

LOCKED DOWN 2020 – 100 Things to Do

Dr TIMOTHY SNG

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Acknowledgment

The human race has been “locked down” safely on earth, thanks to the abundant Provisions and mighty Protection of the Master of the Universe .

LOCKED DOWN 2020 – One Hundred Things to Do

Synopsis

A pandemic caused by a Corona virus named Covid-19 is raging across the globe, causing widespread panic, fear and desperation. Nearly 800,000 people have been tested positive worldwide and 37,811 people have died, and the numbers are increasing. Hospitals and their staff are stretched to the limits and near collapse in many countries.

Meanwhile half the world is in a lockdown state. People are restricted in their movements and food stores are being wiped clean. A strong emphasis is being placed on ‘social distancing’ i.e. staying apart from even your next door neighbor. No one is allowed in the parks, or even walk the dog in some countries. Where it is a strict law, people flouting it are arrested.

Unless one is actively serving in emergency services, security, transport and food supplies, one should stay home.

Unprecedented for almost everyone born in the last hundred years, we are fortunate that Wi-Fi and internet connectivity actually keeps us sane and in contact with the world around us, virtually.

Dr Timothy Sng, a medical doctor suggests a hundred things you can do with your life during this lockdown period. The first 75 are on practical living, while the remaining twenty five are on spiritual aspects of Christian life.

Do not waste your time on endless time consuming activities or doing nothing!

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Preface

On this 12th day of lockdown in this nation of Malaysia, at a time when half of the world is being locked down, my contribution is a list suggesting a hundred things that you and I can do during this lock down.

While it is a sad and serious time all over the world, some of these suggestions are light hearted ideas that may or may not work for you. Just try it. Who knows an entrepreneur may be birthed out of this crisis, or at least you have experienced something that you would never ever have done before.

We should be thankful that we are not locked-in as in a prison, as Noah and family was for 157 days, or those in cruise ships still finding a place to dock.

This is also different from being locked out, when you forget to take your keys and cannot get into your house for whatever reasons, or you missed the boat and are locked out of an expedition. Hopefully, we will not be locked out of the majestic gates of Heaven on that final day.

The first three-quarters are for everyone i.e. from #1 to #75. From #76 to #100, it is from a Christian perspective, with deeper spiritual applications.

This little booklet was birthed at 9.00am on 29th March 2020 and completed in record 40 hours on the 31st of March, 2020, on our 14th day of “lock down” at 2 a.m.

While we stay alive and well, our deepest condolence goes out to all families who have lost a loved one, and our prayers continue to rise up to the Heavens for thousands and thousands out there, all over the world who are infected by the Coronavirus. Let us pray that the world will overcome this pandemic and miraculously the economies of the world will survive this severe onslaught by this very tiny ‘thing’ that doesn’t even fulfill the criteria as a living thing.

This author will not attempt to touch on why this pandemic is ravaging the world; the focus is to stay well, and remain in good health physically, mentally and emotionally, despite the very difficult situation with so many needs, so much suffering, with so many battlegrounds for all authorities and health care workers.

This author himself is a second liner, with three immediate family members in both front line and second line in the medical field.

As we pray for you, pray for us.

While we are all shocked, stunned and even ‘fearful’, we still need to get on with life – indoors.

These 100 things to do are just suggestions, and while most of it is about “me, I, mine, myself”, we must remember and act for those suffering and the poor, whose full focus is about how to stay alive and feed the family.

They cover areas of relationship, charity, self-development, keeping abreast, health and more. Let us come out of this crisis a changed and a better person, with a greater focus on others and less on that precious beloved soul you and I see in the mirror.

One thing that can happen is that while you “while away” your time, many are actually “wasting away” time, rather than utilizing this precious time for planning and preparing for the future.

The worst is yet to come, when the world economy sinks and shrinks to the greatest depression ever, way beyond the ‘Great Depression’ of 1929, when most of us were not yet born.

Read # 75 carefully.

Dr Timothy Sng

One Staying Home

Staying home is the first and most important thing to do for every one during a lock down.

The lock down is there for a purpose: to protect yourself and to protect others.

The motto has always been and should be: “Home Sweet Home”. If your home is not sweet yet, it is time to sweeten it. You and I know that we do not have to stay in a ten room mansion to feel the sweetness of our homes. The sweetness comes

from you and me the moment we connect with the pillow and switch off the lights – when the light dims.

However, just being at home, relaxing and doing nothing is not enough, not when the rest of the world, when your neighbor is suffering or dying.

Remember, that while some of us live in a huge mansion, with air-conditioned rooms, a spacious garden, lots of amenities around the home from a personal gym, a swimming pool or even a tennis court, - please remember that many live in very much, more humble quarters.

It may be just a small one-room apartment, or a hut, barely a little ‘box’ for a large family, not only without air-conditioning but even without a fan or good ventilation.

Remember also, that while you are sitting relaxed in your living room, there are millions of health care workers all over the world, struggling to serve the sick in managing Covid-19 cases, risking their lives to save the sick.

The last thing to do is to break the rule and get out for some fresh air.

“Making a home “sweet” is an art!” It is yours to make.

The first thing to do: “Staying home.”

Two Making Peace at Home

It is a reality that not all homes are peace havens. Many are potential sites for conflicts, and many conflicts are ongoing.

It is a great time to sign a truce – to make peace, whether temporary or not. The best example is two enemies on a sinking boat. They have a choice – fight each other and die together or fight together ‘against the storm’ and live.

Choose the right choice – fight the common enemy together, in this case, the enemy is called “Hate”, not “Kate”, not “Tate”, not “Nate or your “Mate.”

Eat humble pie, condescend and come down from your throne, and make peace with your beloved, as you put away “Hate”, “Anger”, and “Disharmony” in favor for peace.

If Donald Trump and Kim Jong Un can shake hands, why can't you and your partner. Dump your egos, trash it in the bin and say “trumps up, we are together in this!”

One thing to do: “Making peace with all at home.”

Three Talking to Each Other

Now that peace has begun, it is time to talk, not necessarily “peace talks”, but just to begin to talk. Conversation may have died in your home long ago; this is the best time to resurrect communication and conversation.

It is time to use soft and gentle words for each other. Never mind about saying sorry; that can come later; deeds are more important than words, after years of silence.

Try this:

“Honey, I made your coffee” husband to wife.

“Darling, do you mind giving me a rub over here,” wife pointing to the shoulder, as she is unable to visit her masseur.

“Dear, I got up early and made you breakfast,” hubby said.

“Love, it is a bit cold on my side. Can I join you in bed tonight?” wife to hubby after being in separate rooms for years.

“Can you pass me the sugar please dear?” husband to wife, while the kids stare shocked at their exchange of pleasantries.

The sorry, hugs, kiss and more can wait. Start talking to each other.

For those who are already talking, set aside at least two hours a day, and put aside the smartphone and “talk.” Talk to your spouse, talk to your parents, talk to your children; talk to each other, face to face or long distance.

One thing to do: “Talking to each other.”

Four Learning to Listen

Now that you have time, lots of time, you have lots and lots of time to listen.

In the past, it was, “Honey, I am busy” or “Son, talk to you later.”

It is time to start listening. Shut your mouth, and twitch your eyes, turn on your antennae and listen to the cries of your beloved.

Now, it is “I am here. I am listening.” Be prepared for the story to start from 1950; be ready to hear the “same record playing over and over again”, and learn to listen with your heart. That is the best way.

It is the best time to rebuilt relationship, renew friendship and restore communication in the family, as ‘someone’ begins to listen.

I know of one Person who listens a lot, and hardly talks, and this Person is more than happy just to listen and listen. After that, this Person acts and it’s done. I have learned to have monologues with this Person, because I know He is a very, very good listener. Every single word I say is noted down and recorded.

One thing to do: “Learning to listen.”

Five Stay Informed

Almost everyone is doing this now – following the news, to stay informed. You need to keep abreast with the times.

You can no longer say, “I don’t know. No one told me.” Try that in a military curfew and you will experience live bullets first hand. The Prime Minister of Britain sent out 20 million letters at a cost of £10 million, so that everyone is informed about the Coronavirus epidemic.

