

Emotions Sermon Series

I Can't Find an Emoji for That

Building up your Spiritual Immune System

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Background

Much like our natural body, our spiritual body has an immune system. God has wonderfully made us with an immune system that is designed to ward off disease and infection. However, when the immune system is weak, depleted or compromised, sickness can overtake the body.

We are living in days when people are looking for quick solutions in general, but with the rapid explosion of COVID-19, many are putting their hope in a fix-all vaccine. Sadly, Christians can fall into this trap of, "quick-fix spirituality," and use the Word of God like a vaccine. But the Bible was never deigned to be used like this – it is based and predicated upon an intimate relationship with God.

The enemy's agenda has never changed. It has always been his desire to bring God's people into captivity and ultimately into death.

Complex supplements are absorbed into the natural body and distributed to boost the system to ward off sickness and disease. We are seeing the battle between two kingdoms — light and darkness. We must be careful as to what we absorb into our spiritual system. The kingdom of darkness always wants the believer to absorb fear.

The Bible talks about the inner man [**Inner Man** (Gk. *ho ésō ánthrōpos*)]. An expression used by Paul in Ephesians 3:16 (cf. "inmost self" [Gk. *noús*; Romans 7:22] and "inner nature" [2 Corinthians 4:16]) to distinguish the spiritual self, which only God can see, from the "outer man," whom others see and who is subject to the law of sin. The difference between the inner and outer person is not one of soul and body or spirit and flesh, nor of grace and sin, believer and unbeliever.¹

¹ Myers, A. C. (1987). In [The Eerdmans Bible dictionary](#) (p. 523). Grand Rapids, MI: Eerdmans.

2 Corinthians 4:16

¹⁶Therefore we ^ydo not lose heart. Even though our outward man is perishing, yet the inward man is ^zbeing renewed day by day.²

Romans 4:22-25

²²For I ^adelight in the law of God according to ^rthe inward man. ²³But ^sI see another law in ^tmy members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. ²⁴O wretched man that I am! Who will deliver me ^ufrom this body of death? ²⁵^vI thank God—through Jesus Christ our Lord!
So then, with the mind I myself serve the law of God, but with the flesh the law of sin.³

^y 2 Cor. 4:1; Gal. 6:9

^z [Is. 40:29, 31; Col. 3:10]

² [The New King James Version](#). (1982). (2 Co 4:16). Nashville: Thomas Nelson.

^a Ps. 1:2

^r [2 Cor. 4:16; Eph. 3:16; 1 Pet. 3:4]

^s Rom. 6:19; [Gal. 5:17]; James 4:1; 1 Pet. 2:11

^t Rom. 6:13, 19

^u [Rom. 8:11; 1 Cor. 15:51, 52; 1 Thess. 4:14–17]

^v 1 Cor. 15:57

³ [The New King James Version](#). (1982). (Ro 7:22–25). Nashville: Thomas Nelson.

Biblical Vitamins That Boost Your Spiritual Immune System

A – ABIDE

Christ is our source! Without Him, it is impossible to accomplish anything or to be fruitful in any dimension. Through our consistent and powerful connection to Christ and Holy Spirit, we are boosted to ward off spiritual lethargy.

John 15:1

^dAbide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.

^e“I am the vine, you are the branches. He who abides in Me, and I in him, bears much ^efruit; for without Me you can do ^fnothing. ^gIf anyone does not abide in Me⁴

- To abide means to be in contact with the living God
- The English word “abide” covers 12 words in the Greek language including: remain, dwell, be at home, continue, steadfast, and live.
- When you are connected to the vine you are spiritually productive and therefore, we provide evidence that we are disciples of Christ.

- Note: Other words and spiritual attributes that can fall under the “A”
 - authority, anointing, accountability.

^d John 17:23; Eph. 3:17; [Col. 1:23]

^e Hos. 14:8; [Gal. 5:22, 23]

^f 2 Cor. 3:5

⁴ [The New King James Version](#). (1982). (Jn 15:4–6). Nashville: Thomas Nelson.

B – BELIEVE

Our greatest battle will always be over our faith. If the enemy can rob you of your faith everything else becomes immaterial. Faith is the lifeline of our relationship with God and the attribute that boosts our spiritual immune system.

