

The Promises of God are Still True!

God is Bigger than the Coronavirus!

His Anchor Holds during the Storm.

“The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.” Luke 4:18-19

How should Christians respond to this pandemic while everyone around us are worried, uncertain and fearful! That in itself causes us more worry. God reminds us,

Philippians 4:6,7

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”

We know that fear is very real and sometimes emotionally crippling. We are in no way dismissing your fears. One might be thinking, how can we not be anxious during these uncertain times. That’s a lot to ask. Why would God ask us not to be anxious or worried; where is He in all of this? Take a moment to breath and remember God is in control.

Worry in itself, is a state of anxiety, and can be very debilitating. Before we realize it, it can take control of our spiritual, physical and emotional well being. It becomes difficult to control. When we worry we are relinquishing control over to the anxiety in our lives. It consumes us at every turn. But remember, worry isn’t productive. It takes our strength away. In fact, it’s a failure to trust God. His purpose right now is to prove to us that *our* faith is real and that we are truly His children, and that no trial will overcome our faith.

Isaiah 41:10.

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

Fact is a thing we know to be proven true! **Feeling**, is an emotional state or response. God’s Word is True, it is a fact! This is when faith steps in.

Hebrews 11:1

“Now faith is the substance of things hoped for, the evidence of things not seen.”

Even in the midst of the Corona Virus pandemic, God is with us. Even when we “*feel*” He is not listening, God is with us. And it is He Who is in control! Not us! He is faithful always. He has proven this over and over again. Our lives are a living testimony of this, and His wisdom tells us this through His Word, “Not to walk in fear.”

1 JOHN 4:4

“Greater is He that is in us than He that is in the world.”

2 Timothy 1:7

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

How do we move through our daily lives when the world seems to be falling apart?

He will give us the strength and courage to overcome our fears if we commit our lives to Him, trust Him, keep our eyes on Him, and seek His counsel often. Be prayerful for God’s protection. Be diligent ! We know all of this to be True, and a Fact, not a “*feeling*”! He is with us always!

So what do we need to know as Christians?

1. **PRAY** without ceasing!

Pray first always and pray without ceasing.

1 Thessalonians 5:16-18

“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”

As your spiritual leaders, we are committed to caring and praying for you and your families health, spiritually, physically and emotionally. We are a family at Mid Cape. So the very first thing we are doing is PRAYING. Praying for you and your families. Praying for our President and Government and Local officials, to use wisdom to protect this country from any threat to our whole beings.

2. Please **Heed** the warnings.

As our government officials gives us warnings, what good are they if we do not heed them, that means **DO** them! Quarantine if they say quarantine, Use the 6 feet rule when out with others, avoid group gathering of any size, wash your hands, stay diligent, stay safe.

3. Listen

Most importantly we need to *listen*. Don't let anyone tell you that you lack faith because you are being diligent and wise in *listening* to the warnings of the CDC, and the experts on the front lines.
Listen to their advice and do not be foolish!

1 Peter 5:8-13

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world."

The Corona virus is an enemy, like a roaring lion seeking those whom he can destroy. We as a nation need to fight together, spiritually, emotionally and physically. It is no respecter of persons as we witness the spread increasing every single day. There are already 6 confirmed cases of the Corona virus at our hospital; all of which are on respirators.

This disease is spread by droplets in the air. If just one person is in a room who has not developed symptoms, *yet*, has already contracted the virus; every person in that room has been exposed. Then those people exposed will return home and expose their family members who will in turn keep spreading the virus.

We must think about everyone around us as having the virus; then maybe we will heed the call to self quarantine. The only way to battle this virus is to avoid ANY contact with our community other than our immediate family members.

If we do not take these warnings seriously, then more and more people will be infected, and our hospitals will not have the capacity to deal with this pandemic; but most of all it will overwhelm our caregivers who are on the front line day and night saving lives while they risk their own.

Yes this sounds drastic. But this virus is a **killer**.

1. Self quarantine at home. Avoid outside contacts as much as possible.

2. Keep your children at home because more than likely, they are carriers of the virus and will infect anyone they come in contact with.

3. Thank goodness for Social media. We all can stay in contact; you are not alone. You can begin by going to our website: midcapeag.org and on Facebook: Mid-Cape Worship Center and the Boston Globe online is also a good resource as well as the CDC on line to keep you updated on the current recommendations.

4. Face time a family member who are home alone and have dinner together online! Reach out and encourage one another. Please don't assume they're okay. These are difficult and trying times for each and everyone of us.
But Praise the Lord
Love conquers all!

5. Clean your hands thoroughly and often.

6. Only leave your home if you need food or medicine, then try to stay 6 ft away from another person while in public.

Then wash your hands again and again.

7. Avoid touching your face, nose, or eyes unless you wash your hands.

8. Clean and disinfect surfaces that are touched frequently.

9. If you or any other family member starts to show signs and symptoms:

A fever of 99.6 or greater

Onset of coughing

Difficulty breathing

Please call your primary doctor immediately, who in turn will direct you to the nearest testing facility.

10. DO NOT GO TO THE EMERGENCY ROOM FIRST.

CALL YOUR DOCTOR.

HAVE THE PHONE NUMBER READILY AVAILABLE.

11. Do not let fear be your constant companion.

God is our refuge, and He will shelter us in times of trouble.

Psalm 46:1

"God is our refuge and strength an ever-present help in trouble."

Psalm 27:1

"The Lord is my light and my salvation."

John 8:12

When Jesus spoke again to the people, He said, *"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

Be Ready Always to Share the Hope and Light of Jesus Christ.

What better time to bring hope to the weary hearted. People are looking for answers. We are the Light of this world. The world is filled with darkness, this is the time to let your light shine!

1 Peter 3:15

“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.”

**But most of all
“Do Not Fear”**

Isaiah 41:10

“For I am with you always
Do not anxiously look about you,
For I am your God.
I will Strengthen you.
Surely I will help you.
Surely I will uphold you with My righteous right hand.”

God Bless you Pastor Perry and Kathy

P.S. Message from our Dedicated and Awesome Medical Teams, Nurses, Midwife’s Doctors, Techs, Respiratory Therapists, IV Therapist, Social Workers, Everyone working to take care of you and your loved ones:

We Stay Here For You
(meaning they are working overtime to care for you and your family)
Please Stay Home For Us!

Your Cape Cod Health Care Team



