



The Tortoise won the race and joyfully held the winner's trophy. The poor Hare started crying because he had lost the race to the slow Tortoise.

## SLOW AND STEADY WINS THE RACE!

I can remember participating in the “City to Surf” many years ago with a group of ladies from Fairfax, we even had a name on our shirts “The Classie Striders” as we worked in Herald Classifieds. Of course, we had a lot of fun, we’d run a little then chat and when we did slow down I noticed a much older lady go past us, we’d race off again and then slow down and before long she would pass us again, it was a slow steady pace and I have a feeling she may have reached the finish line before we did. It is called a “Fun Run”, but the front runners are there to win, the ones in the middle are out to do better than their previous time and then come the ones at the back who are there to have fun... all have a goal and that is to finish at Bondi Beach.

In 2019, my daughter completed the Oxfam 100km walk. Despite painfully blistered feet, she persevered keeping her eye on her goal of completing the walk. I was there to see her finish, what an accomplishment!

You may also remember Cliff Young and how he won the Sydney to Melbourne Ultramarathon in 1983, again, he was slow and steady, dressed in overalls and gumboots and was considered a joke. He was a 61-year-old potato farmer, and while others slept, he kept going with his distinctive shuffle, and won the endurance race beating all the professional athletes. He had a goal and just kept going until he reached it. It is an inspiring story of endurance, determination and keeping your eyes on the goal of finishing. He was considered a joke at the starting line and finished up a legend at the finish.

It reminded me a bit of Aesop’s fable, “The Tortoise and the Hare”? The hare thought it was a great joke to be racing a tortoise – of course he could beat him.. but then the fable goes on to show that while the hare was sleeping the tortoise kept going until he was first across the line.

Each of us have a race to run, and different goals. It’s about keeping our eyes on that goal, of never giving up despite what we may be going through. It’s about perseverance and determination and enduring right to the end. We are reminded in the Bible Hebrews 12:1b-2a “...and let us run with perseverance the race marked out for us, <sup>2</sup>fixing our eyes on Jesus, the pioneer and perfecter of faith....” Sometimes the “race” is hard, but we know we don’t have to run it by ourselves, God runs every step

of the way with us, encouraging us, lifting us up when we fall, and carrying us when we feel we can't keep going. God is in the race with us, his Son had already run the race and won it, all we need to do is fix our eyes on Jesus and follow him.

I trust you will enjoy the music clip and the words, and I pray that you will find comfort in the loving arms of Jesus as you run your race.

[I surrender all - YouTube](#)

All to Jesus I surrender,  
All to Him I freely give;  
I will ever love and trust Him,  
In His presence daily live.

I surrender all,  
I surrender all.  
All to Thee, my blessed Savior,  
I surrender all.

All to Jesus I surrender,  
Lord, I give myself to Thee;  
Fill me with Thy love and power,  
Let Thy blessing fall on me.

I surrender all,  
I surrender all.  
All to Thee, my blessed Savior,  
I surrender all

I need Thee every hour, most gracious Lord;  
No tender voice like Thine can peace afford.

*Refrain:*

I need Thee, oh, I need Thee;  
Every hour I need Thee;  
Oh, bless me now, my Savior,  
I come to Thee.

My thought and prayers are with you and your loved ones. Please do not hesitate to call if you need a listening ear and someone to talk to. My mobile number is 0412 990 949 and email is [ldgraham43@outlook.com](mailto:ldgraham43@outlook.com)

Lyn Graham