



the Pastor's Corner

Two are better than one

Ecc 4:9-10 – “Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.”

Recently I experienced one of the most embarrassing moments of my new phase of life at 50 years old. I was at the 24Hour Fitness Club going through my normal workout routine on the bench press. Normally I start off with one plate (45lbs) on each side then work my way up to my max of two plates on each side for a total of 225lbs. Usually, on a good day, I can put up two or three reps of my max without a spotter (helper). But this time I wanted to do something a little different from my usual routine. I wanted, on the second rep, to let the bar down about $\frac{3}{4}$ of the way down and not touch my chest then push it back up. Normally you don't want to play too much with your max especially without a spotter because you can get stuck. Well, it happened. On the second rep I just couldn't push the weights up and it came back down and rested on my chest and I had no strength to push it back up. So, I looked around to see if anyone was around but I could not see any one. I tried a few more times to lift up but I just couldn't. My next move was to tilt the weights on either side just to get it off of me. Finally after about a couple of minutes another guy who saw me in my misery came over and helped pull up the weights. Now I found another friend.

This experience, though embarrassing, has taught me a few lessons both physically and spiritually. Firstly, never attempt to tackle a problem by yourself. Solomon is right, “two are better than one.” John Donne also said, “no man is an island.” How often do we know these truths yet we ignore them when pride takes over common sense? Secondly, never be ashamed to ask for help. If you are ashamed, it's because of personal pride and you will fail miserably. I thought of asking someone to spot me before I attempted to do what I was thinking. But then my pride told me that I should be able to do it because I've been working out regularly...wrong! It's one thing to think positive but it's another to be practical and sometimes they don't jive. In our spiritual journey, let us learn to lean on each other but more importantly on Jesus as our number one spotter and we will never get stuck in life.

~ by Pastor Fred Toailoa