This is not a quarantine area! Your participation this morning is voluntary. This group is significantly smaller than at the grocery store. We go to the grocery store because of critical need for food. **But we also have a critical need for spiritual food**. And not just to get teaching but by gathering. And a spiritual obligation to function as the church. If you are in a higher risk group because of your age or your health it may not be wise for you to be here and that is your choice. We urge you to use wisdom in your interactions, but we are glad you came!

At church last week we WORSHIPPED THE LORD all morning:

*First we worshipped the Lord through songs that call our focus onto God and glorify Him. Singing trains our lips to express our hearts. Worship music helps us to seek God's supernatural presence in our lives. Exercising our worship together is a supernatural function of the Church.

*Then we worshipped God through giving our tithes and offerings. The Word teaches that giving tithes and offerings is not making a donation. Giving is an act of Worship and a discipline of Worship. God does not need your money. There is no closer connection to our daily lives then submitting the fruit of our daily labor to Christ. Understanding Worship is understanding giving.

*Then we worshipped God by holding up His Word focusing on Scriptures about overcoming FEAR. When we submit ourselves to the Word of God we are acknowledging that what God says to us is SUPREME. That is Worship too. We have a handout that highlights several powerful Scriptures to fill us with courage.

*And then we exercised our Faith together as a body of believers in corporate prayer for our nation going through this flu scare. We operated last week as the Body of Christ in this place doing the spiritual work of intercession for our country.

This week our theme verse is Hebrews 10:25 Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

5 Preventative Measures to protect against the CF-MMD-PC

"Communist Flu, turned Man-Made Disaster through Political Correctness."

- 1 Wash your hands and your heart
- 2 Don't Touch Your Face, Seek Gods Face
- 3 Employ Social Assistancing
- 4 Not Isolation but Integration...(with those who are most important)
- 5 You may be a carrier... but you also carry the Cure

1) Wash your hands *and* your heart. 1 James 4:8 "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."

Isaiah 1:16-20 So wash your hands. Make yourselves clean. Get your evil actions out of my sight! Stop doing what is wrong! Learn to do what is right!

*Ceremonial handwashing was an outward training oneself in the importance of washing the inside. God's instruction to his people thousands of years ago about washing and not touching certain things and considering certain things unclean enabled the Israelites to avoid disease and illness that ravaged other nations all around them. The instructions God gave them so long ago

were for health and for survival, are now understood as just basic science. Washing our hearts in this time of chaos, reestablishing our right standing with God, is for our spiritual health and wellness.

Proverbs 3:5-6 Trust in the Lord with all your heart and lean not unto thy own understanding. In all your ways acknowledge Him and He will direct your paths.

Jeremiah 17:10 I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.

2) Don't Touch Your Face, Seek God's Face. 2 Chronicles 7:14 If my people who are called by my name humble themselves, and pray and *seek my face* and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

Psalm 105:4 Seek the Lord and his strength; seek his presence continually!

The Hebrew word for God's Face is often translated as God's presence. This is important because when we need something or we are in trouble, we seek God's hand. We need God to reach out his hand and help us. But seeking God's Face is different. This is the essence of a relationship him. Seeking God's presence is seeking God Himself to just be with us; just so we can be with Him. Sometimes our dog Freedom seeks our hand and sometimes Freedom seeks our Face. The true nature of worship is to seek God's FACE. Don't Touch *Your* Face, *Seek Gods* Face

******Psalm 63:1-3 1 O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. 2 I have seen you in your sanctuary and gazed upon your power and glory. 3 Your unfailing love is better than life itself; how I praise you!

3) Employ Social Assistancing. Because of the current crisis we are being told not to shake hands with or hug our friends when we see them, and to keep back 6 feet. During this time of man-made disaster we're supposed to insulate ourselves in bubble of protection. But God made people for connection, not just with Him but for connection with others. What a beautiful time for Christ-followers to overcome our fear, press out of our bubble and to help others battling fear. By offering to pray with others we can demonstrate Jesus' love, and by sharing limited supplies, checking on our vulnerable neighbors we can bring help and hope in our city. Galatians 6:2 says Bear one another's burdens and so fulfill the law of Christ." For those of us that are not afraid we have to be careful to not seem dismissive to those that are. Because the fear is real and it hurts. I have to try to not be frustrated with the masses that are being manipulated by the media. Psalm 55:15 "We used to take sweet counsel together; within God's house we walked in the throng." Turn Social Distancing into Social Assistancing!

4) Not Isolation but Integration. Thousands of shops have been closed and millions of people have been sent home. The schools are closed now and so the neighborhoods are busy with kids running around their front yards. One of our friends works for a large military contractor. But she has an older and vulnerable husband. Like so many people she has been allowed to move her office to her house in order to avoid bringing sickness to her husband. There have been memes these last weeks from adults who are already fed up with trying to homeschool their kids. While we're to limit our exposure to large groups of people I want to urge us to seek better Integration with our kids at home. This is an opportunity to create relationship with our kids we may have lost in the busy-ness of life. This is an opportunity to get to know our spouse again and even meet our neighbor for the first time. In Ephesians 5:16 Paul tells the church group at

Ephesus they need to make the most of every opportunity, realizing that the days are evil. This means to take up God's perspective. Don't let any of these days go to waste. Laying around watching tv for 16 hours or playing video games for 10 hours is a waste of the precious gift God is giving us in this man-made disaster. Could it be that these will be the days to rescue our relationships in our families?

5) You may be a Carrier...but you definitely carry *the Cure*. Philippians 4:6 says "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

*36 *million* Americans have gotten the regular flu so far since Thanksgiving. 370,000 of those had to go to the hospital because of it, virtually all of them were elderly and with medical problems. 22,000 mostly-elderly Americans have died from the *regular* flu since Thanksgiving...and the season is not over yet.

*So far about 300 elderly Americans with pre-existing health issues have died from the "<u>communist flu</u> turned man-made disaster" called Covid 19. We are being told that 80% of all people who have the communist flu don't have any recognizable symptoms so they don't even know it. So there is every possibility that some in this room right now already have it.

*But if you are a Christ-follower you and I also carry the cure. Christ-followers are to be loving and compassionate to the world around us, but more importantly we are the Agents of Hope. I am reminded of the Scripture in 2 Corinthians 5:7 that says that we walk by Faith, not by sight. We understand we are spiritual beings within physical bodies, temporarily stationed here in a physical world. Hebrews 11:9 says "By faith he made his home in the Promised Land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he was looking forward to the city with foundations, whose architect and builder is God." The only thing that we can take with us when we leave this earth are the other people we helped bring to relationship with Christ. We have the vaccine. We have the lifesaving cure for the world right now. People are thinking now, maybe for the first time ever, about the big questions of life. What will happen to me after this life? Is there a God? Is there a plan for my life? Has my life made a genuine difference? Followers of Christ have the answers if we will only step forward and offer the Cure.

Lets Pray.