

GOD'S GRACE AND MERCY

March 30, 2022, is a day I will never forget. That day I survived getting hit by a car when a careless driver rammed me. I praise God every day for by His amazing grace and mercy I survived with no broken bones. It all happened during my usual run close to my home. I stopped at a stop sign and proceeded to run when I saw the driver slowing down to stop. I had no idea that the driver had her two small children in the backseat. She reported to the responding Officer that one of the kids dropped his bottle. During the split second she turned around to retrieve the bottle, she thought she was pressing the brake but hit the gas instead. Just like that I became a pedestrian traffic statistic.

My recovery was one long mental and physical journey. During the last month I had to wear a boot on my left foot to finally and completely heal a stress fracture that my podiatrist had unfortunately overlooked on my x-rays. Still, God's grace and mercy kept me from despair and permanent disability. *For he shall give his Angels charge over you, to keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone. (Psalm 91:11-12)*

I am recovering from the common COVID now. As I continue training for my first – praying not my last – international marathon series starting in London (10/2/22), followed by NYC (11/6/22), and on to Honolulu (12/11/22), I still praise God every day for His amazing grace and mercy. *But those who hope in the Lord will renew their strength, they will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31) ... let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. (Hebrews 12:1-2)*

“GRACE” is God's gift and His word for me in 2022.

G – Give yourself a moment. We are human, so it's normal to be upset when things don't go as planned.

R – Remember God loves you. *But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. (Ephesians 2:4-5)*

A – Acknowledge what didn't go well. Sometimes mistakes happen, but that doesn't mean you are a mistake. Learn from what didn't go the way you wanted it to. *“No matter how many times you trip them up, God-loyal people don't stay down long; soon they're up on their feet, while the wicked end up flat on their faces.” (Proverbs 24:16).*

C – Celebrate what did go well! *“Thanks be to God. He gives us the victory through our Lord Jesus Christ.” (1 Corinthians 15:57)*

E – Encourage yourself. *Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is “Love your neighbor as yourself.” (Mark 12:30-31).*



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