Jude 1:20

²⁰But you, beloved, ^xbuilding yourselves up on your most holy faith, ^ypraying in the Holy Spirit, ²¹keep yourselves in the love of God, ^zlooking for the mercy of our Lord Jesus Christ unto eternal life.

²²And on some have compassion, ¹making a distinction; ²³but ^aothers save ²with fear, ^bpulling them out of the ³fire, hating even ^cthe garment defiled by the flesh.⁵

- **Contend Earnestly** NT:1864 "epagonizomai"
 - Signifies "to contend about a thing, as a combatant" (epi, "upon or about," intensive, agon, "a contest"), "to contend earnestly," Jude 1:3. The word "earnestly" is added to convey the intensive force of the preposition. (from Vine's Expository Dictionary of Biblical Words, Copyright © 1985, Thomas Nelson Publishers.)
 - C\N 1 Timothy 6:12 *Fight the good fight of faith, lay hold on eternal life, to which you were also called and have confessed the good confession in the presence of many witnesses.* (NKJV)
- Other words and spiritual attributes that can fall under the "B"
 - Bold, brave, behold, bountiful.

^x Col. 2:7; 1 Thess. 5:11

^y [Rom. 8:26]

^z Titus 2:13; Heb. 9:28; 2 Pet. 3:12

¹ NU *who are doubting (or making distinctions)*

^a Rom. 11:14

² NU omits *with fear*

^b Amos 4:11; Zech. 3:2; 1 Cor. 3:15

³ NU adds *and on some have mercy with fear*

^c [Zech. 3:4, 5]; Rev. 3:4

⁵ [The New King James Version](#). (1982). (Jud 20–23). Nashville: Thomas Nelson.

C – CONNECTION

Christianity boils down to two things:

1. Our relationship and connection to God
2. Our relationship and connection to other members within the body of Christ.

As Christians, we are strengthened and emboldened by the anointing that flows from one member to the other.

Acts 2:42

⁴²And they continued steadfastly in the apostles' ⁵doctrine and fellowship, in the breaking of bread, and in prayers⁶

1Corinthians 1:10

¹⁰Now I plead with you, brethren, by the name of our Lord Jesus Christ, ⁹that you all ⁴speak the same thing, and *that* there be no ⁵divisions among you, but *that* you be perfectly joined together in the same mind and in the same judgment.⁷

Philippians 2:2-4

²fulfill my joy ^cby being like-minded, having the same love, *being* of ^done accord, of one mind. ³*Let nothing be done* through selfish ambition or conceit, but ^fin lowliness of mind let each esteem others better than himself. ⁴⁹Let each of you look out not only for his own interests, but also for the interests of ^hothers.⁸

¹ Acts 1:14; Rom. 12:12; Eph. 6:18; Col. 4:2; Heb. 10:25

⁵ teaching

⁶ [The New King James Version](#). (1982). (Ac 2:42). Nashville: Thomas Nelson.

⁹ 2 Cor. 13:11; 1 Pet. 3:8

⁴ Have a uniform testimony

⁵ schisms or *dissensions*

⁷ [The New King James Version](#). (1982). (1 Co 1:10). Nashville: Thomas Nelson.

^b John 3:29

^c Rom. 12:16

^d Phil. 4:2

^e Gal. 5:26; James 3:14

^f Rom. 12:10; Eph. 5:21

⁹ 1 Cor. 13:5

^h Rom. 15:1, 2

⁸ [The New King James Version](#). (1982). (Php 2:2–4). Nashville: Thomas Nelson.

(Prov 27:17)

Christianity is all about Relationships

When one observes the foundations of Christianity, they will discover that it is really all about relationships. First and foremost, a personal devotion to God and, second, a genuine fellowship of others. In fact, Paul constantly encouraged the churches to continue in brotherly love (Romans 12:10, Hebrews 13:1). The church was not created to be an exclusive club with certain rights and privileges; but rather a household of faith that provides a safe environment where people are supported, restored and nurtured. The church of Christ is passionate about God, each other, their neighbour and the lost (Ephesians 3:15).

