

Safety Measures To Prevent The Spread Of Illness

by Wayne Goff

By now you and I should know these rules by heart. March 15 was the last time we were able to worship publicly since the Covid-19 pandemic struck the country. A month earlier, you and I probably knew few of these rules. But here they are again, in case you have forgotten:

Help Stop Coronavirus

1. **Clean your hands** often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
2. **Avoid close contact** with people who are sick.
3. **Put distance** between yourself and other people (at least 6 feet).
4. **Cover your mouth and nose** with a cloth face cover when around others.
5. **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
6. **Clean and disinfect** frequently touched object and surfaces daily.

Help Stop Sin

1. **“*Cleanse your hands, you sinners, and purify your hearts, you double-minded,*” James 4:8.** Quit sinning against God and make up your mind to live right!
2. **Avoid close contact with sin-sick people.** **“*Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful,*” Psalm 1:1.** (Not that you cannot associate with sinners, but that you are not to participate in their sins with them; sin is contagious and deadly to the soul.)
3. **Put distance between yourself** and other people who teach and practice religious error. **“*If anyone comes to you and does not bring this doctrine, do not receive him into your house nor greet him; for he who greets him shares in his evil deeds.*” 2 John 11.**
4. **Cover your mouth** before you say something that is wrong or sinful. **“*Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers*” Ephesians 4:29.**
5. **Cover your cough or sneeze?** Ok, I give up on this one. The word “cough” doesn’t even appear in the Bible! But Elisha did miraculously resurrect a son for the Shunamite woman. He sneezed seven times before he came back to life, **2 Kings 4:35**. But perhaps a **spiritual comparison** would be not to spread false rumors with your mouth. **“*For the commandments, ‘You shall not commit adultery,’ ‘You shall not murder,’ ‘You shall not steal,’ ‘You shall not bear false witness,’ ‘You shall not covet,’ and if there is any other commandment, are all summed up in this saying, namely, ‘You shall love your neighbor as yourself’*” Romans 13:9.**
6. **Clean and disinfect frequently your surroundings.** **“*You cannot drink the cup of the Lord and the cup of demons; you cannot partake of the Lord’s table and of the table of demons,*” 1 Corinthians 10:21.** **“*Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God,*” 2 Corinthians 7:1.**

Sin IS Contagious!

“*Therefore, just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned—” Romans 5:12.* Sound similar to Covid-19?

“*And you He made alive, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience,*” Ephesians 2:1-2. Just because everyone around you has contracted the “sin virus” doesn’t mean you have to contract it, too! **Follow the safety measures God has given us to stop the spread of sinfulness!**352003