“Lean on me”

Recently you may have seen video clips on BBC Berkshire of the players taking part in a team building day which involved learning the words and choreographing dance moves to the song “Lean on me” by Bill Withers. There is much truth in those lyrics. We are not made to live in isolation, we all need someone to support us at some time in our lives. Conversely we can all offer support to others when they need it. Jesus said “Greater love has no one than this: to lay down one’s life for one’s friends”.

However, we’re only human and we often fail others in their time of need. God doesn’t promise us a life free of problems. In fact he tells us that we will have troubles but he encourages us to go to him for help when we feel burdened by what life throws at us. He assures us that he will never ignore us or turn away when we ask for help. The answers may not always be what we expect but we are never alone in our difficulties.

During the game each player needs the support of others. Encouraging words from team mates and supporters can restore self- belief after a misplaced pass or missed tackle. So whether we’re player, staff or fan, let’s be a great support to others today.