

# A Lesson In Heart

A lesson in "heart" is my little 10 year old daughter, Sarah, who was born with a muscle missing in her foot and wears a brace all the time.

She came home one beautiful spring day to tell me she had competed in "field day" - that's where they have lots of races and other competitive events. Because of her leg support, my mind raced as I tried to think of encouragement for my Sarah, things I could say to her about not letting this get her down - but before I could get a word out, she said "Daddy, I won two of the races!"

I couldn't believe it! And then Sarah said, "I had an advantage." Ah. I knew it. I thought she must have been given ahead start...some kind of physical advantage. But again, before I could say anything, she said, "Daddy, I didn't get a head start... My advantage was I had to try harder!"