

# **GOD'S AMAZING HEALTH LAWS**

**If FOLLOWED, we wouldn't see pandemics.**



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*All scriptures are NKJV unless noted otherwise.*

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**Summary:** With China Coronavirus going around and thousands dying, does GOD have any opinions or laws about quarantine, washing, sanitation, animal-to-human virus spreads and ways to avoid epidemics? Yes, He surely does. Learn what they are in this sermon. If everyone would practice these laws, we'd all be a lot healthier.

**\*\*\*\* NOTE: This sermon's VIDEO has considerable depictions and videos of topics discussed in here that you'll miss if you only use the notes.**

**PARENTAL GUIDANCE:** *This is an explicit message, as God's word also is explicit on these points. I'd recommend 12 years old and up DO hear it, and you may wish to not let much younger children hear this sermon. I say 12+ because believe you me, they are hearing about these things at school anyway. Show them God's word on it.*

**Coronavirus Covid-19. Why is this happening, not just here but all around the world and as I speak this, it seems to be getting worse.** Our state started 30-day lock-down today April 2<sup>nd</sup>. We are all hopefully praying fervently for God to be merciful – not just to us his children, but really for the whole nation and the world.

(I hope we can all go back to work soon! I think we'll find the early projections of numbers of deaths will have been highly exaggerated. FAR, FAR more are dying daily and monthly from coronary heart diseases, strokes and cancers. FAR more.)

I hope you've viewed/heard my previous 2 sermons – one asking if we should be praying for the nation and world, and the other one on being totally prepared for this upcoming Passover and Days of Unleavened Bread.

**Today I ask, does God's word have anything to say about our *health, quarantine, social distancing, avoiding community spread – and how to avoid epidemics?***

**It sure does**, and God revealed his thoughts on this to the Israelites 3500 years ago!! Yehovah Elohim, Yehovah God -- also told them how their nation could have God's protective health umbrella over them. All that and more in today's video broadcast.

**Hello everyone. I'm Philip Shields, welcome to Light on the Rock.** Many of you are telling others about this site and we thank you. ***Be sure to also scroll down the page to the AUDIO sermons and timely BLOGS,*** because we are putting up our Passover topics for your review. We also now have a couple of new female writers for our recent blogs or short articles. Be sure to check out their timely blogs about Habakkuk, etc.

Many of you come from the USA and Canada, but also from India, the Philippines, but also Brazil, Mexico, Turkey, Argentina, Romania and over 70 countries. **Welcome to all of you, and welcome to God's Passover season.** DON'T get distracted from your high calling and be ready for Passover.

Please remember to obey the rulings and laws coming down about how we can limit "community spread" by "stay-at-home" rulings. GOD says obey them.

**Romans 13:1-2**

**"Let every soul be subject to the governing authorities. For there is no authority except from God,** and the authorities that exist are appointed by God.  
2 Therefore **whoever resists the authority resists the ordinance of God,** and those who resist will bring judgment on themselves."

So I hope not to hear of my spiritual brothers and sisters disregarding the laws of the land.

**WHY are we having epidemics about every 2 years? Is this a sign of the end of the end times?** I'll speak on that soon. But one sign of the end is that "the love of many will wax cold" – but so far, we are still seeing a lot of love and loving acts. *But this IS leading up to the very end time, but we're not quite at the return of Christ just yet.* We have some years yet to go. Look for upcoming sermons on it. *But pandemics and calamities will get many times worse and worse before all this is over with the return of Christ itself.*

The government won't be able to keep bailing us out as these calamities roll out one after the other. God wants us looking to HIM for relief and help, not to the government. God wants our change, our repentance – not just panic.

**Back to God's words on health. One of the first instructions to Israel after leaving Egypt was all about their health.**

**Exodus 15:24-26**

And the people complained against Moses, saying, "**What shall we drink?**" 25 So he cried out to YHVH, and *YHVH showed him a tree.* When he cast it into the waters, the waters were made sweet.

