



**GROW
IN
GRACE**
NEWSLETTER

Email edition being sent several days later than usual this week... BUT JUST IN TIME TO REMIND....

- 1. Men's Bible Study and Fellowship—** Saturday @ 8am... Doors open by 7:30am for fellowship, coffee, juice, biscuits!
- 2. Sunday School @ 9:30am; Sunday Worship Service @ 10:45am....** LORD'S SUPPER at the end!

Volume 45, **No. 24**, June 16, 2020 / Southside Baptist Church / P.O. Box 1594 / 1028 South Water Avenue, Gallatin, TN 37066 (615) 452-5951 / **The Grow in Grace Newsletter is a WEEKLY Bible Study**, plus local church news notes— designed first and foremost for members and those attending services at Southside Church; and is sent forth with the desire to aid one and all, (including friends far and wide), in the experience of 2 Peter 3:18. ***"But grow in grace, and in the knowledge of our LORD JESUS CHRIST!"***

UPDATE: COVID-19, other pandemics, and SEEKING TO FUNCTION WITH A BIBLICAL MIND-SET [Newsletter prepared 6/11/20]

Coronavirus, or COVID-19, is a fast-spreading virus that originated in Wuhan, China, but has since become a worldwide pandemic. According to the [World Health Organization](#), the global death toll is at least 400,857 with 6,931,000 confirmed cases. As of Monday, the [CDC](#) said there have been at least 1,938,823 cases reported in the United States, with 110,375 deaths. **(Which rounds of to about 1,123 deaths per state... although Tennessee presently has, as of 6/11.... 441 deaths.)**

COVID-19 STATS IN TN, as of 6/10/20, (TN has 6.829 Million residents)

28,340 total confirmed cases // 1,974+ people have been hospitalized at some point // 18,922 people have recovered, so far

535,096 tests have been given // **441 deaths, connected to COVID-19, thus far... out of 6.8+ MILLION people.**

Note... the following stats for Tennessee are for 12 months. For a closer comparison— we will use 3 months, (March, April, May, to June 10...) 3 month stats:

- 1. 4,004 deaths from heart disease vs 441 from COVID-19**
- 2. 3575 deaths from cancer vs 441 from COVID-19**
- 3. 1164 deaths from Lower Resp. Disease vs 441 from COVID-19**
- 4ff..... etc. etc**

The following, for 2017, is the latest I could find as to the leading causes of death in Tennessee:

TN Leading Causes of Death, 2017	Deaths	Rate**	State Rank*	U.S. Rate**
1. Heart Disease	16,019	202.2	6th	165.0
2. Cancer	14,302	173.4	7th	152.5
3. Chronic Lower Respiratory Disease	4,657	57.4	7th	40.9
4. Accidents	4,435	63.0	8th	49.4
5. Alzheimer's disease	3,522	46.7	2nd	31.0
6. Stroke	3,519	45.0	5th	37.6
7. Diabetes	1,915	24.0	13th	21.5
8. Flu/Pneumonia	1,656	21.3	3rd	14.3
9. Suicide	1,166	16.8	23rd	14.0
10. Kidney Disease	1,140	14.4	21st	13.0

WORLDWIDE, IF WE TAKE THE 400,857 COVID-19 DEATHS as being for 3 months... and multiply by 4... we get an

estimated 1,603,428 COVID-19 deaths, worldwide by the end of 12 months

A Few of the past pandemics and flu seasons, total deaths:

ASIAN FLU (1956-1958) Death Toll: 2 million Cause: Influenza
FLU PANDEMIC (1918) Death Toll: 20 -50 million Cause: Influenza.
CHOLERA PANDEMIC (1910-1911) Death Toll: 800,000+ Cause: Cholera.
FLU PANDEMIC (1889-1890) Death Toll: 1 million Cause: Influenza.
CHOLERA PANDEMIC (1852-1860) Death Toll: 1 million Cause: Cholera.
THE BLACK DEATH (1346-1353) Death Toll: 77 to 200 million Cause: Bubonic Plague.
PLAGUE OF JUSTINIAN (541-542) Death Toll: 25 million Cause: Bubonic Plague.
ANTONINE PLAGUE (165 AD) Death Toll: 5 million Cause: Unknown.