Christ simplified spiritual life and faith when He combined two powerful foundational principles – love God and love your neighbour as yourself (Matthew 22:39, Mark 12:30). Jesus taught His listeners that all the prophets and the law hang on these two commandments (Matthew 22:37). Interestingly, He never asked His followers to build anything for Him, but He did command them to foster right, long and deep relationships. In effect, Jesus adjusted people's value system when it came to this subject and the church in Jerusalem lived by His core values. – Dr. Tony Soldano

- Other words and spiritual attributes that can fall under the "C"
 - Courage, conviction, confidence (Hebrews 10:35)

D – DECISION-MAKING

The decisions we make during times of crisis are absolutely critical to bolstering our spiritual immune system. Decisions can be, literally, the difference between life and death when it comes to spiritual matters. Making godly and strong decisions comes down to choosing our priorities carefully.

Joshua 24:14-15

^{14 a}“Now therefore, fear the Lord, serve Him in ^bsincerity and in truth, and ^cput away the gods which your fathers served on the other side of ⁴the River and ^din Egypt. Serve the Lord! ¹⁵ And if it seems evil to you to serve the Lord, ^echoose for yourselves this day whom you will serve, whether ^fthe gods which your fathers served that were on the other side of ⁵the River, or ^gthe gods of the Amorites, in whose land you dwell. ^hBut as for me and my house, we will serve the Lord.”⁹

1 Kings 15:21

Principles of decision-making

1. The decisions of yesterday affect today – the decisions of today affect tomorrow - All decisions carry the weight of reward or consequence - Abraham’s blessing – he followed God
2. One of the reasons that leaders fail is because they are unable to make sound decisions (i.e. King Ahab)
3. Sentiment and affection will often cloud better judgment (i.e. David and Bathsheba)

^a Deut. 10:12, 13; 1 Sam. 12:24

^b 2 Cor. 1:12

^c Josh. 24:2, 23; Ezek. 20:18

⁴ The Euphrates

^d Ezek. 20:7, 8

^e Ruth 1:15; 1 Kin. 18:21

^f Josh. 24:2; Ezek. 20:39

⁵ The Euphrates

^g Ex. 23:24, 32

^h Gen. 18:19; Ps. 101:2; [1 Tim. 3:4, 5]

⁹ [The New King James Version](#). (1982). (Jos 24:14–15). Nashville: Thomas Nelson.

4. Priorities are determined by decisions and affirmed by actions - Seek ye first the Kingdom
 5. Decisions determine blessing or cursing -The sin of Acan
 6. There is safety in a multitude of counselors.
- Other words and spiritual attributes that can fall under the "D"
 - Discernment, destiny, direction, discipline.

E – ENCOURAGEMENT

There are times in our lives when we are called upon to be courageous, and to strengthen ourselves in the Lord. Just like David and Joshua, there are times when we must find our courage in God all by ourselves.

Joshua 1:9

⁹ "Have I not commanded you? Be strong and of good courage; ^odo not be afraid, nor be dismayed, for the Lord your God *is* with you wherever you go."¹⁰

- God can give us strength, but He cannot be courageous for us
- Courage and bravery come from the inside – what is on the inside of you?

Good courage – "aw-mats"

A primitive root;

- To be **alert**, physically (on foot) or mentally: - confirm, be courageous
 - Steadfastly minded, strong, stronger, establish, fortify, harden, increase, prevail, strengthen (self), make strong (obstinate, speed). From Strong's Concordance
- Other words and spiritual attributes that can fall under the "E"
 - Empowerment, excellence, educate.

ⁿ Deut. 31:7

^o Ps. 27:1

¹⁰ [The New King James Version](#). (1982). (Jos 1:9). Nashville: Thomas Nelson.

Discussion Questions

1. What are some practical spiritual boosting activities that you do?
2. Consider a best practice for each of the vitamins listed.
3. How do you continue to abide when there is such turmoil and uncertainty around you?
4. How do we settle for spiritual quick fix vaccines? How can we avoid falling into this trap?
5. Consider how you can increase your courage and bravery in light of all that is happening around us.
6. Consider the tactics of the enemy. How does he want you to absorb fear into your inner being?