During the past, military airplanes will drop leaflets to the people. In these multimedia days, if you know how to whisper, your voice will be heard in the ends of the earth. One guy has succeeded during so – that little coronavirus.

Many are already staying close to the television and listening to the news every hour; many were not doing so in the past, and were totally shut off from the world around them, whether deliberately or apathetically.

This pandemic has opened up one aspect of some people's lives i.e. "No man is an Island (John Donne). One cannot walk or drive into the city and say that one is not aware of the lock down. That would be completely irresponsible.

You need to know what is happening with your neighbor and your neighborhood. People are 'dying like flies' around the world. In this critical time, you need to stay informed and keep abreast with times.

One thing to do: "Stay informed."

Six Responding to The Situation.

Apart from following the news and keeping abreast with times, we need to respond to the situation. This is no longer a time to be apathetic or ignorant. Everyone has to do something. The options are wide open.

Health care workers are on the front line; security officers maintain peace and order; food suppliers continue to work around the clock; what can you and I do from home?

The famous speech of John Kennedy applies: "Ask not what the country can do for you; ask what you can do for the country."

One thing to do: "Responding to the situation."

There are several things we can do to help and respond to the situation, even from home, some of which will be listed here.

Seven Exercise

Staying home and staying healthy is crucial for the individual as well as for society.

Exercising is a major part of staying healthy.

There are enough people dying; there is no need to add to that list of statistics. You and I must stay healthy. There is a war out there; we need healthy men and women to be on standby to fight the war, and ready to be enlisted. Stay healthy. Exercise every other day, or even daily.

One thing to do: “Exercise.”

My wife and I are doing the “Walk, walk, walk” by Leslie Stone, and she also follows the Jane Fonda fitness programs too. What about you?

Eight Getting Ready

Getting ready and being equipped means that you may be called on at any time to help, to serve, to be at the front line, to give, to support. Everyone has a role, and can do something – the least of which is to cooperate and to “stay home.”

This is a national, and a world crisis. It is a war. You need to get ready for any situation. In some crisis areas, e.g. earthquake prone, imminent typhoon, potential volcanic eruption, and even in this pandemic, one needs to get ready for “tomorrow.”

Everyone knows how to pack and get ready for a holiday trip.

One thing to do: “Getting ready.”

Nine Helping the Poor

There are a lot of poor people around us. In almost every country, some people live from day to day, earning a living and working ‘today’ literally to feed their family tomorrow.

How do we help the poor? There is no easy formula, but the best is to help those around you, in your neighborhood. Some agencies have been feeding the poor for decades and maybe this is a time for all to stretch out their hands to alleviate the sufferings of our fellow human beings.

There is a limit to any government’s ability to help the poor; hence many Non-Government Organizations, and religious groups have been around to feed the poor.

It is the social responsibility of everyone in society to help the poor during crises as big as pandemics, earthquakes and other large disasters. It is not just the government’s duty, and not just the humanitarian voluntary bodies’, but everyone’s.

One thing to do: “Helping the poor.”

Everyone should be giving, sharing and helping during crisis like the current pandemic. Finding a reliable NGO and making a commitment to help the poor is a good start.

Ten Sharing Your Stock of Supplies

One thing everyone is doing is stocking up, buying more, and keeping enough food for the week, a month and more. Joseph did that and saved Egypt and the nation of Israel. It is okay to stock up, if you do so to feed your family, your loved ones and your neighbor.

It is not okay to stock up and profit from its resale at a higher margin. To benefit from the crisis when the rest of the world is crying is “a crime” towards humanity.

How does one share our stock of supplies? Linking to a reliable food distribution center is important to ensure that all that you donate will arrive at the doorsteps of the poor.

One thing to do: “Sharing your stockpile.”

Eleven Saying a Prayer

In the story of Jonah in the Bible, during a very severe storm, the captain of the ship and stewards had to off load goods from the ship, to increase their chance for survival. They also gathered on the deck and everyone prayed to their gods.

These were seasoned seamen, and no seaman or captain would throw off the precious goods overboard unless they knew it was absolutely necessary to save the ship and their lives. What good are the goods anyway if the whole ship sinks? What is more precious than human lives?

They were very angry with Jonah when they found him sleeping, as everyone else was praying to their gods for mercy.

Apart from the atheists, the rest of us should pray to God, Almighty God, calling upon His generic Name.

Pray for God’s mercy on you, your family and your nation, and for the nations. All that may take a full day!

One thing to do: “Say a prayer.”

Do say a prayer daily.

Twelve Make Peace with Your Neighbor

This is a time to make peace with your neighbor. It may be a lock down, but you can still talk to your neighbor. It may not be the time to shake hands or sit down for coffee, but a “hello” can be a good start.

It is a national and worldwide predicament; it is a time for world peace.

One thing to do: “Make peace with your neighbor.”

Thirteen Eating Well

Staying healthy includes eating well. The last thing to do is to binge and eat and put on excess weight during the lock down.

Furthermore, you do not want to eat up your week's supply in two days, and especially when your income may be halved or stopped, and the prices of food go up beyond your budget.

There is enough information out there for you to know how to eat well and stay healthy.

One thing to do: "Eating well."

Fourteen Sleep and Rest Well

This is the third component in a cycle of four steps in your daily program to stay healthy, apart from exercising and eating well.

Sleep and rest is important. A tired body cannot combat any war, let alone a virus. This is the best time to catch up on sleep and to understand your body's needs. The practice of an afternoon siesta may be a pleasant result of this lock down, as many learn the benefits and joy of an afternoon siesta.

One thing to do: "Sleep and rest well."

For those suffering from insomnia, seek help from your doctor.

Fifteen Seeking Medical Attention

How does one seek medical attention in a lock down situation? The ambulances and hospitals are open for 24 hours. If you have chest pain, or a sudden paralysis, you will still need to seek medical attention.

If you are on tablets and medications, you must ensure that these do not run out. Get them from your doctor or pharmacy. This is a time to audit your health and make sure you have your own BP monitoring set, your glucose meter, and your weighing machine at the least.

Check your weight before lock down and after.

But the most important thing is that if you have fever, cough, and are unwell, call for help, even though you have not travelled anywhere. The virus may have travelled to you.

One thing to do: “Seek medical help.”

Sixteen Listening to Music

You are listening to news all the time – news about the Coronavirus, news about what Trump is saying, whether you agree with him or not, or waiting to hear what Boris Johnson is saying or how he is doing.

It is time to listen to music. Start following a new genre. Try classical music. You will love it. In this internet era, music is free, anywhere from the fifties or even earlier until this new millennium.

One thing to do: “Listening to music.”

Seventeen Reading a Book & More

Reading is a great habit and a wonderful past time for those who read.

If you have slowed down or stopped on your reading, this is a good time to revive or restart your reading habit. Pick up a book to read - not “Contagion” of course, - as you can get all that in the news.

It is time to go back to the good old days and hold a book and read in peace. You will begin to join the world of readers, and find great joy in reading, whether fiction or non-fiction.

Everyone should read more, and there is so much variety to choose from, with millions and billions of books out there worth reading.

Hosea 4:6 says “My people are destroyed for lack of knowledge.” The world of Internet, and the smartphone is a significant distraction, resulting in less and less people picking up a book to read.

Try this author’s titles: google Dr Timothy Sng.

One thing to do: “Reading a book and more.”

Eighteen Playing Board Games with the Family

Your toddler, even your teenage son, or your spouse have been waiting for this moment - more family time to play. Remember the times when on holiday, when on the nights where television and internet had not yet arrived, it was a family time for games.

What games? There are ‘old fashioned’ games like cards and card games, dominoes, Snake and Ladder, Chess, Scrabble and Monopoly and all sorts of games for the creative minds. It sounds boring for the fast-paced world of teenagers, but worth a try.

One thing to do: “Playing board games with the family.”

Nineteen More Time with your Pets

You are locked in with your pet or pets. Depending on the law or rules set, you may or may not be allowed to walk your dog. In some countries or counties, you are not allowed out to jog or exercise but you may walk your dog.

In some countries, a small allowance is allowed for movement around the housing area, enough for the dog to do his or her daily business.

One thing to do: “More time with your pets.”