ALL OF THESE KINDS OF DEATHS AND MORE... GO ON YEAR AFTER YEAR AFTER YEAR. IT IS VERY MISLEADING TO LOOK AT COVID-19 in isolation from all of the additional, worldwide, daily reality!

1. AND, up until 2020, (even though there have been **MASSIVE DEATHS FROM a variety sources every year**) — the world, and especially we in America, did not go INTO AN ABSOLUTE PANIC MODE. We were never placed in nation-wide super destructive lockdown, such as we have.

Three months of LOCKDOWN... and they count the number of COVID-19 dead every second of every day— **BUT WHY ARE THEY NOT COUNTING THE MILLIONS OF OTHERS who are also dying... or being MURDERED by abortion... or by persecution against Christians?**

2. ALSO, this reality is seldom set forth: **More than 80%** of COVID-related deaths have occurred in nursing homes, assisted living facilities, and live-in rehab centers. **More than 90%** of such residents have at least one chronic disease and more than 70%

have two conditions. REGARDLESS OF AGE those with a healthy immune system tend to fight off or overcome various diseases, including COVID-19.

IS THERE A REAL VIRUS? YES. Is it deadly? YES. ARE THERE precautions which should be taken; and practical things we should do? YES.

(The following is edited from: https://www.mercola.com/coronavirus-resources.htm?cid_source=banner&cid_medium=int&cid=coronavirus_resources_20200318&cid_content=csmid&cid_term=version1)

[NOTE: NONE OF THE FOLLOWING IS GIVEN AS 'MEDICAL ADVICE'... it is mostly common sense and/or should be common knowledge. Do your own research!]

1. WASH YOUR HANDS: Frequently wash your hands with soap and water. Also, be sure to cover your mouth and nose when coughing or sneezing, and avoid close contact with anyone exhibiting symptoms of cold or influenza.

2. ADDRESS DIABETES AND HYPERTENSION: To beat COVID-19, one of the best strategies is **to get your underlying chronic conditions under control;** even diabetes and high blood pressure can often be reversed via healthy diet and lifestyle. MOST fatalities from COVID-19 occur among people who have underlying medical conditions

- **Among Italy's** COVID-19 fatalities, 76.1% had high blood pressure, 35.5% had diabetes and 33% had heart disease
- **Underlying health conditions like heart disease and diabetes are linked to "poorer clinical outcomes,"** such as admission to an intensive care unit (ICU), a need for invasive ventilation or death, among COVID-19 patients
- ***To empower the potential of winning over COVID-19, get your underlying chronic conditions under control;***

even diabetes and high blood pressure can often be reversed via healthy diet and lifestyle.

3. BOOST IMMUNITY WITH NUTRIENTS: As for prevention, nutrition plays a crucial role and several nutrients are known for their **immune-boosting** properties and ability to ward against viral infections... even against COVID-19.

4. VITAMIN D: Research shows high-dose vitamin D supplementation can lower the risk of respiratory illnesses and lung infections in the elderly by 40%. Boost your immune system with regular sensibly controlled sun exposure and, when unable to do that, taking oral vitamin D3.

5. VITAMIN C: Vitamin C acts as a powerful antioxidant' and as a cofactor for enzymatic processes. **Quercetin** supplements can also be helpful.

6. QUERCETIN AND ZINC: It may offer benefits as a treatment for SARS coronavirus infections. Quercetin offers great promise as a potential supplement in the clinical treatment of SARS. *“Zinc is a second messenger of immune cells, Zinc ... is very effective in decreasing the incidence of infection in the elderly. Zinc is also an antioxidant and anti-inflammatory agent.*

7. SLEEP: Research shows that disruptions in sleep can affect the composition and health of your microbiome, which can have significant impact on your overall health.

8. SUNSHINE: Vitamin D from sun exposure increases your body's production of naturally occurring antimicrobial peptides that destroy the cell walls of viruses and bacteria.

9. EXERCISE: Research published in journals has highlighted the importance of exercise for older adults, noting the positive effect it can have on their immune system.

10. DRINK WATER: Drinking adequate water is vital for proper hydration, flushing toxins in the body and contributing to an

improved immune system; plus, **FIBER** helps with regular bowel elimination... again riding your body of toxins.

