

Reprinted from Daily Lift, October 18, 2011
Republished with permission of the Christian Science Publishing
Society. All rights reserved.

Running the good race

By Elise L. Moore, C.S.B.

I just read about a man who became the oldest person to finish a marathon. Mr. Singh from London, England, originally from the Punjab in India, is 100. On October 16th, he ran the Toronto Waterfront Marathon in a little over 8 hours. Mr. Singh said, "The secret to a long and healthy life is to be stress free. Be grateful for everything you have, stay away from people who are negative, stay smiling and keep running. " Now I'm not a runner but I love this story. Being grateful and smiling doesn't seem too difficult, but how do we keep away from negative people? There really aren't negative people, it's negative thoughts. I try to keep out negative thoughts by not thinking a negative thought twice. If I've realized a mistake, don't like something, feel afraid, I try not to think that thought a second time. Instead, I think something about God. God, divine Love, forgives. God guides. God strengthens. God heals. God protects. I continue repeating God-thoughts until I'm not tempted to think negative thoughts – then light has replaced darkness. So today, let's be grateful, stay smiling and keep running that good race to replace negative thoughts with God-thoughts. You will be a blessing to others as well as yourself.