There He made a statute and an ordinance for them, and there He tested them, 26 and said, "**IF you diligently heed the voice of YHVH your God** and do what is right in His sight, give ear to His commandments and keep all His statutes, **I will PUT none of the diseases on you** which *I have brought on the Egyptians.* For I am YHVH who heals you."

It's not *politically correct* to say *God* is causing any health pandemics or that God Almighty is shaking the whole world (**Haggai 2:6-7**), *because of our sins*, but scripture is so clear in so many places that it IS God who is trying to get our attention. Even in the **famous 2 Chron 7:14** statement of "If my people called by my name will humble themselves and

pray..." --- ***do you know what comes before that oft-quoted sentence? It's rarely quoted. Verse 13 says these calamities often are from HIM***, to get us to repent. Let's read it.

**2 Chronicles 7:13-14**

**"When I shut up heaven and there is no rain, or command the locusts to devour the land, or send pestilence among My people,** 14 if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."

So these are God's warning shots across the bow of our ship, so to speak. *These will get more frequent and far worse, many times worse, before Christ returns unless we all deeply repent – even while we pray for Christ to return soon.* When we disobey him, when we destroy this beautiful planet he gave us (Rev. 11:18), when we worship other gods made of stone and wood or some worship cows and rats! yes, that makes him angry. He's not happy when we idolize movie stars with wretched lives or sports players with exorbitant salaries.

**Colossians 3:5-6** clearly states that *because of sins* and uncleanness, the wrath of God will be **poured out "on the sons of disobedience."** Let that sink in.

So what else makes God so angry?

- Because millions of his yet unborn little babies made in his image are being destroyed, cut apart and killed in **abortion**. Be sure YOU speak up against it! When did you last protest abortion or write or speak against it? I hope you will.
- Because we kill one another in wars and terrorism. God is fed up and is shaking the world! **And this is just the beginning.** It will get much worse, unless enough of us fast and pray and cry out to him and *we* turn from *our* wicked ways (2 Chronicles 7:13-14). Don't just look to the nation to turn. You and I are to be the first to repent and turn back to YHVH. There will be no more delay. (**Revelation 10:5-7**).

**Hebrews 12:25-27 NIV**

"See to it that you do not refuse him who speaks. If they did not escape when they refused him who warned them on earth, *how much less will we, if we turn away from him who warns us from heaven?* 26 At that time his voice shook the earth, but now he has promised, "**ONCE MORE I WILL SHAKE not only the earth but also the heavens.**" 27 The words "once more" indicate the removing of what can be shaken — that is, created things — so that what cannot be shaken may remain."

YHVH also warned that when we don't obey him, he actually at times will SEND diseases into the nation as a sharp warning to repent. I urge you all to **read the 2 chapters called the "Blessings and Curses chapters" – Leviticus 26 and Deuteronomy 28.** There, YHVH enumerates a long list of blessings on us if we live righteously – and a long list of terrible plagues and disasters if we don't. Please review those chapters.

**Having said that, there are many specific health laws in the Bible, but let's review 5 main ones.**

**NOTE:** God is often EXPLICIT in his choice of words about disease, our bodies and sex - so I will read his words without "sanitizing" or editing them. He is direct and explicit, and these words were read to the whole nation, including children.

God wants his people to be clean, to be holy, to be a special people. In Exodus 19:10 – God wanted them literally clean as they stood before him.

**Exodus 19:10**

Then YHVH said to Moses, "Go to the people and consecrate them today and tomorrow and **let them wash** their clothes."

God likes us washed. He *washes* away our sins. He doesn't just bury them or toss them in the garbage. No, He washes us clean of them. (**1 John 1:7**). God is all about cleanliness and sanitation – spiritually and physically.