Twenty Outdoor Family Time

This is for activities just outside the door of your home, just in the garden. Hopefully, you have one.

During lockdowns, there are different restrictions, but most lockdowns allow the individual and families to be around their homes within several meters.

While games across the fence e.g. badminton and ball games are best avoided, within the family, one can play these ball games and racket games with modifications.

Table tennis, darts and other non-field sports should be alternatives to replace the robust field games. If there is already a basketball frame and net, this is a good time to improve one’s penalty shooting. One can bounce the basketball in and around the house – a time to remember Kobe Bryant, a tribute to him.

One thing to do: “Outdoor family time.”

Twenty One Family Meetings

Family meetings, whether physical or virtual is now possible across the globe, - seeing and talking to each other. What a revolution it is that this is possible now, something that one cannot even think or dream of barely a decade ago.

We must thank the internet and all the revolution, from software to programs presently available that has helped kept the sanity of this multimedia generation going. In other words, with adequate Wi-Fi data, everyone can be connected.

This is a time for quality meetings of family and friend, with so many programs out there.

One thing to do: “Family meetings.”

Twenty Two Virtual holidays

I believe the era of virtual holidays have begun, like it or not.

Even now we can experience 3-D movies and 3-D programs and go on a virtual holiday almost anywhere in the world.

Perhaps, newer technology, probably already available and that can be installed in your homes to make it 4-D and 5-D whatever that means, with sounds, temperature, vibration, smell and other features added in.

Yes, whole families can go on virtual holidays in the living rooms, even play back previous holidays and revive the memories and feelings again.

Who says that you cannot travel, when the travel comes to your home?

One thing to do: “Virtual Holidays.”

Twenty Three Enjoy Google Earth

With the internet, there is the Google Earth program for you to see the whole world, even at street level.

It is a good time to see the earth from a satellite, to visit Wuhan, then New York and so on.

Study the geography of the world, to compliment your world virtual travels.

One thing to do: Enjoy “Google Earth.”

Twenty Four Using Search Engines

This is something that we have been doing for the past few decades. With the internet, especially popular Mr. Google, the whole world is within your reach, just with the press of a button. Of course, there are rising stars among the other search engines.

You can do all your reading and viewing accordingly to pick up all sorts of information that you need.

One thing to do: “Using Search Engines.”

Widen your general knowledge. Search to begin new hobbies.

Twenty Five Adventures on U-tube Endless Netflix

Almost everyone on planet earth with smartphone and Wi-Fi connectivity is a U-tube user.

There is little need to add here, except this author’s advice to focus on information, self-development and education and not time-wasting videos.

One thing to do: “Adventures on U-tube.”

There are other players too, including rising star Tik Tok.

Like U-tube, there are endless movies to watch on Netflix. This author is not yet on Netflix, being not a movie-buff, as my children are not within range to influence me yet.

Again, be selective and have self-control to the number of movies per day or per week. One relative from the next generation used to watch four movies a night.

Like books too, there are endless supplies and one can never watch all the movies in the world or read all the books in the world.

One thing almost everyone is doing: “Adventures on U-tube & Endless Netflix.”

Twenty Six Back to Face book, Instagram and more

Facebook is for connecting with friends, and the world, with messages, photos and videos.

Facebook is also for business and in this period of lockdown, it is a boon for some, or at least a form of marketing and sales for many.

For the bored and the celebrities on board, and their fans, Instagram and other similar platforms keeps them and others alive and informed, and connected.

One thing to do: “Back to Face book & Alive on Instagram.”

Twenty Seven Staying Beautiful

One of the problems of being at home is the way we look and groom ourselves.

Do we look plain and simple all throughout the day because we are at home. Remember that the world is now connected by camera and video.

Stay beautiful even at home; it makes the home beautiful too. Yes, the face, the hair, the nails and more. The skin needs cream too, as it is the same air indoors compared to outside, whether humid or dry.

And ladies, do not forget the lipstick too.

One thing to do: “Stay beautiful at home.”

Twenty Eight Dressing up at Home

Do you stay dressed, under dressed or undressed at home!

Remember again that you are on camera and video, and there is the law, and kids around for many.

One should dress up as for work, either in a serious way, if you are on constant video call, or casually as in relaxed day in office, whether Friday or Saturday for some.

Apparently, court cases are still going on in some countries, and everyone is mandated to dress up accordingly, including the judge and the person in the dock.

Being dressed up gives one the authority and a sense of purpose. A judge in casual clothes like a police officer or a general lacks the command and authority.

It is quite demoralizing for both the individual and people around to see the homemaker, male or female dressed in shabby home clothes the whole day.

One thing to do: “Dress up well, even at home.”

Twenty Nine At Work from Home

Yes, working from home is not new. This has been going on for a while now. However, when the whole office is working from home, then it is a different matter.

With fewer meetings, less time at the coffee room, less opportunities for flirting, there are positives about working from home.

Some like it; some don't. How will the industry be affected? How will one adjust to it? How will the business world implement it? One way will be the camera at home, the webcam linked to the supervisor or boss, who will be 'seeing' you at work.

One thing to do: “At Work from Home.”

Thirty

Reading Emails & Group Chats

Besides working from home, the rest of us need to read our emails, and that takes up a significant amount of time.

It may not be the best way to communicate, but it is still the closest to the ancient way of writing letters: emails.

A common frustration is junk mail and scam, flooding of our emails from all over the world. Nevertheless, we still need to read our emails.

Group chats from the popular WhatsApp and Telegram to WeChat can take up a whole day to read and respond. Be careful not to waste useful time in chatting after chats.

However, these programs are the best tools for family chats.

One thing to do: “Reading Emails.”

Reducing reading time with group chats is the way forward. Keep the chats with family as of primary importance. Time is precious, even in a lock downs.

Thirty One

Making Phone & Video Calls

This is the greatest breakthrough in all communications, in my opinion, and almost everyone will agree.

If we go back four decades, the local call with a fixed line phone cost 10 cents a minute of two, a few dollars for an out of town call within the same country, and a bomb to call overseas.

No one would have believed then that a few decades after, we are able to make video calls for free on WhatsApp, Face time and a few other ways.

This is a superb way to spend time, talking to your loved ones across the globe. Even a call from Mount Everest peak is possible in this modern era.

One thing to do: “Making phone & video calls.”

Thirty Two Online Teaching & Schooling Begins

There is a lock down, and all are at home. Home schooling begins with classes and teaching being telecast live to your homes. Wi-Fi connectivity is indispensable for lock downs. So too will be the sales of lap tops, iPads and computers.

Similar to work from home, school and classes continue from University or school to your home. Imagine both parents working from home, with five children attending classes from University or college to schooling, all at the same time.

It’s not a holiday at home. Space, privacy and concentration can be challenging.

One thing to do: “Online teaching & schooling begins.”

Thirty Three Guiding & Teaching Your Young

Apart from meals together, play and great family time, this is also a time for guiding, nurturing and teaching the younger ones.

The online classes continue, and even online tuition, but there is still a need for some time for serious talk, and even teaching of skills while on lock down.

Working parents should not miss this opportunity to guide and teach their young ones.

One thing to do: “Guiding & Teaching Your Young.”

Thirty Four A New Hobby

This is a time for personal development. Starting a new hobby or two would be great. Reading has to be one of them. This author chose darts a year ago, as a new hobby and challenge. Bird watching is a great past time, even if you do not have a view to a garden to see birds. You can start with the sparrow and pigeon.

One thing to do: “Pick up a new hobby.”

Thirty Five A New Language

This author loves languages. Learning a new language should be everyone’s goal in life. In fact, one can pick up four or five new languages simultaneously.

With the internet, the resources are abundant and made simple, with the click of a button.

One thing to do: “Learn a new language.”

Thirty Six Another Degree or Diploma

It is never too late to study again. There are many universities out there which offer online programs. Search and research before you make the plunge. Search your heart, for the purpose of your new venture.

One thing to do: “Another degree or diploma.”

Thirty Seven Sharpening Your Skills

It is a time for self-development, for continuous professional development, for improving your skills. Focus on better writing skills, better speaking and communication skills.

Whatever you are already doing or are good at, whether playing the guitar, the piano, drawing etc., this is the time to focus on getting better, and you will surface from this lock down better and sharper.

