

11-6-17 Your 4-minute mile

For years, people believed that the human body was incapable of running the 4-minute mile. It came to be seen as a barrier that no human being would ever be able to break.

Then in the spring of 1954, Roger Bannister, a British medical student, stepped onto the track, and with 200 yards remaining exploded to the finish line and collapsed. A hush came over the crowd as the announcer read his time: 3:59.

Well, you and I have our own impossible 4-minute miles. What is it for you?

- gaining a heart big enough to forgive and to love our enemies, those people who have wronged us?
- Or, maybe, working on our marriage or on a relationship with our mother or father, daughter or son, sister or brother?

What's your 4-minute mile? I know that winning that race is profoundly connected to allowing Christ to work in us.

Just a thought. I'm Sid Batts from First Presbyterian Church in downtown Greensboro, across from Fisher Park.