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God Made Me Fast

I really love running.

I love the feeling of being out, in the middle of nowhere, in our beautiful South Downs, knowing that I need to propel myself three, four, five or more miles before I arrive home.

I think that most of us can identify something in life that brings us a gleeful, perhaps even childish sense of joy.

In the film Chariots of Fire, Eric Liddell, the Scottish missionary, rugby star and running hero, says: 'I believe God made me for a purpose, but he also made me fast. And when I run I feel His pleasure.'

I think that line conveys a particular Christian idea well.

I believe in a God who formed all things, including me, with purpose and with pleasure. He also created me to be like Him in the same way that a child reflects its parent. This means that my purpose and my experiences of pleasure or joy matter to God and somehow show what He is like.

So those moments of glee - that piece of music that sends a tingle through your bones; that feeling of elation on exiting the cinema after an excellent film; the happy peace experienced on holiday; my joy when I run - these are all glimpses of God's indescribable pleasure when He gets to share the moment with you.