Our Maker says if we practiced laws of cleanliness and **hygiene – and not allow trash and refuse in our streets** and cities – we shall be healthier. *Some cities around the world are filthy. WHY?* Because people just throw their garbage and used soda cups out the window of their car or on to the street. Pigs, rats and dogs are allowed to run wild in the streets with their refuse. God says he wants a clean people, clean camps, clean cities. Teach your children to clean up their rooms. YOU DO your part, you child of God.

**So here are 5 of God's health laws, among many, many more.**

1. **WASHING, WASHING, WASHING and laws of hygiene and sanitation.**

We're hearing a lot right now about washing our hands a lot when we touch anything outside our homes or use the toilet.

The first thing people would see was the bronze laver full of water. The priests coming into the temple area – had to first wash their hands and feet at the bronze laver. It was huge in Solomon's temple. God wanted them all clean first. God says "when you come before me – wash first. Be clean".

**Exodus 40:30-32**

"He set the laver between the tabernacle of meeting and the altar, and put **water there for washing**; 31 and Moses, Aaron, and his sons **would wash** their hands and their feet with water from it. 32 **Whenever they went into the tabernacle of meeting, and when they came near the altar, they washed, as YHVH had commanded Moses.**"

In Jesus' day, before anyone went up to the temple court, they had to be washed in the *mikvah* – areas of water cleansing, almost like baptismal pools today. (More on the video).

**Leviticus 13 and 14 give a full list of washings and rituals for lepers. Leviticus 15** instructs Israel to watch out for any discharges from men or women. You're about to be amazed by how detailed God gets with his rules of washing and keeping clean!

**God says to even wash after a "wet dream" nocturnal emission (did you know that was in the Bible? How many of you who say you are Torah-obedient do**

**that?) and to cover your toilet issues. So much disease is caused by this simple rule being broken – including diseases like CHOLERA.**

**Deuteronomy 23:9-14 NIV**

“When you are encamped against your enemies, keep away from everything impure. 10 If one of your men is unclean because of a **nocturnal emission, he is to go outside the camp and stay there.** 11 But as evening approaches he is to wash himself, and at sunset he may return to the camp. (NOW he continues with hygiene)

12 **Designate a place outside the camp where you can go to relieve yourself.** 13 As part of your equipment have something to dig with, and when you relieve yourself, **dig a hole and cover up your excrement.** 14 For YHVH your God moves about in your camp to protect you and to deliver your enemies to you. *Your camp must be holy, so that he will not see among you anything indecent* and turn away from you.”

Always burying excrement would have prevented so much CHOLERA! Here's more:

**Males who have “wet dreams” are to wash. Couples are to wash after having sex. I wonder how many of you/us follow this rule?**

**Leviticus 15:16-18**

“If any man has an emission of semen, then he shall wash all his body in water, and be unclean until evening. 17 And any garment and any leather on which there is semen, it shall be washed with water, and be unclean until evening.

18 Also, when a woman lies with a man, and there is an emission of semen, *they* shall bathe in water, and be unclean until evening.”

I believe so many UTI (Uterine tract infections) that especially women have, could be reduced greatly by simply practicing this law. Men often urinate soon after sex and I've heard that may be one reason men have less frequent UTI's.

In European cities of the 1300-1700's, people in the cities often just dumped their nightly toileting out on to the streets. The cities could be smelled, miles/kilometers away. No wonder there was so much disease. Obeying God's laws would have prevented this.

**BUT WASH, OFTEN. Wash before meals, always. Wash always after toileting.** Teach your children that soap/water washing must **last at least 20 seconds.** I like to wash up first thing and also last thing before bedtime. Avoid touching your face –mouth, eyes, nose – if you haven't washed in a while.

2. **QUARANTINE rules (Stay-at-home, social distancing rules)**

**PEOPLE OF GOD: Let me say again; we are also to obey the laws of the land** (Romans 13:1-6). If the law says do not congregate in groups and keep 6' between people (Social distancing) – we children of God must be obedient to that.

