

*Once end times events begin do they unfold rapidly like birth pangs?*

The concept of "birth pangs" in relation to end times events is derived from Jesus' teachings in Matthew 24. These signs, including wars, natural disasters, and diseases, are described as increasing in frequency and intensity as the end approaches, similar to labor pains[1][2]. Some believe that these signs are unfolding presently[3][4]. Believers are encouraged to be observant of world events in light of biblical prophecy, but cautioned against setting specific dates for Christ's return[4].

[1] Hitchcock, M. (2020). *Corona Crisis: Plagues, Pandemics, and the Coming Apocalypse*. Thomas Nelson.

[2] Byrne, B. (2018). Matthew. In J. E. A. Chiu, R. J. Clifford, C. J. Dempsey, E. M. Schuller, T. D. Stegman, & R. D. Witherup (Eds.), *The Paulist Biblical Commentary* (p. 957). Paulist Press.

[3] Bigalke, R. J., Jr. (2008). A Comparison of the Synoptic Eschatological Discourses and Revelation 6–20. *Chafer Theological Seminary Journal* Volume 13, 13(1), 68.

[4] Rhodes, R. (2012). *Unmasking the antichrist: dispelling the myths, discovering the truth* (pp. 198–199). Harvest House Publishers.