

Don't Fear: Finish Strong

Description

[RG AUDIO 082518](#)

Lamentations 3:52-66

Although she didn't linger long, Heather Dorniden knows the depths of the pit. It was Dorniden who, while running a 600 meter race for the University of Minnesota in 2008, fell flat on her face just as she was taking the lead.

There was no interference, just a runner tripping on her own feet. The footage is cring-worthy, the fall is tragic and the impact profound. The would-be victor is alone; flat on her face in the presence of defeat. Human connection with this moment is universal, but what comes next is inspiring.

The sprinters dash ahead of the fallen, and the camera pans away to hide her shame, but shame doesn't keep this one down. Instead, she outruns the camera angle and then outruns her competitors. Dorniden widens her stride, grits her teeth, and crosses first across the finish line for a miraculous win.

Whose voice did she hear echoing in her mind that encouraged her to rise and finish strong?

"Do not fear," says the Lord of Life. He will redeem our failures and lead us to victory.

Author: Judith Fetzner

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