Running Water

**Intro** – This lesson deals with a current problem all of us, in fact, all of the world is dealing with: the outbreak of infection caused by the coronavirus. We are several months into the outbreak, and only a little more is known about how it propagates than when we first began. Man has taken strenuous efforts to develop a vaccine to immunize us from the virus, but the future of it is dubious. Today, we’ll turn to the Scriptures to gain valuable wisdom which may make all of us who heed it essentially COVID-proof, perhaps even “cold-proof” for the rest of our lives.

**Lev 15:2-*13*** *2 "Speak to the children of Israel, and tell them, 'When any man has a discharge from his body, because of his discharge he is unclean. 3 This shall be his uncleanness in his discharge: whether his body runs with his discharge, or his body has stopped from his discharge, it is his uncleanness. 4 "'Every bed whereon he who has the discharge lies shall be unclean; and everything he sits on shall be unclean. 5 Whoever touches his bed shall wash his clothes, and bathe himself in water, and be unclean until the evening. 6 He who sits on anything whereon the man who has the discharge sat shall wash his clothes, and bathe himself in water, and be unclean until the evening. 7 "'He who touches the body of him who has the discharge shall wash his clothes, and bathe himself in water, and be unclean until the evening. 8 "'If he who has the discharge spits on him who is clean, then he shall wash his clothes, and bathe himself in water, and be unclean until the evening. 9 "'Whatever saddle he who has the discharge rides on shall be unclean. 10 Whoever touches anything that was under him shall be unclean until the evening. He who carries those things shall wash his clothes, and bathe himself in water, and be unclean until the evening. 11 "'Whoever he who has the discharge touches, without having rinsed his hands in water, he shall wash his clothes, and bathe himself in water, and be unclean until the evening. 12 "'The earthen vessel, which he who has the discharge touches, shall be broken; and every vessel of wood shall be rinsed in water. 13 "'When he who has a discharge is cleansed of his discharge, then he shall count to himself seven days for his cleansing, and wash his clothes; and he shall bathe his flesh in running water, and shall be clean.* WEB

Leviticus was written to the children of Israel during their wilderness wandering in the Sinai desert on their trek to the Promised Land. It contains more direct dictation from God Himself than any other book of the Bible. The instructions mentioned above were given to take care of a variety of medical conditions probably most from infections, which resulted in some type of discharge from the body. This could have covered digestive sicknesses, ear infections, respiratory infections, tooth problems, cuts, etc. (Genital discharges were dealt with in other sections of Leviticus.) There were no drugstores in the Sinai. The Israelites possessed no medicine kits. They were absolutely at God’s mercy. It is interesting that the major advice given by the Creator to His created to rid themselves of infectious disease mainly concerned washing. The almost monotonous list above culminates in a final washing under *running water*.

Let’s apply this wisdom to COVID infections. It is well known now that the virus that causes COVID is closely related to common cold viruses. Doesn’t it seem mysterious how a cold develops? Usually the only incident we can trace it back to is that our body got cold for long enough, usually by not having enough clothing on. Old tales say that you catch a cold by having cold feet or not having your head covered. Colds occur when the protective lining of our nasal passage gets dried out for long enough so that an infinitesimally small virus particle can land on its surface and plant a probe into one of our mucous membrane cells. It then starts multiplying till it explodes the host cell and starts attaching itself to other cells nearby. That raw feeling you get in the upper parts of your nose is from this invasion. The virus spreads up one side and down the other in your nose, maybe even working down your throat. COVID works in a similar manner. Coronavirus symptoms appear from 2-14 days after exposure to the virus. The average is 5 days. This is the time it takes for the virus particle to get sucked in and find a dry enough spot to set up camp. First, it has to depend on you to suck it in. It then must avoid getting trapped in some sticky mucous and getting swallowed down your throat. If you blow your nose, or get in some cold air where your nose runs a lot, the virus doesn’t have a chance. The key is keeping the surface of your nasal membranes moist. Even a thin layer of moisture (mucous) is like an ocean to a virus particle.

Have you noticed that the recent “surge” of COVID cases are in the southern half of our country? It’s probably more than coincidental that people in the hot southern part of the country spend more time in air conditioning than northerners do. In doing so, they dry out the nasal membranes, giving the virus a chance, as well as cooling their bodies abnormally. Northern states, by contrast, were the hardest hit during the late part of the winter and early spring when we were all heating our homes with hot, dry air.

**Concl -** How can we employ God’s wisdom from Leviticus to the COVID outbreak? Simple! Apply running water to the inside of our nose! Get a small spray bottle of saline solution (salt doesn’t kill viruses, the water washes them away) and squirt it up your nose at day’s end. Saline solution costs about $2.00. You don’t need to drown yourself! Even a small squirt is like a tidal wave to a virus. You help your membranes stay clean and you wash away any would-be invading viruses. How often? Well, if the incubation period is any indication, you have up to two days to irrigate your nose. This doesn’t have to be done every 15 minutes! **Secondly**, if you sleep with air conditioning on, run a humidifier in your sleeping room to restore the moisture your A/C removes. Your house approaches the relative humidity of the Sahara desert, averaging 28% in Timbuktu, Mali, when you run A/C.

The strategy of Leviticus was to avoid infection by washing. Doesn’t it make more sense to avoid getting sick in the first place than suffering through countless colds or COVID infections to develop immunity to viruses which constantly mutate? As the world seeks costly vaccines, steroid treatments, malaria medicines, and ventilators, let’s seek the “running water” the Lord recommends!!

One last recommendation: Let your COVID strategy include learning about masks. You’ll find a link to an excellent article on our website, [www.orchardchristianfellowship.com](http://www.orchardchristianfellowship.com) , concerning what masks can and cannot do.