

Daily Devotion For June 18, 2022

“I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength” Philippians 4:12-13

Thursday night the Golden State Warriors defeated the Boston Celtics for their fourth NBA Championship in eight years. I was happy that the Celtics were in the finals as I have been a fan of the Celtics since I was a kid watching the great Bill Russell Dynasty and my wife Kazuko was a huge fan of Larry Bird. Nevertheless, I was so happy for the Warriors. Since I returned to Monterey in 2015 it has been a joy to watch them become one of the great teams in history. I remember that as a high school student I would go to the Warrior games and sit on the court floor under the basket taking photos for my photography class.

The 2021-2022 season has had a lot of ups and down for the Warriors. They had a lot of injuries to key players like Klay Thompson, Steph Curry and Draymond Green.

Life as in basketball is filled with ups and downs. We all have good days and bad days. We all experience the thrill of victory and the agony of defeat. How do we get through those down times?

The Apostle Paul revealed the secret for making it through his “down” times of life. He said in Philippians 4:12-13 “I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength”

**Thought For Today:** How do you measure the “wins” and “losses” of your life, the up days and down days, the good and the bad? Paul left the wins and loses up to God, how about you?

**Today’s Prayer Focus:** Do you remember the parent or coach who taught you it’s not all about winning or losing, but how you play the game that counts? In the down times, pray that you will have the proper attitude.