

Daily Devotion For July 18, 2022

"A cheerful heart is good medicine, but a crushed spirit dries up the bones."  
Proverbs 17:22

Perhaps you heard that I tested positive for the coronavirus. On Thursday July 7<sup>th</sup>, I work up with a sore throat. A day later I had a cough and achy body. As I write this 10 days later, I'm feeling fine and "back to normal." Since my positive test I have self-quarantined as recommended by the CDC.

For two and a half years I have tried to take every precaution to avoid getting this virus. I am now one of the 500 million people who has been infected worldwide by this invisible and unseen virus. This virus is no respecter of people and anyone can get it., People from every country, every socio-economic condition and every political persuasion have been infected. Dr. Wayne Shen has told me that at some point, everyone will get covid. Sadly, we are still in the midst of this global pandemic.

I am grateful that my bout with Covid was not a serious case and that we have vaccines, boosters, and medications to help combat the virus. Yesterday during our Fellowship Time, Richard Marquez mentioned that we have come a long way in 2 ½ years when many people who were getting sick were also dying.

I was asked by the Monterey County Health Department how I contracted the virus and my response was "I don't know." I don't know where or how I got it. What I do know is that God is in control and that I am in God's hands.

**Thought For Today:** With the rise of covid infections taking place around the world now, is not the time to let our guard down. Continue to take every precaution to take care and be safe.

**Today's Prayer Focus.** Thank you for your thoughts, concerns and prayers for my speedy recovery. Thank God that Darrell Tanaka has also recovered. Please pray for Rick and Ellie Hattori who have also tested positive and are exhibiting symptoms. Pat and Shirley Wong's son Daniel is also positive with symptoms. Pray for the Hisaka family from Orange County who also tested positive and exhibiting symptoms.