

## NOTES TO THE FAMILY

Issue #5, The Coming Pandemic?  
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Certainly you have read the reports of the coming pandemic<sup>1</sup>. *The World Health Organization* as well as the *Centers for Disease Control and Prevention* have spread the word of the coming pandemic and how we might prepare for it. According to those expert health organizations up to 40% of the population and workforce may be ill at once, and we should prepare to continue all critical services with the remaining 60% of the workforce. And the pandemic may come to local areas in waves, infecting some, then others, and possibly the same groups again.

Federal government pandemic planning efforts have identified techniques to limit the spread of the pandemic and/or safeguard the 60% of employees who will be left to continue to perform critical functions. Social distancing devices ranging from use of telework to maintain distance between those possibly infected and those not yet infected, shift-work to limit contact among workers, deployment of critical staff to remote locations, and cross-training of employees who could be employed in other disciplines during the pandemic.

There is no target date for arrival of the pandemic here in the United States, but that there will be a pandemic and that it will reach the United States is considered inevitable. As the inevitability has been pushed we have accepted it. It is only a matter of time before our neighbors and co-workers become ill. Some may even die.

As this dread event approaches and plans are developed and tested to ensure our ability to continue with limited human resources, we seem to neglect actions to prevent the spread of illnesses. Despite the fact that preventive measures are well known and have been promoted widely in prior generations and even enforced as part of former health codes, the experts have decided that now is not the time to implement measures that could actually avert massive illnesses within our communities. Apparently the proper time for implementation of potential life-saving techniques and practices is at the first indication of the arrival of the pandemic in the United States. Perhaps the experts are just as correct on this point as they have been in recent disaster planning and prevention efforts and we should heed their advice? {Besides, all cannot be saved and **we should focus on getting the job done with those who remain**. We are not our brothers keepers and we should not split our focus between prevention and continued performance throughout the coming pandemic. ☺}

But just in case the experts are at least partially in error or we see a role for ourselves in averting a major disaster, it might be good to review a few preventive practices. There are some very basic things we can all do:

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<sup>1</sup>**Pandemic** - an epidemic (an outbreak of an infectious disease) that spreads worldwide, or at least across a large region.

- Cover coughs and sneezes with tissues, handkerchiefs or shirt sleeves. Coughs and sneezes are one of the body's ways of eliminating or rejecting something it does not want. Don't share your trash with others!
- Heed postings to wash hands whenever soiled, before leaving the rest room, before eating or touching your face, particularly anywhere around the eyes.
- Avoid open-palm greetings such as shaking-hands; ensure thorough postings of hygienic practices at public gatherings and meetings; observe employees and students to encourage ill persons to remain at home during possible infectious stages.
- Ensure that meat and food products are cooked properly to kill bacteria and viruses.

In addition to the above preventive measures, those of us who know Jesus should recognize that we have other resources. We should remind God of His word concerning our health and safety:

- (Isaiah 53:4-5 KJV) Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. {5} But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.
- ◊ (Psalms 91:10 KJV) There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
- ◊ (Psalms 103:2-5 KJV) Bless the LORD, O my soul, and forget not all his benefits: {3} Who forgiveth all thine iniquities; who healeth all thy diseases; {4} Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; {5} Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.
- ◊ (Deuteronomy 7:15 KJV) And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.

Confession of God's word to Him is our part of acceptance and activation. Think of it this way; ministering angels are on the ready to carry out God's word (*Psalms 103:20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.*) and we have been given the right to speak His word indicating our agreement with Him. As we confess and agree with Him we stand against Satan's efforts contrary to His word - - in the absence of our agreement with what God has already said there is no power to combat Satan's actions. Once we have reminded God of His word and resolved in our hearts that His word is indeed true and for us today, we must stand firm, taking unto us the whole armor of God, not wavering from the truth, being confident that we are made righteous by Christ, able to not only receive the gospel but to share it with others in need, being shielded from any attack and able and willing to attack with the word of God and praying in the Spirit and maintaining God's direction and strength and watching for the manifestation.<sup>1</sup> (See Ephesians 6:13-18 below.)

Psalms 91:10 says that no plague will come near our home. Because we are so blessed and have His assurance that no pandemic is for us, we should be praising God all the time. And in praising Him we accrue another layer of blessings; Psalms 67:5-6 "Let the people praise thee, O

God; let all the people praise thee. {6} Then shall the earth yield her increase; and God, even our own God, shall bless us."

- By praising God we step into our true calling, offering praise to our maker who is high and lifted up.
- By praising God we are the tool by which the earth yields her increase, others who dwell here are better for our efforts.
- When we praise God we are rewarded by additional blessings.

There is so much gain in our praising God, we should start now!

PRAISE THE LORD!

This, I can do.

At all times. There is no impairment here by reason of wealth, or lack thereof, or physical appearance.

None can deny opportunity! As long as I have breath I can praise You! I can praise and worship alone as well as in the congregation.

And I will! Because Your word declares You desire praise. And because You inhabit the praises of Your people, I draw near as I praise You . . . and we are One. . .

And I am strengthened by who You are and who I am becoming in Your presence.

I am open to Your counsel which none can defeat.

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1. (Ephesians 6:13-18 KJV) Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. {14} Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; {15} And your feet shod with the preparation of the gospel of peace; {16} Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. {17} And take the helmet of salvation, and the sword of the Spirit, which is the word of God: {18} Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;