

Physical Health and Beyond!
David Townson - February 21, 2020

It is so good to welcome Lori and Patrick -as a newly-wed couple to our congregation. We are really looking forward to enjoying photographs of your very special day and pray God's blessing on your new family!

INTRODUCTION

The title & topic of my sermon today are inspired by the new church Vision 2020.

We are called as a witness of God's way of life to the world - not just spiritually but also physically.

3 John 1:2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

God wants us to be healthy!.

In order to be healthy, we need to follow God's Word including His laws as set out in the Bible.

Starting in the Old Testament, Lev 7:22-27 ²² And the Lord spoke to Moses, saying, ²³ "Speak to the children of Israel, saying: 'You shall not eat any fat, of ox or sheep or goat. ²⁴ And the fat of an animal that dies *naturally*, and the fat of what is torn by wild beasts, may be used in any other way; but you shall by no means eat it. ²⁵ For whoever eats the fat of the animal of which men offer an offering made by fire to the Lord, the person who eats *it* shall be cut off from his people. ²⁶ Moreover you shall not eat any blood in any of your dwellings, *whether* of bird or beast. ²⁷ Whoever eats any blood, that person shall be cut off from his people.' "

We are told not to eat fat nor blood. This is the only law that was reiterated in the New Testament in Acts 15:20.

We now know why we don't eat blood because as well as carrying oxygen, the blood also carries the waste and carbon dioxide to be excreted out of the body.

We know that God defines clean and unclean foods in Leviticus 11 and if a person touches a carcass of any unclean animal, that person must wash and remain separate for 24 hours. Verse 24.

Leviticus 12:2-3 'If a woman has conceived, and borne a male child, then she shall be ^[a]unclean seven days; as in the days of her customary impurity she shall be unclean. ³ And on the eighth day the flesh of his foreskin shall be circumcised.

Notice that male infants were circumcised on the 8th day- when the immune system was fully functional.

Leviticus 13: (Reference only)

In the Old Testament, the priests acted in the matters of infections as doctors. They did a detailed examination and if the disease was confirmed, the person was isolated (quarantined) at first for 7 days and was then re-examined and could be declared clean or the quarantine extended.

Regarding lepers, Leviticus 13:46 tells us: ⁴⁶ He shall be unclean. All the days he has the sore he shall be unclean. He *is* unclean, and he shall ^[a] dwell alone; his dwelling *shall* be outside the camp.

Notice that people who had leprosy were isolated living outside the Camp of the Children of Israel. There was no treatment for leprosy then.

As to disinfecting clothing, Leviticus 13: 51-52 says: ⁵¹ And he shall examine the plague on the seventh day. If the plague has spread in the garment, either in the warp or in the woof, in the leather or in anything made of leather, the plague *is* an active leprosy. It *is* unclean. ⁵² He shall therefore burn that garment in which is the plague, whether warp or woof, in wool or in linen, or anything of leather, for it *is* an active leprosy; *the garment* shall be burned in the fire.

Notice that the clothing of lepers had to be burned.

Leviticus 14: This chapter deals with houses that had become infected.

Leviticus 15: This chapter deals with human discharges which involved washing of clothes and isolation for 7 days.

It is very interesting that in the Time of the Black Death, the Jews generally escaped the plague because they were following these laws and they also lived in ghettos so were in fact isolated (quarantined) . This was a protection for them!

The population surrounding them killed some Jews because they thought they were poisoning the water in the wells.

PROPHECIES FOR THE END TIMES

Matthew 24:4-8 ⁴ And Jesus answered and said to them: "Take heed that no one deceives you. ⁵ For many will come in My name, saying, 'I am the Christ,' and will deceive many. ⁶ And you will hear of wars and rumors of wars. See that you are not troubled; for ^[a]all *these things* must come to pass, but the end is not

yet. ⁷ For nation will rise against nation, and kingdom against kingdom. And there will be famines, ^[b]pestilences, and earthquakes in various places.

⁸ All these *are* the beginning of sorrows.

Notice that Jesus Christ said that pestilences would be the beginning of the End Times- Time of Sorrows!

All this brings us to discuss the Corona Virus now called COVID'19. The information I am about to give you came from three You Tube sites: One by Dr. John Campbell and the other called Peak Prosperity, Medcram & CNBC.