NOW... LET'S LOOK AT THE BIGGER REALITY:

1. Sooner or later we ALL DIE— IT IS an appointment we shall all keep.

2. NONE OF US, nothing, nor no one— EXCEPT GOD has the ultimate say as to WHEN WE DIE!

The psalmist says to God, “Your eyes saw my unformed substance; in your book were written, **every one of them, the days that were formed for me**, when as yet there was none of them” ([Psalm 139:16](#)).

The Epistle of James says that instead of saying we are going up to such and such a town to do some business there and get a profit, “You ought to say, ‘**If the Lord wills, we will live**’” — “and do this or that” ([James 4:13](#), [15](#)). **The point is, only if God wills, do I live another minute. Therefore, the Lord decides when I die. (John Piper)**

Job confessed this about his own children when they had all died in a storm. He said, “Naked I came from my mother’s womb, and naked shall I return. **The Lord gave, and the Lord has taken away**; blessed be the name of the Lord” ([Job 1:21](#)).

Hannah says the same thing in [1 Samuel 2:6](#), “The Lord kills and brings to life; he brings down to Sheol and raises up.” **In other words, life and death are in the hand of God.**

Moses says the same thing when he quotes God in [Deuteronomy 32:39](#), “See now that I, even I, am he, and there is no god beside me; I kill and I make alive; I wound and I heal; and there is none that can deliver out of my hand.”

Appointed Times

God has set appointed times when people will die. **Job said.** The days of humans are determined; **you have decreed the**

number of their months and have set limits they cannot exceed ([Job 14:5](#)).

The Apostle Paul proclaimed.... He [God] Himself gives to all mortals life and breath and all things. From one ancestor He made all nations to inhabit the whole earth, and He allotted the times of their existence and the boundaries of the places where they would live ([Acts 17:25,26](#)). **The psalmist wrote.** Your eyes saw my unformed body. **All the days ordained for me were written in Your book** before one of them came to be ([Psalm 139:16](#)).

Shorten Or Prolong

The Bible teaches that God can shorten or prolong a life. Our God is the God of salvation; and to God the LORD belongs escapes from death ([Psalm 68:20](#)). My times are in Your hand; deliver me from the hand of my enemies and persecutors ([Psalm 31:15](#)).

Hezekiah

King Hezekiah of Judah was told by God that he was going to die. He prayed that the Lord would let him live longer. God granted his request. The Lord said to Isaiah. Go say to Hezekiah, Thus says the Lord, the God of David your father: 'I have heard your prayer, I have seen your tears; **and I will add to your days** fifteen years' ([Isaiah 38:5](#)).

Daniel

The prophet Daniel told the Babylonian King Belshazzar that God holds our very life and breath in His hands. You praised the gods of silver and gold, of bronze, iron, wood and stone, which cannot see or hear or understand. **But you did not honor the God who holds in His hand your life and all your ways** ([Daniel 5:23](#)).

Summary *While death is an enemy to humanity, it is not out of God's control. The number of days that we will live on this earth are ordained by God. He has the power to shorten or prolong it.*

URGENT: SUCH BIBLE TRUTH MUST GUIDE OUR STEPS AND DECISIONS— AND NOT THE CDC OR W.H.O or even a trusted doctor! IF... WHEN we get our direction from the Evening News, from the CDC, doctors or whoever— we are left SCARED. MULTITUDES IN AMERICAN ARE NOW in prisons of fear! HERE IS REALITY:

- 1. You and I will be here on earth until God calls us home!**
- 2. GOD and GOD ALONE can shorten or lengthen our earthly life!**

3. SERIOUS QUESTION:

WHY SHOULD GOD sustain, protect us, and/or LENGTHEN our earthly life if we are NOT focused ON SERVING HIM in His work of BUILDING HIS CHURCH?

HERE IS A MUCH REPEATED WORD FROM GOD:

Matthew 16:25 For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it. **Mark 8:35** For whoever wishes to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. **Luke 9:24** For whoever wishes to save his life will lose it, but whoever loses his life for My sake, he is the one who will save it. **Luke 17:33** Whoever seeks to keep his life will lose it, and whoever loses his life will preserve it. **John 12:25** He who loves his life loses it, and he who hates his life in this world will keep it to life eternal. **Matthew 16:26** For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul? **Mark 8:36** For what does it profit a man to gain the whole world, and forfeit his soul? **Luke 9:25** For what is a man profited if he gains the whole world, and loses or forfeits himself?

