

AN AID TO HELP WITH *ALMOST*

It was a weekend of *almost* in Canadian sports. It started with the Toronto Blue Jays' pursuit of free agent Shohei Ohtani. He was the most coveted free agent this year being a rare superstar who can both pitch and hit. Going into free agency many teams sought after this superstar knowing the price to sign him would be upwards of \$500 million or more.

During the past week we started hearing reports the Blue Jays were in serious contention of landing this coveted free agent. By Friday, baseball analysts were saying it was between the Dodgers and Blue Jays as to which team he would sign with. Reports came out that Shohei would make a decision by the weekend. Many people on Friday thought he was flying up to Toronto, but those reports proved false. On Saturday, Shohei Ohtani made his decision deciding to sign with the Los Angeles Dodgers. It *almost* happened that the Blue Jays signed this year's biggest name in free agency.

Over the weekend we *almost* saw a Canadian golf duo win a tournament. Canadian golfers Brooke Henderson and Corey Connors were competing against other duos from various countries in a match play tournament. This Canadian duo was near the top of the leader board going into the final day. I watched a bit on Sunday hoping this Canadian duo might pull off the victory. They *almost* did, but unfortunately ended up one shot back of the leaders.

It really was a weekend of *almost* when it came to Canadian sports. Sometimes we find ourselves in the position of *almost*. I find this with coaching basketball when it comes to recruiting players or playing games against other teams. Sometimes we can give it our best effort and yet come out on the losing end saying *almost*.

This can happen too in other areas of our lives such as when we interview for a job, place an offer on a house, or seek a promotion at work. We can experience disappointment, heart break, or hurt feelings and begin to flood our mind with a whole array of "what if" questions in these moments. This was the case with the on-air personality on the radio station I was listening to on Monday morning. He was ranting on my drive home after dropping my daughter off at school about how disappointed he was all weekend after hearing about the Jays missing out on Shohei Ohtani. These are all natural

feelings when we experience an *almost* situation in our lives. As I contemplated this, I could not help but think the best way for us to cope through our *almost* moments is to place our thoughts on the *Almighty* instead. **Psalm 91** actually encourages us to take this approach:

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the Lord: He alone is my refuge, my place of safety; He is my God, and I trust Him. (Psalm 91:1-2)

The psalmist reminds us here how we can find rest, comfort, and refuge in the presence of Almighty God. We identified earlier how our emotions can be drawn in so many directions when we experience an *almost* situation in life. The direction we need to pull ourselves in is **seeking the guidance and comfort of our *Almighty* God in these moments**. The psalmist trusted the *Almighty* to comfort and care for him through the challenges of life and we can too.

It was an *almost* weekend in Canadian sports. Let's take a lesson from this *almost* weekend and turn our focus to the *Almighty* instead. It will be a more uplifting way to journey through this week and each one.

Keep safe and God bless,

Pastor Dean