

Five Minute Sermon

Published in the Gazette wk ending 30th July 2026



Winning Well

As I watch the Commonwealth Games – the friendly games -, I'm struck by something that goes far beyond medals.

Of course, the races are thrilling. The last-second victories, the personal bests, the celebrations on the podium. But some of the most memorable moments happen when nobody wins.

An athlete stops to help someone who has fallen. A competitor applauds a rival's success. Teammates celebrate the person who finished last because they know the courage it took simply to keep going.

Those moments remind us that success isn't only measured in gold, silver and bronze.

Life can sometimes feel like one long competition. We compare jobs, homes, exam results, bank balances and even holidays. It's easy to believe that our worth depends on coming first.

Yet the values we admire most are rarely about winning. We remember kindness more than records. We treasure encouragement more than applause. We are inspired by resilience, generosity and the quiet determination to get back up after falling.

In the Bible St Paul compared life to running a race, not because he wanted us to beat everyone else, but because he knew that perseverance matters. We each have our own race to run, with different obstacles and different strengths.

So perhaps the Commonwealth Games offer us a gentle reminder: strive to do your best, cheer others on, and never forget that character is worth more than any medal.

After all, the greatest victories are often the ones that make someone else's journey a little easier.

Rev Jane Rowell

St Margaret's United Reformed Church