These sources can considered reliable and refer to papers being put out by the Journal of the American Medical Association, the New England Journal of Medicine and the Lancet (the leading British medical journal). I have been following these sources for 3 weeks now and the information and understanding has been increasing.

HOW DID THE CORONA VIRUS START?

As far as we know, the Corona Virus started in a wet market in China in the City of Wuhan, where animals are sold for food.

Now 60 million people are isolated having tested positive for the Corona Virus!

The disease started in early December. The Chinese government closed Wuhan on January 22 and by then (due to the Chinese New Year), 5 million people left Wuhan according to their mayor travelling across China and spreading infection.

The Lancet Journal calculated mathematically that the number of people infected is 10 times the number the Chinese government has disclosed. This explains why the Chinese Government is acting far more drastically than their figures would suggest. Note that the crematoriums in Wuhan are working 24/7 with a capacity of 200 bodies every day! There are 7 crematoriums in that place!

CORONA VIRUS

There are 7 Corona Viruses. Four of them are the common cold then there is SARS, MERS and COVID19. The last three have been traced to animals passing the disease to humans.

SARS came from a bat via a Civit Cat; MERS came from camels via bats and this COVID19 appears to come from a bat via a pangolin which is a type of anteater.

All three of these animals are eaten by people. The Arabs eat camels; some Chinese people eat cats and Pangolins. All of these animals are unclean.

This is a warning about eating unclean food.

The symptoms of the Corona Virus are a dry cough, fever, shortness of breath, aching and lethargy, some have diarrhea and headaches. The Corona Virus comes through the air and droplets go into the nose, the mouth and the eyes.

The real danger of the Corona Virus is pneumonia!

From current information, it would appear that about 80% of people will get mild cases and 20% will get serious cases and have to be hospitalized.

WHO IS VULNERABLE?

The median age of those sick with Corona Virus is 55 years. Those most vulnerable are people with other health issues such as asthma and diabetes etc. In China a lot more men than women smoke. The men seem to be affected by the Corona Virus more seriously. Smoking may be a factor.

If a person has the flu, then they infect 1.3 other people. COVID 19 affects about 2.6 to 6.0 other people. So the infection rate is very high far higher than flu.

The good news is that the young adults and children seem to get only a mild version of COVID19.

SO WHAT CAN WE DO?

**First of all, we should not fear nor should we panic!
We should pray for protection and if necessary healing!
And Peace of Mind in any trial that comes our way!**

Practical things we can and should do for prevention of infections

- 1. Wash hands frequently**
- 2. Avoid touching your face with your hands. If wearing a mask helps you not to touch your face, great! There are no longer any masks in stock in the pharmacies worldwide however you don't see anyone actually wearing them here!**
- 3. The Corona Virus lives on surfaces for up to 9 days! So use a paper handkerchiefs to touch door handles!**
- 4. Stay away from large crowds and at least 6 feet from someone who is coughing.**
- 5. Infected people need to have prepared for at least 14 days isolation by buying food, water, toilet rolls, Kleenex, bleach and aspirin. Be ready to recover at home!**

6. Probably not the best time to go for a cruise!
Most of the above are just good habits to remain healthy!

COVID 19

has an incubation period of up to 14 days or now possibly 20 days and is infectious during this time which means that it is difficult to stop the spread of the infection especially if there is an outbreak in a third world country where medical services are less available and less effective.

There is no antiviral therapy for COVID 19 at present and it will take a year to develop. Hospitals could become overwhelmed by the numbers of sick people. Another problem is the 97% of generic drugs are produced in China and that industry could be badly affected. See Bill Watson's comment on World News on CGI website.

SO WHAT TO DO NEXT?

We still should not fear nor should we panic!
We should pray for protection and if necessary healing!
And Peace of Mind in any trial that comes our way!

After that, our major defense against infection of any kind is our natural Immune System.

So the question arises, how do you boost your Immunity?

- 1. Get Your Sleep! You need to get enough sleep to build up your immune system's ability to produce antibodies to fight disease and infection. Between 7-9 hours a night as much as possible between 10 pm and midnight is recommended. It is reported that 40% of people in North America get less than 7 hours sleep a night!**

Ecclesiastes 5:12 The sleep of a laboring man *is* sweet,
Whether he eats little or much; But the abundance of the
rich will not permit him to sleep.

