

## Sermon

And do not fear those who kill the body but cannot kill the soul.

There are those who have competed, have done the training, made the sacrifices.

Then have lost the race but have won life's challenge

Because competing has become a part of what they are

The physical struggle will have been real

But the most difficult voices which the athlete has to deal with

Are the mental moaning, the spiritual groaning, the pessimistic capitulation

When all is at its most difficult

Overcome your weariness

And do not fear those who kill the body but cannot kill the soul.

Those who have grown older, lived through times of great health, and now face the limitations of age

These will lose certain abilities, but win many of life's challenges

Because making the best has become part of what they are

Honesty with the physical struggle is difficult to express

But the most difficult voices which the aged have to deal with

Are the mental moaning, the spiritual groaning, the pessimistic capitulation

When all is at its most difficult

Overcome your weariness

And do not fear those who kill the body but cannot kill the soul.

Those who have attempted something new have at times been disappointed

Those who have taken on debt at times have been financially burned

Those who have been in real relationships have at times felt real pain

Those who have supported Blackburn Rovers have at times wondered why

Those who are tired have at times seen only effort

Those who have felt physical pain have at times wanted release  
Those who have begun at times wondered if they will ever finish  
Those who have finished have at times needed to begin again

All of these may win many of life's challenges  
Because our Christian vocation is to live life to the full  
Each of the challenges have particular problems, burdens, fears  
But the most difficult voices which we have to deal with  
Are the mental moaning, the spiritual groaning, the pessimistic capitulation

When all is at its most difficult  
Overcome your weariness  
And do not fear those who kill the body but cannot kill the soul.

Let your soul cry out  
I will attempt  
I will have hope  
I will live to the best that my body and mind will allow  
This is my Christian vocation  
Then  
with the Blessed Virgin Mary I cry out

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior,

Go for it  
As best you can  
Go for it