

## THE DIFFERENCE A WIN MADE

My daughter Coral loves to read. Something I did not realize is she has been going onto a certain publishing website that posts about new books coming out. On this website she can enter a contest to win a copy of a new book before it is even released. It was last Thursday when I first learned about this. Coral and I were about to take Daisy for a walk when we noticed a big envelope in our mailbox. I pulled the envelope out and saw that it was addressed to Coral. When she first saw the envelope, she wondered if she had accidentally ordered something from Amazon she did not mean to. When she opened the envelope, inside was a free book that will not be released in stores until September. She could not believe she finally won. She shared with me on the walk with Daisy how an ordinary day suddenly turned into a good one all because of winning.

Winning does have a way of changing our attitudes and feelings. I saw this so often during the past season of coaching basketball. I am not one of those coaches who believe that we must win at all costs. I came across a few coaches during the year that had this mindset. My philosophy is one of trying to provide my players with the right training, skills, and plays to put them in the best position possible to win. We lost more games than we won during the year, and I was proud of my players regardless of the outcome.

As a coach it is hard not to notice the difference in the attitude of these players depending on whether we had won or lost. We lost a few games in overtime and some others by just one point. After these losses the girls would sometimes be frustrated that they missed a basket near the end or that a referee's call did not go in our favour. I would not see much smiling or talking going on after these losses. Whenever we won it was definitely a different mood. The girls would be laughing and joking as they removed their shoes and packed up their gear. They would gather around the score sheet to see how many points they each got. They would also gather for a team photo holding up the score sheet after the win. As their reactions show, we have different attitudes and emotions when we win.

My daughter's reaction to winning the book reminded me how everyday life has its share of wins and losses for us. **We face battles every day in life.** Some of these battles might include:

- Our emotional well being as we wrestle with depression or anxiety
- Our health and physical well being.
- Our family life or other relationships in our lives.
- Our work environment and the dynamics going on there.
- Our financial state and well being.
- Our ability to carve out "me" time in a day to relax and enjoy.

These are all examples of battles we may encounter in everyday life. At the end of each day, we may feel like we are winning some of these battles and losing in other ones. This will have an impact on our emotions and feelings. Added to this list of battles are the spiritual ones we encounter every day. Life has its fair share of battles every day as we see. The apostle John understood this and provided the following advice in one of his letters showing how we can come out on the winning side in our everyday battles.

**Loving God means keeping His commandments, and His commandments are not burdensome. For every child of God defeats this evil world, and we achieve this victory through our faith. And who can win the battle against the world? Only those who believe that Jesus is the Son of God.**  
**(1 John 5:3-5)**

John is telling us the best way we can win the battles we face every day is by believing in Jesus and putting our faith in Him. John also states the best way we can keep our faith strong to win these battles is by obeying God's commandments which will help us to stay close and connected to Him. Now that we have John's advice, a question that we should all ask ourselves is how well our faith is helping us win the battles in life? Is our faith helping us to remain hopeful in the midst of these battles? Is our faith helping us to persevere and keep going even on days that feel like losses?

**A strong faith on our part is key to helping us achieve victory both spiritually and emotionally even as we go through some of our hardest days.** If we are thinking our faith is not strong enough to do this right now then

perhaps the answer is found in a book. Of course, I am not talking about the same book my daughter received.

**Reading and meditating on the words found in God's Holy Bible is a key to helping us strengthen our faith** again so that we can win the battles we are encountering on the spiritual and emotional front. Our attitudes are different when we feel like we are winning rather than losing. Knowing this, let us do our part to feel like we are on the winning side of life in our daily battles, by keeping a strong faith in our Lord.

Life definitely has its share of battles. Thankfully our faith can help us come out on the winning side of these battles. I wish it worked the same for the battles we as Leaf fans have. We have not had any playoff series wins of late to be happy about.

**Keep Safe and God Bless**

**Pastor Dean**