

practice healthy worship



HAND WASHING
Wash your hands often for 20 seconds with soap & water



LIMIT CONTACT
Don't shake hands and avoid close contact with others



DISINFECT
Frequent, rigorous cleaning of the church, especially hard surfaces



STAY HOME
When you are sick except to get medical care; call the doctor first!



DON'T TOUCH
Avoid touching your face: eyes, nose and mouth



PRAY!
For the health of others, doctors and scientists seeking for a cure

Scripture

Phil 4:4-8 Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer & petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts & your minds in Christ Jesus. Finally, brothers & sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Observe: Where are you at now?

2 enemies that threaten to steal our peace: worry & fear.

Worry projects a negative view of the world around us.

Worry projects a negative future.

Worry is an act of faith; it is a deep seated belief in worst case scenarios.

Worry is not rooted in reality, but does affect our reality.

God gives us a spirit of power, love, & a sound mind. [2 Tim 1:7](#)

Apply:

What can you do today

—Pray for: those effected by this time, medical professionals, other churches, family & neighbors & our world. [Rom 12:12](#), [Ps 145:18](#), [1 Tim 2:8](#)

—Meditate on the word of God. [Is 26:3](#), [Phil 4:8](#), [Prov 4:20-22](#)

—Don't let your mind go to stress & anxiety. [Phil 4:6](#)

—Interrupt emotional patterns [James 1:2-4](#)

—Seek God—to be closer to HIM. [Psalm 1](#)

—Love God & your Neighbor. Check on them. [Mark 12:30-31](#)

—Don't live in fear. Know that God is in control. [Isaiah 41:10](#)

Pray:

Heavenly Father, You are the creator God of the universe. You are a mighty God. Thank you that when we as Your children face crisis that we do not face it alone; we have Your divine help. We pray that Your Holy Spirit will continue to help us keep our eyes on You even if things continue to get worse. Forgive our failure to trust You. Father break us of our temptation to be self-reliant but to trust in You alone. Help us & remind us of the promises in Your Word guide us as we pray them back to You. We pray for those who suffer today, those who we love & You love. Heal them of their infirmities, bring them peace & the presence of Your Holy Spirit. We pray that in all of these circumstances, situations, & environments that You would receive glory.