How does one do it behind closed doors for an outdoor sport? This is where creativity comes in.

One thing to do: “Sharpening Your Skills.”

Thirty Eight Home Drills for Sports

Continuing from the last mini chapter, one can do lots of drills to improve golf, darts, basketball, even bowling within the home situation, with some creativity.

For example, with some safety precautions, try throwing darts blindfolded.

One thing to do: “Home drills for sports.”

Thirty Nine A Gym at Home

Not many people have the privilege of having a gym at home. Yet, again with some creativity and minimal space and equipment, the living room can become a gym, a walking ground, a mini field.

Have we forgotten the simple pushups, sit-ups, stairs climbing and squats that can make many of us pant for breath.

Doctors remind everyone to exercise their lungs, with deep breathing exercises, as a healthy lung will fare better in case the Corona virus attacks.

Of course, check in your weight at the start of the lockdown and check out when lockdown is over.

One thing to do: “A Gym at Home.”

Forty Singing & Karaoke

Singing makes one and those around you merry. The slaves in America used to sing their hearts out through their difficult times. Remember “Old Black Joe.” Even Karaoke can be easily set up at home. If you have a few kids, who knows that it could be the making of a Von Trapp family.

One thing to do: “Singing & Karaoke.”

Forty One Dancing Queens & Kings

Dancing is a great form of exercise. Learn a new dance from U-tube. There are hundreds of line dancing variations. Dancing is also good for the brain, your memory as you follow the steps. Young or old, it is time to put on your dancing shoes at home, and hone your dancing skills.

One thing to do: “Singing & Karaoke.”

Forty Two Intimacy & Romance

We read in the news that as a result of the lock down of people during the crisis in China, the divorce application or rate spiked up.

Conflicts are bound to occur when two or more people stay under the same roof for too long. Familiarity breeds contempt.

The situation is unavoidable – the close proximity especially for the poorer community.

Set a few rules and goals. The first goal is to work hard to improve the intimacy and spark a new romance, - the honeymoon has just begun.

Remember the marriage vows, and set new rules. For example, twice a day give each other periods of silence, and stay apart speech and reaction wise, even though you may be only two or three feet away. Many couples have done that before, and learn to see through each other, and walk past each other for a short period of time.

Try a lot of non-verbal communication e.g. smiling at each other. Use soft touches, and gentle hugs and kisses, even if you fear contact with each other. There are many pictures of couples kissing with the masks on.

Let this time for intimacy and romance to begin anew, afresh.

One thing to do: “More Intimacy & Romance.”

Forty Three When the Lights Dim

Watch out for the ‘baby boom’ by December this year or January 2021. When the lights dim or go out, or even in the day, when two love-birds are together, and the chemistry is right, whether in the quietness of night, or in the midst of a raging typhoon or wild fires outside, it will happen.

Food supplies and medications do not run out but this other ‘essential’ often runs out.

Use this time for more intimacy, deepening your relationship, enjoying each other’s company, fulfilling each other’s needs, exploring this special privilege and appreciating your partner in bed. It should get better; it can only get better. It is fulfilling and complete.

Any marriage without ‘nocturnal activities’ is dead; this may be the best time to revive and resuscitate your ‘marriage’ whatever your age.

One advice: “Keep your eyes off those videos; keep your eyes on your beloved.” It

One thing to do: “When the lights dim.”

Forty Four Giving Space for Each Other

Space is important; space is precious and space, whether time, physical space, or emotional and spiritual distance is necessary for the individual from time to time.

The phrase “breathing down your neck” is exactly what it means; no one wants someone breathing down your neck.

Set aside some “privacy time” or “silent hour” for the family. It is also very good training for everyone to keep quiet, to shut the ‘gap’, to refrain from talking, and to meditate and think more before we speak.

Play a mental game. Get everyone to keep quiet for an hour and after that, to tell each other what was the foremost recurring thought in that hour for the individual.

Was it “my job”, “my homework”, “my face needs a lift”, “I am hungry” ?

One thing to do: “Giving space for each other.”

Forty Five Bathroom Routines

Bathroom routines are bathroom routines. All is well when there is a bathroom per person in the household. Otherwise, there can be fights under the same roof for quality bathroom time. Naturally, some are fast and some are slow.

The solution: A time table and learning to be considerate.

Above all, it is time for everyone to clean and wash the bathroom they use, as the “Throne Room” for some is the most precious place where ‘divine’ thoughts and ideas flow.

No wonder toilet paper is such a big thing in some communities. In my country, the bidet is a life and death thing, and toilet paper is for other purposes.

One thing to do: “Keeping to bathroom routines.”

Forty Six Who’s Cooking?

For my family, it’s always “Mamma” who is cooking, as “Mamma Sian” loves cooking and is such a great cook. Give her a chicken, and out comes twenty tasty versions and variations of the bird.

Maybe it is time Mamma passes on her skill to other members of the family. Perhaps it is time for “Cooking Lessons.” We always start by frying an egg. With all the gadgets available, cooking can be a great past time.

One thing to do: “Time to learn to cook.”

Forty Seven Enjoying Your Food

It may sound disgusting or obscene to indulge in luxurious food, especially when half of the world is going hungry. One celebrity recently posted what he or she was eating on Instagram, and was severely criticized.

Enjoying your food means enjoying your food. Appreciating that food is a precious commodity, valuing the one who prepared the meal, and making show you do not throw it away, even a crumb of it.

The saying goes, “Eat and be merry”, in whatever context, no matter what you have been served for the day. We can now perhaps appreciate the ‘Last Supper’ or why they serve that special last dinner before the execution.

No, we will live tomorrow. We eat to be healthy and to be merry too, always giving thanks for God's provision.

One thing to do: "Enjoy Your Food."

Forty Eight Chores & Routine

Chores and routine cleaning of the house is a necessity for all, no matter how boring or tedious it is. Not everyone has the privilege of cleaners come in regularly to do the job.

Every member of the family should be put on roster to do their part in the cleaning. It is a good and humbling exercise to clean toilets, mop the floor, throw the rubbish, wash the dishes, wash the clothes, hang the clothes to dry, ironing the clothes and so on, until AI comes in to take over. Some of it is already much alleviated with the washing machine for dishes and clothes.

Mundane and boring tasks are for all walks of life, except royalty, national leaders and celebrities.

One thing to do: "Chores & routine."

Forty Nine Clearing the House

What a great time it is to clear out the junk and throw them out. However, one needs to see if the garbage and junk collectors are on their regular or reduced routines.

Nevertheless, it is still a great time to see what is on the shelves, in the cupboard, the attic, basement or storeroom.

One thing to do: "Clearing the House."

Fifty

Games on the Internet

This author retired from computer games and internet games long ago, since the days of Tetrix and Monster Math.

This must be the challenge for the teenager who can be fixed on games from dawn to dusk, and for the parents to strike a balance. That is the answer : a balance.

One way a parent can understand these games is to have a “go at it.” Who knows? The generational gap may be bridged in one game.

One thing to do: “Games on the Internet.”

Fifty One

Shopping Online

Some have never shopped online. This is the new era for many – shopping on line. One can almost buy anything on line, from food to books, to items and sporting equipment.

Studying the items, the sites and quality and pricing can bring interesting results. This author has been purchasing items like equipment for darts and fountain pens.

Alibaba and China sites are up and rolling again.

One thing to do: “Shopping on line.”

Fifty Two

Online Banking & Finances

Many diligent account holders look into their accounts regularly. Not so, this author. Nevertheless, it is a good time to be systemic in opening your accounts and study them and check your statements, especially at a time when scammers and hackers are out there ‘working from homes’ in full force.

One thing to do: “Online Banking.”

Fifty Three Starting a New Business

Businesses on line have been flourishing over the last decades with the giants making billions. One way is to ride along with them. This author has several book titles on Amazon, and will be looking into the local portals in the region e.g. Lazada and Shopee.

Many small business owners have been using Facebook for some time now. The wonderful thing about an internet business is that capital is low or minimal, and that it can grow into something big.

What kind of business should you do? Only you will know what you are good at and what you can sell?

One thing to do: “Starting a New Business.”

