

Protection Against End-time Pandemics

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Introduction

Seventh-day Adventists are a global faith community that proclaims salvation in Jesus Christ by faith, affirms the spiritual kingdom of God on earth, keeps the Seventh-day Sabbath, and looks forward to the return of Jesus. While Adventists affirm a faith rooted in the Bible, they are also committed to a lifestyle that is founded on their belief that their bodies are the temple of God. The role of individual behavior is often overlooked in protecting health from pandemics. Moral, spiritual, and physical health is strengthened by understanding and living in harmony with God's moral and natural laws.

A Lifestyle for God's People

- The Bible teaches that the dynamics of health are closely linked to our obedience to the laws of God Exodus 15:26; Deuteronomy 7:12, 15).
- The Bible refers to at least two kinds of law. First, the moral law, the Ten Commandments (Exodus 20:1–17), define our relationship with God and with one another.
- The second kind of law the Bible teaches is a natural law. God created the natural environment in six days (Psalm 33: 6–9).
- Violation of these laws in either of the two categories jeopardizes human life and health.

Science and the Biblical Lifestyle

The biblical emphasis on the relationship between personal behavior and the dynamics of health and disease is corroborated today by science as we study the nexus between non-communicable diseases, such as cardiovascular diseases, diabetes, cancer, and others, and infectious diseases, such as COVID-19, influenza, and pneumonia.



God's People and End-time Pandemics

Here are eight protective health habits, especially relevant for the end time. They are, of course, in addition to the appropriate preventive and protective protocols issued by health authorities for pandemics and others public health emergencies. These protective health habits are based on current research and the writings of Ellen White, who systematized and applied the biblical message of health

Conclusion

1. Live in daily communion with Jesus through His Word, prayer, and service to others.
2. Take care of your mental health by maintaining a positive attitude toward life and its challenges, and by managing stress appropriately by getting out into nature, nurturing supportive relationships, and engaging in volunteer activities and hobbies.
3. Practice physical activity according to your capacity: walk for 35 to 45 minutes daily for six days a week or engage in aerobic exercise four days a week, and move about every hour for 5 to 10 minutes.
4. Eat a good breakfast and avoid eating late at night.
5. Consume low portions of or even better yet, abstain from animal-based, processed, refined, and fried foods as well as those that are high in fat and cholesterol, sodium, or sugar, and drinks containing large amounts of sugar or high-fructose corn syrup.
6. Consume a balanced diet, making sure that a high proportion of your choices come from whole grains, legumes, nuts, fruits, seeds, sprouts, tubers, cooked and raw vegetables. Drink pure water.
7. Go to bed early, and sleep eight to nine hours each night.
8. Overcome substance or behavioral addictions by the power of God and through psychological counseling/therapy.

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