritual strength during this crisis. Just as NHL players are finding it hard with rinks closed, we are finding it equally hard with our churches closed. It is particularly hard for us as Christians not to be in our churches during the season of Lent and Holy Week. Being at church on a given Sunday strengthens us in so many ways:

- We are uplifted feeling God's presence in worship.
- As we sing, various hymns speak to our hearts.
- As we pray together, we feel the power of prayer
- As we hear the Word of God faithfully preached, our souls are fed.
- As we worship with our brothers and sisters in the pews, we realize we are not alone.

These are just some of the ways we are strengthened when we come to church and worship every Sunday. With our church having to be closed for the near future it is important for us to become creative with finding ways to keep our faith strong. With many of us spending a lot of time in our homes right now, it is important that we do some of these creative things to fill the spiritual void left by not being at church.

- If you have a computer, take time to watch our weekly services on line and check out other pastors and churches who have messages.
- Start a prayer journal keeping track of your prayers and recording how and when God answers them.
- Spend some of the extra time you have right now praying and sitting quietly listening for God's voice to respond.
- Open your Bible each day and focus on a particular story and passage and see how it speaks to you.
- Pick up the phone and speak to somebody from the church you haven't talked to in a while.

Prior to our church being closed as a result of COVID-19 your main means to find spiritual strength might have been to come out to church on a Sunday. With this means not available right now, it is important that you become more creative in finding ways to keep up your spiritual strength and well being. It is times like we are in right now that remind us how blessed we are to have a faith in God through our belief in Jesus. These same times can also be very draining on our spiritual strength with all the deaths, illnesses, and bad news that we are hearing. Until our churches are able to reopen, may we follow in the NHL players' footsteps by keeping training and finding creative ways to keep our faith strong.

Until we meet again may God hold each one of us in the palm of His hand.

Peace and blessings

Pastor Dean