Fifty Four Homework & Study

Homework is called homework, because it is meant to be done at home. Similarly, study is the vocation of a group of people called ‘students’. The best arrangement for the student at home is the allocation of time in “class” and intervals or breaks, followed by the bell ringing when school is over!

Tell the young lads that ‘work’ by dad brings in the bread and food, while ‘study’ on their part will ensure that they too can get a job to bring in the bread and food.

One thing to do: “Homework & Study.”

Fifty Five Keeping in ‘Touch’

It is actually ‘physical distancing’ and not ‘social distancing’. So, this is the time to ‘keep in touch’ with friends. It is more for the adults.

Do we need to tell our kids to talk to their friends? Some can be on the mobile the whole day. You can tease them that they immediately qualify to be a “Call Center staff.”

Indeed, teenagers are hired to test computer games, when they play on them for hours and hours and get paid, though some retire when they get burnt out. This section is not for the teenager for the older adult to remind us to call in on some folks who are lonely, alone at home or in a care center or unwell.

You may not be able to visit, but certainly should be able to make a phone call. Make a list and set a quota, and you can liven up some folks out there, with your short call or chat.

One thing to do: “Talk to a friend or two.”

Fifty Six Counselling on The Phone

Apart from chats and normal calls on the phone, one can communicate over the phone for counselling, advice and therapy.

There are always phone lines in many countries e.g. The Befrienders when one can call in when in distress. Here, when you call a friend, you may find that your friend is in need, and apart from assistance in kind, you can still encourage someone on the phone.

A few encouraging words can help poor souls who are otherwise desperate and even suicidal. Some knowledge or training may be necessary, but just listening emphatically, encouraging and praying for someone may go a long way in helping someone.

One thing to do: “Be a counsellor on the phone.”

Fifty Seven

Learning a New Word a Day

Most of us function with a few hundred words and are happy that way. However, language is so beautiful, and a wonderful tool or medium for communication and instruction. Learning an extra word, adding a new word to your vocabulary adds strength to your memory bank.

Like muscle, every new fiber, every new strand of muscle will go a long way in building your body.

Apart from the regular dictionaries, whether Oxford, Chambers or Webster's, there are many thesaurus that are a great help toward building your vocabulary from Rogers, to Webster's to Longman.

The Merriam-Webster "Word of the day" sends out daily word studies for those who are still keen at learning.

One thing to do: "Learning a new word a day."

Fifty Eight

Writing Poetry and Songs

Many great poems and songs are birthed during times of afflictions. Inspirations and divine revelation can come anywhere and anytime.

It may be your first poem or song, and yet can reach out to the ends of the world. You never know!

One thing to do: "Writing poetry and songs."

Fifty Nine

Write Your Book

Sixty One

Drawing from ABC

There are people who are gifted and can draw naturally. The rest of us need to learn how to draw. I have asked many good artists and they confirm that an artist is made, not born.

Since no one was born a ballet dancer, a pianist, a professor and so on, it must be true that everyone can draw.

One thing to do: “Starting to draw.”

Sixty Two

Tending Your Garden

Plants are a solace for many. Fruits are always sweeter from your own garden. Vegetation supply oxygen freely, and gives the surrounding a peaceful and pleasant façade, in contrast to the bricks and cement that surround us.

With indoor and outdoor plants, the home is not only sweet but fresh and homely.

Also, with food being a top priority when in a prolonged lockdown, it may be time to grow some vegetables, if you have a garden; even if you lack the space or grounds, horticulture and growing with your vegetable in various solution is an established science, like aquaculture with ponds, if you have the space.

City folks, apart from lacking the space, have long forgotten the skills on how to rear chicken, goats and cows, and will have to depend on our village neighbors for food supplies.

One thing to do: “Tending Your Garden.”

Sixty Three

Mind Exercises

Puzzles, Crossword puzzles, Sudoku, and a whole array of mental challenges keep the mind alert and stimulated. Even completing a jigsaw puzzle is a challenge for all.

Even solitaire can be a great past time. The Chinese game Mahjong and bridge are all good stimulating games for four people.

One thing to do: “Exercise the Mind.”

Sixty Four Learning the Computer

It is never too late and one is never too old to learn. Besides, the advances are so fast that we will lag behind if we do not learn.

The field of information technology is so fast and huge so that one needs to focus on which area to progress in. Whatever it is, do not stagnate, but learn more about information technology, the internet, your smartphone and more to come.

Without information technology and the internet, the lock down would have been unbearable, intolerable and cause a lot of psychological and emotional trauma to society.

One thing to do: “Learning the Computer.”

Sixty Five A New Diploma

With on line teaching and training increasingly available, it may be a good time to enroll in a diploma or degree program on line, kicking off during this crisis.

The world is literally borderless for education. With on line classes, on line tutorials, on line seminars and training, many courses will begin to be available via the internet, thus reducing costs and making it more accessible to everyone.

One thing to do: “Enrolling for a new degree or diploma.”

Sixty Six

Stretching Every Joint and Ligament

Exercise is not just skipping, walking or jogging.

There is more to it, and stretching is an important part of exercise. The ligaments are stretched together with the muscles and the joints too. A good whole body stretching may take from 30-45 minutes or more.

An athlete or sportsman or woman who enters the field or arena without stretching risks injury and tear a ligament or muscle. With inactivity, ligaments and joints become stiff. Hence, stretching is absolutely necessary as a daily, if not alternate day exercise.

One thing to do: “Stretching every joint and ligament.”

Sixty Seven

Balance & Spinning

As with any exercise, skill or sport, no one is born a ballet dancer or a tightrope walker. It comes with practice, practice and practice under correct teaching and guidance.

Balance and rotational exercises are necessary for daily activities, and not necessarily for professional sports and ballet.

There are easily accessible resources on the internet to learn about balancing and rotation or spinning.

One thing to do: “Doing balance and rotational exercises.”

Sixty Eight

Self Defense and Self Therapy

It is best to begin by enrolling in a school or dojo, whether it is for karate, taekwondo, judo or aikido, Taichi or Wushu. However, the internet is a huge resource for the keen student.

All basic toughening and strengthening techniques can be carried out at home. Power also comes from the right technique, regular practice and developing one's internal energy.

Apart from toughening and strengthening the body, this may be a good time to learn and administer self-therapy to each other. There are many modalities of physical therapies that one can learn from acupressure, reflexology, massage, heat therapy and other basic therapies.

One thing to do: "Self-defense and self-therapy."

Sixty Nine The Art of Relaxation

The mind, body and the soul can be stressed, troubled and disturbed when restricted movement like lock downs are imposed. Human beings by nature need to be free and unrestricted in their movements.

Freedom and mobility are among the most treasured privileged and basic right of the human being.

Therefore, peace from prayer, meditation and relaxation techniques will give inner rest to body, mind and soul.

Relaxation comes easier after exercise, after a work-out, after a light meal, in a cool environment and quiet atmosphere, with soft gentle soothing music, in a tub or sauna with pleasant aroma and fragrance of flowers and oil around you.

One thing to do: "Relaxing at home."

Seventy Clean Water & Fresh Air

Ensure that you have clean and safe water to drink, and that the air around is fresh, the latter at least by not contributing to the pollution. The industry for various water filtration and indoor air filters is booming.

For the moment, it is having safety distancing and use of the face mask giving limited protection when one needs to go out to public places.

One thing to do: “Ensuring clean water and fresh air.”

Seventy One Washing of Hands

A lot has been said about personal hygiene and the correct way and frequency of hand washing, and the use of hand sanitizers. Society will never be the same again, especially the way we greet each other; hand shaking being severely limited, and hugs and cheek kissing too.

One thing to do: “Frequent washing of hands, even at home.”

Seventy Two Bathing & Good Hygiene

Bathing and showering more frequently may be needed during this pandemic, especially when exposed in public with the limited protection.

Good hygiene, a good scrub down, which is relaxing will give one a good night’s rest before the next day’s battle.

One thing to do: “Bathing and good hygiene.”

Seventy Three Don’t Do Nothing

This appears to contradict the title “The Art of Relaxation” when you do nothing, but it does not contradict. The point is that one should not go through the whole lock down doing nothing – nothing positive, nothing good, nothing creative, and nothing for self-development.

