

# 父亲的一句话

那天是学校的运动会，我报名参加了400米跑。赛前我充满信心，心想自己一定能取得好成绩。可是比赛结果却出乎意料，我在冲刺阶段失误，被别人超过，最终只得了第三名。回到家，我整个人像泄了气的皮球，沮丧得说不出话。

父亲看着我沉默了一会儿，然后拍了拍我的肩膀，说：“重要的不是你跑得多快，而是你敢于冲刺的勇气。”我怔住了，心里像被点亮了一盏灯。原来，父亲并不在意输赢，而在意的是我的努力和勇气。

接下来的日子，我重新调整了训练计划，每天坚持跑步，甚至比以前更加努力。父亲会陪我一起去晨跑，偶尔在我气馁时说几句鼓励的话。渐渐地，我发现自己的体力和速度都在提高，更重要的是，我学会了面对失败，学会了相信自己，也更加珍惜父亲在背后默默支持的力量。

那一次的失败，让我明白了亲情的意义：不是每一次努力都有回报，但有亲人在身边，哪怕一句话，也能点燃前行的勇气。父亲教会我成长不仅仅是赢得比赛，更是学会坚强、学会坚持、学会感恩。亲情的力量，往往就在这些平凡的细节里。

## A Single Sentence from Dad

That day was the school sports meet, and I had signed up for the 400-meter race. I was confident beforehand, thinking I would achieve a good result. But the outcome was unexpected. I made a mistake during the sprint, got overtaken, and ended up in third place. Returning home, I felt deflated, unable to speak.

My father looked at me silently for a moment, then patted my shoulder and said, "What matters isn't how fast you run, but the courage to sprint." I was stunned, feeling like a light had been turned on in my heart. I realized my father didn't care about winning or losing; he cared about my effort and bravery.

In the following days, I readjusted my training schedule, running every day with even more dedication. My father would accompany me for morning runs, occasionally offering a few words of encouragement when I felt discouraged. Gradually, I noticed my stamina and speed improving. More importantly, I learned to face failure, to believe in myself, and to value the quiet support of my father behind me.

That failure taught me the meaning of family: not every effort yields rewards, but with loved ones around, even a single sentence can ignite the courage to move forward. My father taught me that growth isn't just about winning races; it's about learning to be strong, persistent, and grateful. The power of family often lies in these small, ordinary moments.