



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

Washing of Our Hands

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March 18, 2020

1. Wash your hands often.

- In Lk. 11:37-41, the Pharisee was so surprised when he saw that Jesus did not wash His hands before He ate. The Lord said to him that the washing that the Pharisees do is like cleansing only the outside of a cup or a dish.
- Jesus is not opposed to us washing our hands before meal. He is opposed to us worrying more about what is on the outside than what is on the inside. He said that what comes out of a person shows what is inside.
- So, we can wash our hands constantly and avoid getting sick as a result, but Jesus would ask us now if we are already sick inside before we wash our hands. There are a lot of things that taint our hearts, like sins. Whatever our mouth utters is because of what is inside. And the heart was described as evil in Mt. 15:16-20.

2. Practice social distancing.

- With the Coronavirus outbreak, we have to observe social distancing and submit to governing authorities (Rom. 13).
- The truth is, all gatherings are risky. When we gather together in small or big groups we face the risk of getting and passing the virus to others. So, if we are not cautious, we could be infected and/or infect other people.
- Like Coronavirus and any other common thing, when we spend time with other people, we can get contaminated. On one hand, there are viruses like fear, sin, complaining, which can infect us when we spend time with bad company. On the other hand, there are viruses that are good to carry like faith, goodness, compassion, and love.
- Despite not being able to gather because of the virus, we can continue being close to one another through text messages and calls. Through the said means, we can continue to spread the virus of faith.

3. We have to stay at home.

- There is a reason why the Lord removed all the things we used to be busy with. This is a warning, a wake-up call. Now that we are just in our homes, it is time for us to:
 - a. bond with our family.
 - Before the virus outbreak, children seldom spend time with their parents because of everyone's business.
 - We can use this time to spend quality time with our family and tell them we love them.
 - b. talk to God.
 - Due to our business, sometimes we do not have time to talk to God.
 - Use this time to listen to Him in the solitude of your home and in the stillness of your heart. Also, we can share our pains and sorrows to God.
 - As we spend time alone with God, let us look at our hearts and reflect on what we should change, confess all our sins, repent and admit where we are wrong and ask God how we can retribute the wrongdoings that we have done and make God restore us. Also, forgive the people who have offended and hurt you.
 - It is time for us to know Him more by reading the Bible, studying the scriptures, reading and watching teachings that are available on the Lord's Flock Webpage.
 - We can all pray together at home. Remember, there is always power in prayer and the prayer of a righteous person avails much.

Many are now afraid for they worry about not being able to earn their living and how long the lockdown would last.

When we have our Lord with us, how can we ever be afraid? He is with us and His perfect love vanquishes all our fears. So, relax at home because we are all victors for, no matter what, everything is going to work out for the good of those who love Him.

Anytime and anywhere, when death comes, we can do nothing. So, do not be afraid for the Lord said He is with us always.

Let us be watchful for the Lord is giving us so many signs and one of them is this virus. This is a warning sign. Maybe there are things, many things that we have yet to do for Him. Let us reflect on what the Lord would want us to do.

Moses was used by God to convince the pharaoh to let go of the Israelites. Since Pharaoh's heart was so hard, God used plagues to touch his heart. Maybe God is using this plague, the Coronavirus, to touch so many people. Let us pray that these people, especially the ones with hearts like Pharaoh's, be touched.

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