Physical work and exercise promote good sleep.

2. Wash Your Hands thoroughly and avoid touching your face with your hands between times! The vulnerable areas are the mouth, nose and eyes. That is how the virus infection enters the body.

3. What we eat is very important to strengthen the immune system. We need our vitamins A,C,E,B6 and D (especially D because in winter we don't get much sunshine!) Plus folic acid and minerals such as zinc. These are all found in fruits and vegetables depending on the soil in which they were grown. We also need protein because our immune system is made up of proteins used to produce white blood cells that produce antibodies that fight infections.

Eating processed foods, refined carbohydrates and sugar weaken the immune system.

Aim for an anti-inflammatory diet with fruits, vegetables, whole grains and lean proteins.

A good immune boosting meal includes chicken soup!

Herbal teas help good digestion as well as giving us is plant-compounds that can reduce inflammation. Ginger is very good for colds and flus. It is also important to drink enough water about 6 to 8 glasses so that toxins can be eliminated.

4. Exercise:

Exercise boosts the immune system as well as strengthening the body. It releases endorphins which help relax, reduce stress and keep us cheerful!

Balance and variety in all things is the key!

It is important to exercise at your ability level several times a week. The human body was not designed to sit at a desk (or in front of a TV) for hours and hours!

5. Good Thoughts!

Good thoughts promote good health!

Proverbs 3:7-8 Do not be wise in your own eyes; Fear the Lord and depart from evil.

⁸ It will be health to your ^[a]flesh, And strength^[b] to your bones.

There is a clear connection between following God and physical health!

Proverbs 14:30. A sound heart *is* life to the body,
But envy *is* rottenness to the bones.

How we think impacts our body!

Proverbs 16:24 Pleasant words *are like* a honeycomb,
Sweetness to the soul and health to the bones.

And the words that we speak affect our health as well!

Prov. 17:22 A merry heart does good, like medicine But a broken spirit dries the bones.

Mental attitude is important and research is now confirming that State of Mind has an impact on Physical Health!

So in conclusion, I have been moved to speak on this subject because I believe this is a growing crisis that could have significant impact on the entire world. I have not even talked about the probable impact on the world economy!

We all know from Bible prophecy, that Very Hard Times are coming to the entire earth. We need to be examining our lives and strengthening our spiritual immune systems especially with the upcoming Passover in view.

1 Corinthians 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

We need to remember this promise of God. He will give us the strength we need to trust and follow Him.

2 Timothy 1:7 ⁷ For God has not given us a spirit of fear, but of power and of love and of a sound mind.

God enables us to be healthy not fearful nor powerless, unloved or mentally unbalanced!

1 Peter 1:3,6-9 ³ Blessed *be* the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead,

In this you greatly rejoice, though now for a little while, if need be, you have been ^[a]grieved by various trials, ⁷ that the genuineness of your faith, *being* much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, ⁸ whom having not ^[b]seen you love. Though now you do not see *Him*, yet

believing, you rejoice with joy inexpressible and full of glory, ⁹ receiving the end of your faith—the salvation of *your* souls.

Peter reminds us of our goal- the Kingdom of God. We do and will face trials. Don't be discouraged. Our good response in faith is building valuable spiritual character and will lead to our salvation.

**Let's focus our minds on positive spiritual things:
Philippians 4:8 and 19**

⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

And my God shall supply all your need according to His riches in glory by Christ Jesus.

Psalms 86:15 But You, O Lord, *are* a God full of compassion, and gracious,
Longsuffering and abundant in mercy and truth.

God is a god of compassion.

1 Peter 3:8 ⁸ Finally, all *of you be* of one mind, having compassion for one another; love as brothers, *be* tenderhearted, *be* ^[a]courteous;

Finally brethren, let's look after our own physical health but not obsess it!

Let's think of others – and pray for them. What about praying for the devout people in China who are part of the well-documented Underground Church? Let's help others as we are able.

And last but not least, let's put God first - building spiritual immunity against sin and deception. God bless you all, brethren as you think and pray on these things!