God is all about quarantine when there are health issues, discharges and diseases. LEPERS were to be kept outside the camp, away from people. My wife and I toured an old leper colony off the coast of Crete some years ago (Spinalonga). Even **King Uzziah** had to stay

away from all people (**2 Chronicles 26:19-21**) after God punished him by giving him leprosy. Same story for **Miriam's** leprosy as well that God put on her (Numbers 12:1-16 note especially verses 15-16).

**Laws of leprosy and quarantines are found in Leviticus 13, 14, 15** mostly. Please read those soon so you understand how 3,500 years ago, God taught his people the importance of quarantining the contagious people.

**Leviticus 13:45-46**

"Now the **leper** on whom the sore is, his clothes shall be torn and his head bare; and he shall cover his mustache, and cry, 'Unclean! Unclean!' 46 He shall be unclean. All the days he has the sore he shall be unclean. He is unclean, and **HE SHALL DWELL ALONE; his dwelling shall be outside the camp.**"

**Avoid touching carcasses – dead animals (unless you're a butcher)**, especially any you chance upon that have been dead for a while. Then be sure to wash thoroughly when you're finished. These "wet markets" of China and

**Leviticus 11:24-26**

'By these you shall become unclean; **whoever touches the carcass of any of them shall be unclean until evening**; 25 whoever carries part of the carcass of any of them *shall wash his clothes and be unclean until evening*: 26 The carcass of any animal which divides the foot, but is not cloven-hoofed or does not chew the cud, is unclean to you. *Everyone who touches it shall be unclean.*"

**Leviticus 11:39-40**

'And if any animal which you may eat dies, *he who touches its carcass shall be unclean until evening*. 40 He who eats of its carcass shall wash his clothes and be unclean until evening. *He also who carries its carcass shall wash his clothes and be unclean until evening.*

3. **DON'T EAT OR DRINK BLOOD or undrained meat.**

**Generally be hesitant to eat raw meat** or raw fish. Many pathogens in the meat can be destroyed if cooked long enough in heat. When slaughtering a clean animal for food, whether chicken or goat or cow, etc. – **they must have all their blood carefully drained out. Strangled animals, without the blood drained out, must never be eaten (Acts 15:20)**. No one must ever drink any animal's blood, according to our Maker who knows best. Some hunters when killing their first deer, will eat the deer's heart raw as a rite of passage. God says "DON'T"!

**Let's start with New Testament/Covenant instruction**, lest anyone dismiss these laws as being discontinued Old Testament rules. What I will read in Acts 15 were the rules sent to new GENTILE – non-Israelite – converts in the NEW COVENANT!

**ACTS 15:18-20 (repeated in verse 28-29)**

"Known to God from eternity are all His works. 19 Therefore I judge that we should not trouble those from among the Gentiles who are turning to God, 20 but that we write to them to **abstain from things polluted by idols, from sexual immorality, from things strangled, and from blood.**"

A lot of Asian and African people especially seem to like to drink blood. If you're being called out of the world by YHVH, stop doing that. Now here are some of the other scriptures about blood. Remember, that for many decades, what we now call the "Old Testament" were the only scriptures that the early brethren had! *So not eating/drinking blood includes not eating raw meat that has not been drained well of the blood.* COOKING meat kills a lot of pathogens.

**Leviticus 3:17**

"This shall be a perpetual statute throughout your generations in all your dwellings: **you shall eat neither fat nor blood.**"

**Leviticus 7:25-27**

"For whoever eats the fat of the animal of which men offer an offering made by fire to the Lord, the person who eats it shall be cut off from his people. 26 Moreover **you shall not eat any blood** in any of your dwellings, whether of bird or beast. 27 **Whoever eats any blood, that person shall be cut off** from his people."