This is no time for arm critics, but to paddle along, swim along, and trudge along with your countrymen.

During the world wars, the wives and those left behind did not “do nothing.” They raised the next generation, they worked to support the nation, they produced food including special biscuits for the soldiers, they remained faithful and they prayed.

Please do something for yourself, for the family and for the nation.

One thing to do: “Do something.”

Seventy Four Kicking out Bad Habits

In any crisis, it is a time to change and to change for the better.

As a doctor, this author has seen countless victims of heart attacks and strokes change their lifestyle in an instant. They realize that they had almost ‘kicked the bucket’, and then and there just quit smoking. Alcohol is tougher but still possible.

They immediately quit smoking, give up bad habits and begin to work towards good health. One young stroke patient now runs half marathons.

One can quit suddenly or phase out a bad habit. It is indeed a time to change, a moment many have been waiting for, a time to quit, and they decide at such a time as this to quit.

Please quit for good for the sake of yourself, for the family and for the nation.

With quitting, comes a replacement and the best replacement is exercise.

One thing to do: “Kick the bad habit.”

Seventy Five Planning & Preparing for the Future

Crises come in waves, and the next wave can be worse and more frightening.

When this pandemic is over, it really isn’t over yet. The damage done to the economies in the world is crippling, and made worse with a concurrent oil price crash.

It may be like a computer crashing, and not so easy to just restart and reboot again. There is severe damage to the hardware, something severely faulty, and that may actually reflect the world economy.

Are we facing another recession, or is the recession inevitable? Will it hit the world so badly that we will sink into another great depression.

What should one do in preparation for such a worldwide crisis?

This book is not aimed at answering such a situation. Yet, surely in your free time, you need to think about the future, the future of your job, your family and your nation.

My simple common sense tells me that a few principles can apply.

- 1) Stay healthy and fit. As always, the fittest will survive.
- 2) Live simple, or learn to live a simple life.
- 3) Stay debt free.
- 4) Cash may be king for a while, not forever. Gold and silver too.
- 5) Shelter and food is all anyone needs.

One thing to do: “Plan for the future.”

Seventy Six Time to Seek God

This is a time to seriously seek God.

Surely, we cannot ignore whatever is happening around us. Earthquakes, typhoons, floods, drought, famine, locusts’ attacks, wars, wild fires, heresies and false prophets and now a coronavirus pandemic.

The spiritually inclined man or woman of God will declare that these are the signs of the end times, and the Lord Jesus is coming back again, as His Second Coming is documented by the Lord Himself that He will return and it will be an ominous Day when He returns.

The man in the street may laugh off such predictions and say that it is all rubbish, and merely man’s fault for not looking after planet earth, and for performing dangerous experiments with deadly viruses that escaped.

The truth is somewhere in between.

The Lord Jesus is definitely coming back soon; and what we are seeing are clearly some signs before His Coming, though His Soon Coming may be a century away, and not in our generation.

What we can say is that this pandemic is really bad and is indeed a warning to mankind that we are mere mortals and if we are involved in manufacturing weapons of mass destructions, and various types of deadly biological weapons, and allow science to break divine rules on life, then mankind will have to face the wrath of God. Lives will be lost along the way, and hundreds of thousands perish for the sins and crimes of mankind.

The magnitude and severity of this pandemic or crisis alone should persuade us to fall on our knees in repentance before Almighty God and seek His mercy, compassion and love, so that He will forgive the world and stop the virus along its path.

The LORD can do it in one instance as He invokes His Angels to stop all the virus attacks.

The WORD of GOD is clear, that if we His people will come before Him and humble ourselves before His Majesty, He will look down from His throne and forgive us.

2 Chronicles 7:14 “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, who then should come before the LORD to repent, in humility, pray and seek the face of the LORD. Not just anyone, but everyone, or the whole nation.

Jonah came before the city of Nineveh and declared that judgment was coming before the city, “Yet forty days and Nineveh will be overthrown.”

The king and the people immediately responded. He got up from his throne, put aside his royal robes, covered himself with sackcloth as a sign of mourning and repentance and sat in ashes. He then proclaimed a nation-wide fast from food and water. Everyone, including beasts were covered with sackcloth, as a sign of mourning and repentance.

In my younger days, when my grandfather passed away, my parents had to don sackcloth during the funeral service.

The king also directed everyone to “cry mightily” to God, and that “everyone turn from his evil way and from the violence that is in his hands.”

This single act of repentance by the people of each nation, fasting and dressed seriously in mourning clothes and repent of our evil deeds and acts, may be the main and necessary act to turn the tide and stop the virus from massive destruction to human lives.

One thing to do: “A time to seek the LORD.”

Seventy Seven In Search of the Living God

Those who know the LORD can immediately come before Him, repent oneself, and on behalf of the nation, and seek the face of the LORD.

For those who still do not know the LORD, it is a time to seek Him, open one’s heart to the LORD, and seek Him.

It shouldn’t harden our hearts to disbelief and mock “God” that a good God would not allow such a pandemic, nor mock that “good so-called priests” are dying, and question why God or their God did not protect them, and laugh it off.

They too should join in to pray, in humility, to seek the face of the LORD and plead mercy, even if they call GOD by the generic name : Almighty God.
to human lives.

At what point will a non-believer, or an atheist turn to the Living God. It took Egypt and Pharaoh up to ten miracles that led him to release the children of Israel.

One thing to do: “time to search for the Living God.”

Seventy Eight Hearing to the Gospel

The Gospel is short and simple. Mankind is a fallen race. Created by Almighty God, they have gone astray in sin, and do not know their Maker. He finally sends His Son, Jesus Christ who is born of a virgin birth, to Blessed Mary.

At age 33 years, the ministry of Jesus begins, as He now preaches and teaches that the Kingdom of God has arrived, and that the Spirit of God is upon Him. As John the Baptist had prepared the people, who have repented of their sins, John tell that Someone is coming, whose sandals he is not worthy to tie.

Jesus approaches John to be baptized, and as He rises up from the waters, they hear the Voice of God the Father say, “This is My Beloved Son, in Whom I am well pleased.”

The Lord Jesus then goes into the wilderness for forty days and after that He begins to preach the Kingdom of God has arrived. As He prays, the lame rise up and walk, the blind can see and dead are resurrected to live.

His Word declares Who He is:

“I am the Bread of Life”

“Whoever drinks of this Water will never thirst again”

“I am the Door”

“I am the Good Shepherd.”

“I am the Way, the Truth and the Life, and no one comes to the Father but through me.”

“I have come that you may have life and have it in abundance.”

“I am the Resurrection and the Life”

“The Father and I are One.”

All the scriptures above are in the Gospel of John.

And the scriptures go on to say that he who called upon the Name of Jesus will be saved.

One thing to do: “Hear the Gospel of Jesus Christ.”

Seventy Nine Asking Questions

Whatever doubts, whatever your questions, there is an answer.

Where did the virus come from?

Who caused it? Is it human design and error? Is it the adversary? Is it God Himself?

Why is God allowing it?

Why did He let innocent lives perish?

Why did men of God, pastors and priests serving Him perish?

Why is the virus still raging across the world?

What is the sin of mankind?

Why has the pandemic not stopped even though there are so many prayers for an end of the pandemic?

Where is God?

You will not get the answer here, as this is not the mandate and authority of this author.

Yet, this author believes wholeheartedly that God is Sovereign and is in control. Man can come before Him and plead Mercy, and He is acting.

One thing to do: “Ask God questions.”

Eighty Reading the Bible

Only two things matter at the end of time. All other things will fade away. The first is the soul of men and woman, which when saved by the Lord will have eternal life with him.

John 3:16 “For God so loved the world that He gave His only begotten Son that whoever believes in Him should not perish but have everlasting life.”.

Matthew 24:35 “Heaven and earth will pass away, but My words will by no means pass away.”

This is the WORD of God, God’s love letter to all mankind.

It tells of God's dealings with mankind, from the start to the predicted ending. The first plague or pestilence was sent by God to Egypt to the land of the Pharaoh to show the might of the LORD so that he would soften, back off and release the people of Israel so that "they can go and serve the LORD."