Philippians 3:7-8 But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ,

APPLICATION: HOW WE GO ABOUT SERVING CHRIST... BEING WHOLE-HEARTED IN [1) Congregational Worship; 2) Building up one another in the faith; 3) and EVANGELIZING THE LOST...] **may have to be done in different ways.... During times of SEVERE PERSECUTION or in times of even a raging virus, etc. — BUT NEVER WITH LESS COMMITMENT OR FERVOR!**

ACTIVELY SERVING CHRIST MUST NEVER BE PRIMARILY DECIDED BY CNN, FOX NEWS, THE CDC, your favorite Doctor, OR ANYONE ELSE!

1. WE ALREADY HAVE OUR ASSIGNMENTS

2. WE ARE ALREADY SET FREE FROM THE FEAR OF DEATH BY WHICH THE MASSES ARE SHAKING IN THEIR BOOTS: Luke 21:25-27; Heb. 2:14-15.

3. THE LENGTH OF OUR DAYS HAVE BEEN SET BY GOD!

WE ARE FREE TO SERVE CHRIST WITH ABANDONMENT!

Grace and Peace to all in Christ! James Bell

NEWS NOTES:

1. Saturday, June 20, * 8:00am — Men's Bible Study: Studies in Titus.**

2. Sunday, June 21,

***** 9:30am Sunday School:** Nursery, Children's classes, Youth, and Adult classes scheduled.

****10:45am WORSHIP! ... LORD'S SUPPER at conclusion of the service. // 5:00pm... some HOME GROUPS!**

3. WEDNESDAY NIGHTS @ SOUTHSIDE: 6:30pm— ** Adult Prayer Service // ** Young FAMILIES Prayer Service ** Youth Bible Study

4. NEXT Ladies Bible Study, June 23! (Prayer time, 10:30-10:45am) BIBLE STUDY @ 11am... studying Women of the Bible

***** REMINDERS as to CHURCH SERVICES IN JUNE *****

1. IF YOU ARE SICK... OR if you are presently in a state of high immune deficiency or if (at home or work) you are caring for one who is sick— WE ASK THAT YOU DO NOT ATTEND any of our gathered services. [If you have • **Fever**; • Coughing; • Chills; • Headache; • Sore throat; etc....

please stay home!]

2. IF YOU ARE HEALTHY and well... you may or may not choose to wear a mask... or gloves... WE do not require; we WILL NOT provide such.

3. WE continue to encourage 'social distancing'— 6ft apart... BUT MOST OF ALL, WE ENCOURAGE LOVING ONE ANOTHER, RESPECTING EACH OTHER ON MATTERS LIKE THIS!

IMPORTANT NOTE: So, you are young or younger and in great health and have a good immune system, etc... YOU ARE EXCITED ABOUT THE FREEDOM you have. FINE!

HOWEVER, when you are approaching an older saint... one who is more SUSCEPTIBLE to COVID-19 and/or other diseases— BECAUSE YOU LOVE THEM... you will not only make sure you do not violate the space that they believe they need; Nor 'lecture' them that the virus is nothing... or that they just need to trust God! — No you will help them; and YOU WILL help make sure that such precious ones feel safe.

4. WE EXPECT THAT EACH OF YOU WILL DO YOUR PART IN personal hygiene. IF you use the restrooms— please wash your hands with SOAP before leaving... and once outside the bathroom... use nearby SANITIZER.

5. REMEMBER, CHILDREN IN THE WORSHIP SERVICE... THEY ARE NOT TO BE OR TO GO ANYWHERE WITHOUT A PARENT AT THEIR SIDE...

6. FOR THOSE AT HOME: THE 10:45am LIVE STREAMING of the worship service for June 21... SIMPLY GO TO OUR CHURCH WEBSITE: www.southsidegallatin.org

7. LOVE OFFERINGS UNTO THE LORD BY MAIL or ONLINE GIVING: SUCH funds, (if checks), make out to Southside Baptist) — MAIL TO: Southside Baptist Church, P.O. Box 1594, Gallatin, TN 37066 OR, you may choose to GIVE, via ONLINE GIVING @

<https://southsidebaptist.breezechms.com/give/online>