**Deuteronomy 12:15-17**

"However, you may slaughter and eat meat within all your gates, whatever your heart desires, according to the blessing of the Lord your God which He has given you; the unclean and the clean may eat of it, of the gazelle and the deer alike. 16 ***Only you shall not eat the blood; you shall pour it on the earth like water.***"

4. **Never eat any animal or fish their Creator says are UNCLEAN and unfit to be human food. PERIOD.**

Three of the last 5 pandemics have originated in China or nearby areas. There's widespread discussion about **the "wet markets" of Wuhan** and other areas where live unclean animals are sold or butchered live – so there's blood, urine and excrement all over the place (why they're called "wet" markets) and these are known breeding grounds for disease.

Add to that the fact that people are buying and eating rats, mice, bats, eels, pigs, snakes and Burmese pythons, dogs, wild cats, chickens and all manner of fowl, civets, crabs, lobsters, fish. Add pangolins, badgers, turtles. *Many of those I listed are defined as unclean and repugnant to our God to consider them food.* For time's sake, I will not at this time prove that even in the new covenant we are to avoid these kinds of unclean foods. Maybe in a future sermon I can show that.

***But people of Asia especially:*** stop eating bats, mice, eels, turtles, pigs, lobsters, crabs and snakes. Actually, all of us around the world, let's obey God's word.

It's time for China and other countries to close down their **"wet markets"**. In the last pandemics, the animal-to-human leap of the virus has been evident in the 1997 Bird flu from China, the SARS epidemic in 2002-2003 from bats and civet cats in China, the 2013 Bird flu in China from a live bird market and now Covid-19 probably from BATS – again from CHINA. Then these infected people – who don't even know they are infected for a couple weeks – go around the world and spread it.

**China: CLOSE DOWN your wet markets!** TOO many pandemics are caused by your wet markets! Thousands of people around the world are dead because of these.

In America and Europe, many of you eat pork, lobster, shrimp, crab – all of which are the garbage collector animals. That's how you trap crabs – put garbage meat into a trap and they can't resist. Neither should anyone eat rabbit, squirrel, horse or bear meat. **Read Leviticus 11 and Deuteronomy 14.**

**Leviticus 11:7-8**

“And the **SWINE**, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you. **8 Their flesh you shall not eat**, and their carcasses you shall not touch. They are unclean to you.”

**Leviticus 11:12**

“Whatever in the water does **not have fins or scales** – that shall be an abomination to you.”

*So no eels, crabs, lobster, shrimp, shellfish of any kind* or any fish that has no scales or fins. We are NEVER to eat bugs and grubs or insects EXCEPT the grasshopper and cricket family (**Leviticus 11:20**). SO many animals carry diseases and should not be eaten.

You in Asia – why on earth do you **have temples practically dedicated to monkeys or rats** – which are fed by the population? That's an abomination to the true God. We'll all be a lot healthier if we would just obey God's word!

5. **OBEY GOD'S LAWS ABOUT SEX**

God decreed – on pain of death if not followed – that unmarried people were not to have sex (fornication) until they were married and then, only with their spouse, period. Sex before marrying your spouse – was and is a sin. And marrieds were not to have sex with someone else's spouse (adultery), or those of the same sex, or with animals.

Many, many of us have broken these rules in our lifetime. We can repent and be washed by coming under the blood of Jesus Christ who washes away every single sin and we must – going forward - -obey these laws carefully.

**WHY would there be “sex laws” in the Bible?** Because so many awful diseases can be spread by sex sin or by promiscuous people. They're called '**STD's**' – **Sexually Transmitted Diseases**". So people who disregard God's sexual laws are in danger of spreading and getting sexually transmitted diseases. SO many sexual diseases are spread primarily through semen, vaginal fluids or blood through usual intercourse or oral intercourse – not by handshakes, not by toilet seats, or food – but by sex. (God is very explicit about what he demands here, and I'll simply state God's words as stated.)

Of course breaking God's sex laws also destroy marriages and lives. We must obey God. If we've broken his laws, we repent and stop breaking his laws.

