WOW: Word Of the Week

Relay

November 4, 2026

What I passed on to you; you carry it forward so you can pass it on to others who will continue carrying it forward; and at the right time they will be able to pass it on to the next ones who will carry it forward. (2 Tim. 2:2 paraphrased)

I ran track in high school. "My" race was the half-mile. Our track coach sometimes entered me in the mile, but my role was to serve as a pacer for our star miler during the first half of the race. I struggled with the mile, and I was not fast enough to run shorter races. The two-mile relay was not a common event in those days; I do not remember running a relay race. (Looking back, I am not sure we had four half-milers on our track squad!)

Relay races require a skillset that goes beyond being able to run fast. Runners must learn how to pass the baton so that neither runner loses stride. A clean baton transfer is beautiful! The runner receiving the baton accelerates with baton firmly in hand, ready to pass it to the next runner. The baton handoff looks simple but winning relay teams practice it repeatedly. The baton handoff is often where the relay race is won or lost. If the baton is dropped, the race is over.

Application time. Every Sunday, the preacher stands up and passes the baton to the church. He has worked hard to pass the baton as effectively as possible. As we listen to the sermon, we are the next relay runners. The baton we are receiving is the very Word of God that changes lives. What are we supposed to do?

Do we receive the baton to examine it and see how beautiful it is? Do we receive the baton to put it on a shelf? Does the baton stay with us from that point forward? No! We receive the baton so we can run our part of the race and pass it on. We get a firm grip on the precious baton being handed to us so we can pass it on.

Here's a suggestion that will enrich your life and help grow the local church. After you receive the "baton" from the preacher on Sunday, run the Christian race diligently with baton in hand, and before the week is over, pass it on. It's a relay! Share with someone else the message you heard on Sunday. During the week, practice the relay, put it in your own words, paraphrase it. Why? It's a relay and we want to make flawless handoffs!