It tells of God's instructions to the people of Israel through their leader and prophet Moses. God gave them clear instructions and even two precious tablets where God personally wrote The Ten Commandments.

God takes His people out of Egypt and takes them through the deserts of Sinai, purifying them so that only the next generation, except for Joshua and Caleb could enter the Promised Land.

Finally, the Savior and Messiah Jesus Christ is born, and He demonstrates His Authority as He declares that the Kingdom of God has arrived.

He performs miracles including the healing of the sick, the blind could see, the lame got up and walk, the dead was resurrected and those demon possessed were miraculously set free, including a violent demoniac who was chained to protect others from harm. He was totally delivered from demonic possession and set free.

That is the ministry of Jesus, and ensuing chapters relate the teachings of Paul before the final chapter being Revelation as it was revealed to John.

The WORD is so rich and should be read personally, step by step, chapter by chapter, and guided by teachers of the Word.

It is indeed so enriching that so many prisoners when confined find it a book of solace and comfort as well as divine teaching that many will come to the living God, through the saving Grace of Jesus Christ.

He is crucified by the Jewish population, provoked by their leaders, and that was God's original plan that His Son would lay down His Life, and pay for the ransom for the sins of mankind by His Blood shed on the Cross of Calvary.

The Word of God becomes alive as we read it. How does one read the Bible. We can do from page to page as this author did for the first time, described in "In Search of the Living God." It was this step by step search into the Word of God that led me to know that Jesus is Lord and Savior.

You can go from book to book, among the 66 books, accompanied by various commentaries.

You can do selective studies of the Scriptures, by topics, by themes or through a theological program of study.

The Word of God is so rich, that a life time of study will not be enough. Nevertheless, this is a good time to begin to read the Bible, when in locked down.

One thing to do: “Read the Bible.”

Eighty One Meditating on Scripture

As mentioned in the earlier chapter, one of the ways to read the Scriptures is to choose either by book or by topics.

One way to meditate the scriptures is to go to the Book of Psalms and the Book of Proverbs, as you go chapter by chapter, verse by verse and meditate one each verse and receive the riches from within the living Word.

Take for example the Book of Psalm, Chapter One, which talks of the man of God who “delights in the law of the LORD” and “in His law he meditates day and night.”

“He shall be like a tree, planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.”

Psalms 127 also describes in verse 1 and 2, “Unless the LORD builds the house, they labor in vain who build it; unless the LORD guards the city, the watchman stays awake in vain. It is in vain for you to rise up early, to sit up late, to eat the bread of sorrows; **for so He gives His beloved sleep.**”

The beginning of the verses talk of life that without God, you will struggle but with God you can rest and sleep well in peace.

The New American Standard Bible states that “**for the LORD gives to His beloved even in his sleep.**”

When we meditate on just these two verses and so many other verses of the Word, we are strengthened, enriched and even empowered.

When we know the truth, the truth will set us free.

John 8:32 “And you shall know the truth, and the truth shall make you free.” These are the words of Jesus Himself.

One thing to do: “Be enriched as you meditate on the Scriptures.”

Eighty Two Studying the Bible

Enter into a personal study into the Bible and you will get more and more from the riches of the Word of God.

A good and tested way is to have your own quiet time, a fixed time early in the morning e.g. at 4 to 5 a.m. in the stillness of the night. Reading daily devotions help guide your study, as you follow men and women of God through their daily study. One minister testified that he reads up to three different daily devotions, apart from his own daily study of the Word of God.

In that quietness as one meditates and studies the word of God, and prays, God will begin to minister to those who seek Him.

One thing to do: “Study the Word of God.”

Eighty Three Starting Theological Studies

After 38 years in the faith, I have just joined a good theological study on line. If one were to clock in 4-8 credit hours, it may still take up to four years to complete a theological program and earn a Bachelor of Theology.

The choice is yours, as you decided to get serious with God, and go deeper into the Word, and be a student of the Word of God.

That is theory, and quite different from practical Christian living. Many current theological programs are livelier and easier to follow, with great teachers to guide you through the studies.

Personally, to me, it is not the degree or diploma that counts but a walk along the path that so many has taken in theological studies.

Some may find some programs dry, tough and challenging. Seek advice from your own church pastor for guidance and choice of program.

It is unlikely that this lock down will go on for years, but it may be the time for the planting of the seed of faith and action to “begin theological studies.”

One thing to do: “Commencing theological studies.”

Eighty Four Serious Prayer & Intercession

There is nothing so important like serious prayer and intercession.

Either individual intercessors whom we call prayer warriors, or a group in prayer or a whole congregation in prayer can make the difference. During this period, the latter situation as a congregation praying is not allowed and not recommended. A group can gather and pray online and be effectively praying together.

Intercessors can change the world. Fasting and serious prayer often go together, as one is guided by the LORD.

One thing to do: “Being in serious prayer and intercession.”

Eighty Five Seriously Seeking God

During a lock down lasting from two to four weeks, it should be enough time for anyone to seek the LORD seriously.

It is a time to seek, to plan, to ask and to wait upon the LORD.

Proverbs 16:3 says that “Commit your works to the LORD, and your thoughts will be established.”

In verse 9 on the same chapter, “A man’s heart plans his way, but the LORD directs his step.”

Again in Psalm 37:23 says “The steps of a good man are ordered by the LORD, and He delights in his way.”

That is among the main purposes of seeking God seriously, is to seek direction from God, and to seek open doors and ask for His blessings, for when He is in the plans, we know that it will succeed.

Also, when we seek God seriously, we will hear from Him.

One thing to do: “Seriously seeking God.”

Eighty Six Monologues with God

I came across this interesting concept when I suffered laryngitis for a few days. A friend had come from Europe and we were supposed to meet, but I had lost my voice. I was looking forward to hear from him, and in fact was meeting his wife for the first time.

I whispered softly that I had lost my voice and he smiled. I urged him to tell his story and do the talking as I had lost my voice, and he whispered. We struggled to talk, and his poor wife could not join in the conversation as she could not hear us. It was early in the outbreak and quarantine had not yet been enforced but I decided that we should sit away from each other.

Unfortunately, throughout the meeting, very little was said, and very little shared. I was there to listen and to hear all that he had to say but because I could not talk, the conversation was minimal.

That got me thinking that so too with God. He hears, He sees, He knows and we should talk and He listens and He will act. Instead, we remain relatively silent because we are expecting a dialogue.

No, with God, it will mostly be a monologue! I have begun a diary called, “My daily monologues with God” and I am surprised how quiet and silent I have been, now two weeks into that diary.

In your continued lock down, continue to talk to God. Tell Him, what is in your heart and He will act on it. It is a monologue and will be for many, many more conversations, until the LORD speaks to you.

One thing to do: “Speak to God every day. He hears and will respond.”

Eighty Seven Hearing from God

You can hear from God. He is not mute. He speaks. Many believers do hear Him.

This author can testify to the many instances when God speaks, whether out of the blue, or after seeking Him. It has been this author’s personal experience that when we seek Him and seriously asks Him, He answers within two or three days.

And when God speaks, His answers are stunning and truly reassuring. Many of these testimonies are recorded in my book “The Testimony of Jesus.”

The Word of God often talks of God’s Mouth, and His Word.

The LORD is alive and hears, and He speaks when we talk to Him; not usually as a dialogue but when we continue to talk and to speak, and then we wait and trust, He will speak.

He speaks in many ways. One book related the dozens of times and ways that God speaks to man. Please accept this author’s testimony that God speaks and you can hear Him too, only if you will pause and listen.

These are the ways and instances when God spoke to this author:

- 1) When I asked Him: “Shall I go for a two months scholarship to Holland, LORD?” It took me two days, and then in the quietness of a hotel room, away from the family, God spoke and answered: “It is an answer to your prayer.” He said, I had asked for that in my request. I had actually forgotten till the Holy Spirit reminded me that in my frustration I once said: “Lord, I long for two months away from my family just to be alone with You.”
My request was answered a few years after and in 1990, I spent two months in Utrecht.
- 2) Out of the Blue: “He asked me to read Proverbs 6. It came out of the blue: “Read Proverbs Six” and that was repeated the next day.
- 3) “Be careful, be careful.” I was warned that afternoon twice, when we went snorkeling on the shores of Green Island, off the Cairns. I was snorkeling for an hour, in the large beach crowd and kept on doing so, till I suddenly found myself adrift in the Pacific Ocean, some 400 meters off the shore, based on my later calculation on Google Earth.
By the grace of God, I was pushed back in a minute. Related in my book, “The Testimony of Jesus.”