***What are God's stated sex laws:***



- **Don't commit adultery** – having sex with someone else's husband or wife. That's part of the 'big ten' commandments - #7 – **Exodus 20:14 “Do not commit adultery”**. Both the man and woman were to be executed (**Leviticus 20:10**). Even just lusting after someone else is a sin, Yeshua said (Matthew 5:27-28). Of course these were laws for a nation and so we today cannot, do not, and should not put these offenders to death ourselves today. Even Jesus did not insist the woman caught in the act of adultery be stoned to death when her accusers left. (John 8:1-12).

**Exodus 20:14**

**“You shall not commit adultery.”**

**Leviticus 20:10**

“The man who commits adultery with another man's wife, he who commits adultery with his neighbor's wife, the adulterer and the adulteress, shall surely be put to death.”

- **Don't commit fornication** – i.e., sex between unmarried partners. SO many of our military on furlough pick up these diseases when they consort with local prostitutes on their R&R breaks to relieve their built-up sexual needs. But if we repent and turn away from this, God will forgive and heal us. Many young boys, especially in the south, used to be introduced to sex by their *fathers* taking them to a young whore so they'd learn how to love a woman. But that was only about sex, not love at all.

**Ephesians 5:3-7**

*“But **fornication and all uncleanness or covetousness, let it not even be named among you, as is fitting for saints;** 4 neither filthiness, nor foolish talking, nor coarse jesting, which are not fitting, but rather giving of thanks. 5 For this you know, that **no fornicator, unclean person, nor covetous man, who is an idolater, has any inheritance in the kingdom of Christ and God.** 6 Let no one deceive you with empty words, for *because of these things the wrath of God comes upon the sons of disobedience.* 7 Therefore do not be partakers with them.”* (similar passage in **Colossians 3:5-7**).

- **NO sex during your wife's menstrual period.**

**Leviticus 20:18 NIV**

“If a man lies with a woman during her monthly period and has sexual relations with her, he has exposed the source of her flow, and she has also uncovered it. Both of them must be cut off from their people.”

- **No homosexual sex acts – even between married homosexuals – NO same-sex acts are allowed by God.** You know the story of Sodom and Gomorrah (**Genesis 19**), right? And of course the sins of Sodom extended way beyond “Sodom”. The most commonly seen consequence of sodomy is AIDS, caused by the way they do their sex. Here's God's word on the matter. (And by the way, I'm just stating God's word. I have homosexual business friends – though they know I disapprove of their chosen lifestyle.)

**Leviticus 20:13**

**“If a man lies with a male** as he lies with a woman, both of them have **committed an abomination**. They shall surely be put to death. Their blood shall be upon them.”

**Romans 1:27**

“Likewise also the men, leaving the natural use of the woman, burned in their lust for one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due.”

- **Children are not to see their parents' nudity**. There's the example of what Canaan did to his grandfather Noah in Genesis 9:20-27. **Read Leviticus 18:6-18**, for a very clear series of laws sexual relations with any relatives.

One sex law from God is: no more marriages or sex between close relatives. Many in royal European circles have broken this rule and they bear the consequences in insanity and other problems.

Generally God is clear that he wants us to not be displaying our private parts to any others except our spouse. But nowadays, “**sexting**” is quite common, even among teens – displaying their naked body parts for all to see online. God says “stop”. **Leviticus 20** also states plainly a LOT of God's sex laws.

- **No sex with animals** (“bestiality”). Ugh! When was the last time you read these scriptures? It's a terrible sin and perversion.

**Leviticus 20:15-16**

“If a man mates with an animal, he shall surely be put to death, and you shall kill the animal. 16 If a woman approaches any animal and mates with it, you shall kill the woman and the animal. They shall surely be put to death. Their blood is upon them.”

So all the above certainly prohibit any sexual orgies, public nudity or toplessness, going to nude bars, watching porn or nudity in movies.

