

## BUILDING SPIRITUAL IMMUNITY IN AN INFECTIOUS TIME

"My heart is like wax; it is melted in the midst of my bowels."-**Psalm 22:14**

**2 Samuel 17:10** Even he who is valiant, whose heart is as the heart of a lion, will utterly melt; for all Israel knows that your father is a mighty man, and those who are with him are valiant men.

**Deuteronomy 20:8** The officers shall speak further to the people, and they shall say, "What man is there who is fearful and fainthearted? Let him go and return to his house, lest his brother's heart melt as his heart."

**Ezekiel 21:7** It shall be, when they tell you, Why do you sigh? that you shall say, Because of the news, for it comes; and every heart shall melt, and all hands shall be feeble, and every spirit shall faint, and all knees shall be weak as water: behold, it comes, and it shall be done, says the Lord the LORD.

**Joshua 2:11** As soon as we had heard it, our hearts melted, neither did there remain any more spirit in any man, because of you: for the LORD your God, he is God in heaven above, and on earth beneath.

**Psalms 107:26** They mount up to the sky; they go down again to the depths. Their soul melts away because of trouble.

**Psalms 112:10** The wicked will see it, and be grieved. He shall gnash with his teeth, and melt away. The desire of the wicked will perish.

**LUKE 21:<sup>23</sup>-26** But woe unto them that are with child, and to them that give suck, in those days! for there shall be **great distress** in the land, and wrath upon this people.<sup>24</sup> And they shall fall by the edge of the sword, and shall be led away captive into all nations: and Jerusalem shall be trodden down of the Gentiles, until the times of the Gentiles be fulfilled.<sup>25</sup> And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, **with perplexity**; the sea and the waves roaring;<sup>26</sup> **Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.**

**1 Thessalonians 5:12** But we ask you, brothers, to **acknowledge** those who work diligently among you, who preside over you in the Lord and give you instruction. **13** In love, hold them in **highest regard** because of their work. Live **in peace** with one another. **14** And we urge you, brothers, to **admonish** the unruly, **encourage** the fainthearted, **help** the weak, and **be patient** with everyone. **15** Make sure that no one **repays evil** for evil. Always **pursue** what is good for one another and for all people. **16** **Rejoice** at all times. **17** Pray without ceasing. **18** Give **thanks in every circumstance**, for this is God's will for you in Christ Jesus. **19** Do not extinguish the Spirit. **20** Do not treat prophecies with contempt, **21** but test all things. Hold fast to what is good. **22** Abstain from every form of evil. **FAITH AND LIFE – LIGHT AND DARK**

Paul talks of the unbeliever belonging to the dark and believers to the LIGHT

- Show practical appreciation for those spiritual leaders. **1 Timothy 5:17**
- Honour them, WORD, DEED, PRAYER
- Live at PEACE – don't be contentious, argumentative, hobby horses, disrespectful
- Admonish unruly – Encourage fearful, Help sick, be patient,
- No repaying grudges – Pursue good –

- Rejoice always – Pray always –
- Give thanks in every situation for this is GODS WILL FOR YOU
- Do NOT extinguish THE SPIRIT
- DO NOT TREAT PROPHECY with contempt, but TEST the spirit
- Hold Fast to what is GOOD
- ABSTAIN from EVERY form of EVIL

## **The antidote -**

### **1. HIS WORD and WAYS are SURE.**

**1 John 5:14** “Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.”

- a. Learn what God’s will is, so we can ask properly?
- b. Studying His Word is a panacea to FEAR
- c. The Bible contains **thousands** of promises that clearly tell us how our Father wants to bless us, provide for us, comfort us, heal us, take care of us, and —draw us closer to Jesus.
- d. God only gives good and perfect gifts (James 1:17).
- e. He won’t withhold any good thing from those who walk uprightly (Psa 84:11).
- f. Losing heart is A CHOICE
- g. ALIGN your prayers to God’s Word.