

# MESSAGE

Occasion : Prayer Service  
Theme : Able to Do Abundantly in 2020  
Venue : Lighthouse BBC Tatalon  
Date : January 30, 2020

**TITLE : STANDING STRONG AGAINST NCOV**  
Text/s :

Eph 6:10-18

10 Finally, my brethren, be strong in the Lord, and in the power of his might.  
11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.  
12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.  
13 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;  
KJV

Bible Reading :

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Prov 3:1-10

3 My son, forget not my law; but let thine heart keep my commandments:  
2 For length of days, and long life, and peace, shall they add to thee.  
3 Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart:  
4 So shalt thou find favour and good understanding in the sight of God and man.  
5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.  
6 In all thy ways acknowledge him, and he shall direct thy paths.  
7 Be not wise in thine own eyes: fear the Lord, and depart from evil.  
8 It shall be health to thy navel, and marrow to thy bones.  
9 Honour the Lord with thy substance, and with the firstfruits of all thine increase:  
10 So shall thy barns be filled with plenty, and thy presses shall burst out with new wine.  
KJV

Song/s :

## INTRODUCTION

Ps 42:11

11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

KJV

Ps 43:5

5 Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

KJV

Jer 8:14-15

14 Why do we sit still? assemble yourselves, and let us enter into the defenced cities, and let us be silent there: for the Lord our God hath put us to silence, and given us water of gall to drink, because we have sinned against the Lord.

15 We looked for peace, but no good came; and for a time of health, and behold trouble!

KJV

Acts 27:34-36

34 Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.

35 And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.

36 Then were they all of good cheer, and they also took some meat.

KJV

3 John 2

1 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

KJV

## BODY

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KJV

- 1) **Being strong on the right foundation is the key.**

Eph 6:10

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

KJV

- 2) **Be wholly guarded. Let us have a 360 degree safeguard and that considering the whole body.**

Eph 6:11

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

KJV

Eph 6:13

13 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.

KJV

- 3) **Be aware of the real enemy. The enemy is not the Chinese. It is the virus.**

Eph 6:12

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

KJV

<https://www.youtube.com/watch?v=JYTzX9JCbDY&feature=youtu.be>

- 4) **Be able to stand strong with the girdle of truth. Do not believe fake news.**

Eph 6:14

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

KJV

- 5) **Keep your heart right and upright**

Eph 6:14

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

KJV

But righteousness in your heart instead of deceit. Have a clear disposition. Do not be selfish.

- 6) **Help share right Information, Education, Communication (iEC)**

Eph 6:15

15 And your feet shod with the preparation of the gospel of peace;

KJV

- 7) **Put action based on what is true.**

Eph 6:16

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

KJV

**8) Have knowledge. Know what salvation is.**

Eph 6:17

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:  
KJV

Hos 4:6

6 My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

KJV

**9) Take the Sword of the Spirit, the Word of God**

Eph 6:17

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:  
KJV

Heb 4:12

12 For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

KJV

Matt 4:4

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

KJV

**CONCLUSION**

- **What is novel coronavirus?**

The novel coronavirus identified in this outbreak has never before been identified in people. However, coronaviruses are not new and cause infections like the common cold, and rarer infections like Middle East Respiratory Syndrome (MERS). The term coronavirus refers to a big group of viruses that cause a wide range of illness.

This new coronavirus has been called 2019-nCoV.

- **Who is most at risk of infection with 2019-nCoV?**

Some people will not get sick at all, some will get mild symptoms from which they will recover easily, and others will become very ill quite quickly. Because this is such a new infection, very little is known about why some get sick while others do not, and in whom there is a greater or lesser risk of serious infection.

Experience tells us that people with compromised immune systems, the very old and young and those with diagnosed heart and lung conditions are most at risk of developing complications if they contract an infection like this. Early information about this virus is indicating that children may be less likely to get sick with this virus than adults.

Health workers are potentially at risk of infection if they are in close contact with a case of novel coronavirus infection. As a precaution, advice has been provided on simple steps to reduce the risk of

transmission should the virus cause illness in Victorians. Most important is to regularly wash hands, and for health workers to wear a simple mask, gown and gloves when assessing people who might be at risk.

- **What are the symptoms of 2019-nCoV?**

Information continues to come to light as more is learned about this new infection. The most common symptoms reported as of January 2020 include:

Fever  
Breathing difficulties such as breathlessness  
Cough  
Sore throat  
Fatigue or tiredness

While there have been some deaths reported and some cases have been severe, the early indications are that the virus is not likely to cause illness of the severity that was seen in the Severe Acute Respiratory Syndrome (SARS) outbreak in 2003.

- **How does 2019-nCoV spread?**

Health authorities around the world are working hard to figure out exactly how the 2019-nCoV virus spreads.

At first, most people who caught the virus either worked or visited the Wuhan seafood market in central China. However, now not all cases are linked to that market.

The World Health Organization (WHO) has assessed that the virus can spread between people. China's National Health Commission has now confirmed the virus has been passed from person-to-person and has infected some healthcare workers.

When person-to-person spread has occurred with MERS and SARS, it is thought to have happened via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread.

- **What is the incubation period for 2019-nCoV?**

The incubation period is not yet known. However, based on the nature of previous coronavirus infections, it may be up to 14 days.

- **What should I do if I think I might have 2019-nCoV infection?**

If you, or a close contact, have visited Hubei Province in mainland China in the past 14 days stay home until 14 days after leaving Hubei.

If you are ill and have travelled to an area of the world where there is active transmission of novel coronavirus in the 14 days prior to onset of your illness, you should call ahead to your general practitioner or Emergency Department before attending and inform them of your concern.

When you arrive at a clinic or Emergency Department you will be asked to put on a mask and will then be isolated in a room, where available. Your doctor will ask you about your symptoms and where you have travelled.

- **How is 2019-nCoV diagnosed?**

If you have a risk of having the infection, your doctor will take a sample from your nose and throat and will organize for that sample to be tested at a laboratory to determine if you have 2019-nCoV.

You will be asked to remain isolated from other people while this testing takes place.

- **How is the 2019-nCoV infection treated?**

There is no specific treatment for disease caused by 2019-nCoV. However, many of the symptoms can be treated and therefore treatment will be based on the patient's clinical condition.

- **How do I protect myself and my family?**

There are some common-sense precautions that you can take to protect yourself and your family. These apply to many infectious diseases. They include:

Encourage people around you to cover their nose and mouth with a tissue when coughing or sneezing or cough or sneeze into the crook of your elbow. Dispose of the tissue into a bin and then wash your hands afterwards.

Wash your hands regularly with soap and water, particularly after going to the toilet and before eating food. If soap and water aren't available use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth with unclean hands.