**Galatians 5:19-21**

“Now the works of the flesh are evident, which are: **adultery, fornication, uncleanness, lewdness**, 20 idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, 21 envy, murders, **drunkenness, revelries, and the like**; of which I tell you beforehand, just as I also told you in time past, **that those who practice such things will not inherit the kingdom of God.**”

If the sex laws of God were followed, we would not have AIDS and other STD's – sexually transmitted diseases. So many of our young people have heard of STD's but don't seem to care. STD's are spread primarily from genital, vaginal, anal and oral sex – especially outside of marriage -- and can lead to very serious, very painful and deadly diseases. Having sex with a “sexually active” person means, in effect, *you're having sex with all her/his previous partners and the ones those partners had sex with* – because he/she has been exposed to all his/her sexual partners' diseases. And now you have partaken of that petri dish of sex when you go have sex outside of the holy marriage bed.

**Here's a short list of some possible STD's and I'm told that about 380 MILLION people worldwide have STD's:**

- **Gonorrhea** (bacterial infection) called “the clap” or the “Drip”. This can be treated with anti-biotics.
- **HEPATITIS B** - a serious infection, very contagious through sex, and it can cause liver disease and death. It's spread through sex with infected partners. *There's no cure.* But you can avoid it by obeying God's laws – just don't have pre-marital sex or adultery or by sharing toothbrushes, razors or needles.
- **HIV/AIDS.** An estimated 35 million have already died from AIDS worldwide. **HIV is the virus that causes AIDS, the disease for which there is NO CURE.**

HIV is a virus that breaks down your immune system – your body's defenses against disease. Most of our orphans we care for in Kenya are there because both parents died from AIDS, usually brought home by their unfaithful dad, who had sex outside of marriage, then came home and had sex with his wife after he was infected by his infidelity, and then she gave birth to the baby who would then be born with it. Or... if the child was already born before the mother's infection, that child would lose both of their parents and become orphans.

- And that's where we've stepped in with our “**Cup of Water House for Children**”, in western Kenya. Here they are fed in their brand new home, have a fresh water well, sanitary toilets, have clothing, beds, mattresses, medication – and now schooling, uniforms, boots and jackets, chicken coop, land for vegetables, Bibles in their language, and much more. *If you ever wish to help support our efforts there, we most heartily welcome you.*

**In America, 1.1 million-** that we're aware of – are living with HIV. *There's no cure for HIV virus*, though medicine is helping people live longer with it. It does seem to be most prevalent among homosexual partners.

*How do you get the HIV virus? By vaginal or anal sex, shared needles. HIV virus CAN be spread to babies during pregnancy, at birth, or even breastfeeding.* It's NOT usually spread by kissing, hugging, touching or holding hands or even coughing and sneezing and not from toilet seats.

- **SIPHYLLIS, genital warts, Hepatitis C and Genital Herpes.** You can Google these conditions to learn more.

There are so many other health laws in the Bible, which discusses other health issues like **mental and EMOTIONAL health laws** and their effects on our bodies. God speaks of depression, anxiety, fear and worry, lack of faith – and how these will lead to mental illnesses and disease. God speaks of hate and bitterness and its effects –vs the effects of love and forgiveness, but I don't have time to go into all these, but perhaps we will in future.

**So YES, God speaks on health laws** like washing up, covering up our feces, quarantining people with communicable diseases, not weakening your system by eating

wrong food and wrong animals or drinking their blood, or not draining the meat of all blood first.

**I hope this has been helpful and thank you for coming to our free website. Please tell others about us** -- and thank you for your prayers and encouragement and even financial support to help us keep caring for our children in Kenya and for costs of continuing this ministry.

Until next time, this is Philip Shields urging us all to be sure to be loving our Father and Savior with all your heart and being – and love one another as our own self. Be prepared for Passover!

Closing prayer

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**PLEASE feel free to leave comments** on the website. We like those and read every single one and find them very encouraging (usually). When you register to leave comments, we will never share your data, and we will not ever email you or ever ask you for money or donations.