There are more including one clear audible voice from God. Keep tuning in and you will hear God. I predict and prophesy that some of the readers here will hear the “voice of God” as a whisper to you, a “still small voice.”

Do write to this author at timsng@gmail.com, when it happens.

One thing to do: “Be still to hear God speak.”

Eighty Eight Hearing from Ministers of God

There is nothing wrong with hearing from men and women of God, who are more sensitive and speak on behalf of God to release prophetic words on you and your life. Whether they are prophets like Jeremiah or Isaiah or not, they are prophets in this modern era.

I believe that everyone can hear from God. However if you struggle and still do not get a word, seek a prophet and hear from Him through these men and women of

God. This author, over the years have received rich and moving prophetic words on me and my life, over dozen of times from over a dozen such ministers.

These are personal prophetic words through prayers and the laying of hands, not from the preaching of the Word, or from impression but direct audible prayers, and I have been richly blessed by these prayers.

While we can call them over the phone when we know them personally, it is always better with a direct and close contact, not possible for now.

One thing to do: “Hear the prophetic word from ministers and prophets of God.”

Eighty Nine Praying in Tongues

This author will not go into a long recourse on “praying in tongues”, except to say that it is very, very important in the life of a believer.

I have been praying in tongues for over 35 years.

Praying in tongues is speaking to God, (The Word says so) as it is literally the language of God.

For readers here, who are not into it, or even teach negatively about it, please stop preaching against it, and repent and start seeking the LORD to receive the baptism of the Holy Spirit when you seek it from Jesus.

Don't miss out on this very precious gift from the LORD.

The reason Paul says that not all will speak in tongues is because not all speak in tongues and he is right that LOVE is more important and precious than the 'speaking of tongues.'

But, he speaks in tongues more than anybody else, he testified.

One thing to do: “ Seek to be able to pray in tongues.”

Ninety

Praying for Miracles

Faith without works is dead.

This was quoted earlier.

I will stretch it and risk objection to say that we are referring to the works of God, and the works of God are miracles. “Faith without “miraculous” works is not alive.

Miracles are happening all the time when we pray.

It is not just about gold dusts and such phenomenon which does happen, but about moving God to move miracles, and it is happening all the time.

Jesus said in John 14:12 that we will do greater works than He did, and we should, and many are already doing so.

What sort of miracles can you and I ordinary Christians do? Here are some of the common ones:

- 1) Pray for a car park
- 2) Pray for a job
- 3) Pray for a life partner
- 4) Pray to stop the rain
- 5) Pray for rain (the farmer)
- 6) Pray for your life stock to breed
- 7) Pray for a baby
- 8) Pray for extra funds to come
- 9) Pray for the salvation of a friend or loved one (the greatest of them all)
- 10) Pray for healing

And in all of these prayers, the above miracles take place in your life and mine.

I believe that James meant “Faith without miraculous deeds is dead.” It means that after one believes, and has received a powerful force in the Name of Jesus, but do not use it at all.

One thing to do: “Believe and pray for miracles.”

The pandemic can stop at your doorsteps. It happened in the village of Oberammergau in Germany some 380 years ago, when they stopped the plague with prayers. As a vow, they have been performing the passion play every ten years faithfully since then.

Ninety One Sharing God's Love

Faith without works is dead.

Speaking in tongues without love is nothing.

During this crisis, as mentioned earlier, we need to help the poor, the widow, the foreigner, and the sick and give generously, either our time or our resources.

Share your stockpile of food. Give when your neighbor asks.

One thing to do: "Share God's love and blessings with others."

Ninety Two Sacrificial Giving

A believer is taught to tithe or give 10% of his earnings. As faith and love grows, grow past that and you have gone beyond being stingy and have become a generous giver.

For the family, it is natural to give half away, or a sharing and loving giver to your loved ones.

When you cross over 50%, you have joined the sacrificial givers and you are on your way to be a philanthropist. Once you have been faithful with that you have with you, God will give you your own true riches.

This is His promise in Luke 16:10-12 as I interpret it.

Luke 16:12 "And if you have not been faithful in what is another man's , who will give you what is your own?"

As you sow, it will be returned to you and more added. At a time of crisis, that is the most normal and natural thing to do- to help others.

One thing to do: “Be generous in giving and helping.”

Ninety Three Opening Your Home

Opening one’s home was a common practice of the past. I recall that when we were young. Even though there were seven of us children with two parents, staying in a two room quarters, we would not turn a relative away, if he or she needed a temporary stop over.

There were times, when relatives stayed much longer, adding to a strain on family resources, but that was how we lived then.

Not now.

Who will open their homes to a stranger?

During this crisis, I received a request to house a friend, whom the sender vouched for, and at the bottom added that his name is: Jesus.

I almost replied, “Sorry.”

One thing to do: “Be ready to open your homes one day.”

Ninety Four Adopting Someone

A family is great. Having one child is rather ‘quiet’. Two is just fine. Three kids are great, and four wonderful.

How about adopting someone – physically, spiritually or both?

During war, pandemics with millions homeless and helpless, perhaps a national adoption scheme where one family helps another may help see a nation through the crisis.

On normal non pandemic times, it would be gracious to adopt someone.

One thing to do: “Someone somewhere is asking: “Will you adopt me?””

Ninety Five Mentoring Someone

There are many young and talented ones out there. There are many good ones out there needing help and mentoring.

It puzzles me why most churches do not have a buddy system or a mentoring program. Everyone needs a mentor.

One thing to do: “Be a mentor. Call someone during this crisis. That would be a good start.”

Ninety Six Discipling a Few

Discipleship is more structured, more committed and equally necessary. Being a part of a church, even as a regular member, attending most meetings may still not make one a “disciple of Jesus”.

What then must one do? Follow the Lord Jesus, or imitate Paul.

In real life, be discipled by someone around you.

One thing to do: “Disciple or be discipled, to follow Jesus.”

Ninety Seven Sharing Your Life

If you are still single, whatever your age, remember that the LORD has provided a mate for you. He has promised. It is in His Word

Isaiah 34:16 “No one shall lack a mate.”

What an awesome promise for the animal kingdom! Surely, it applies to you to.

If we already have one, this is a time to engage and increase and grow in your partnership for the extension His Glorious Kingdom.

One thing to do: “Share Your Life. Do not be locked down alone.”

Ninety Eight Going Out to Help

It is a lock down. Yet, some have to go out to serve. All are allowed to get food.

If you have a calling to help the poor and volunteer, if not already a health care worker, this is the time to assist some paramedical or uniformed group to help and serve.

One thing to do: “Going out to help.”

Ninety Nine Worshipping God

We are raised and alive to worship God, to thank Him, to bless His Holy Name.

Worship and drawing close to God should be there all the time, in crisis or not, in lock down or not. Even at work, when driving, wherever we are, we should worship Him lovingly and with all our heart, our entire mind and all our strength.

One thing to do: “Worship God in all that we do.”

One Hundred The Total Surrender

At the end of the day, we lay down prostrate, bowed low, head to the ground in total surrender to an Almighty God.

Who are we that God is mindful of us?

We are just mere dust, just a speck in the whole Universe.

We come before Him in reverence and awe and declare to God:

“Holy, Holy, Holy is the LORD, worthy to be praised and all Glory goes to the LORD, the LORD of Hosts.

The main thing is THE LORD, for apart from Him, we are nothing.

Amen

Final thing to do: “Surrender to the Majestic Creator of Heaven & Earth.”

BOOKS by The Author

The Good Son

The Testimony of Jesus

The Good & Precious Wife

In Search of the Living God & Beyond

The Gospel in 30 Minutes

[Available on Amazon and Canaanland]

Other eBooks on Amazon

How I Became a Christian

The Instant Gospel

Why I am a Christian

The Power of One Verse (series) Three Volumes

J2C Alert

The First Date

The First Christmas

God is No delusion

The Ten Minute Gospel