

I DON'T LIKE GETTING SICK
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We all know as it is happening. The sniffles come a little bit at a time. The all too unwelcome scratchy throat becomes a mild nuisance. Tiredness sets in, eyes get itchy, possible headache or sinus pressure. You know the feelings. When they start, we begin to dread what is to come. The full-blown sickness is just around the corner. Ewww. If we are on top of our game, then we start drinking extra water and getting extra sleep. But often we are too busy to slow down and take proper care of ourselves. Then the problems just get worse and worse. The doom of illness lies ahead.

Wouldn't it be great if every time we began to recognize the symptoms of what is happening to our bodies, we could slow down, and take proper care to possibly subside the oncoming disaster of being totally sick.

While the physical illustration is clear, there are also great spiritual implications to the same illustration.

We know when we start to slip into sin. We know when the world begins to grab us and taunt us away from God's desires and plans for our lives. Sin is lurking and enticing us into spiritual sickness around every corner. While physically we can do things like washing our hands, eating right, staying hydrated, and getting plenty of rest; spiritually, we must remember the opportunities to stay close to God include reading our Bibles, spending quiet time with God in the Word, and in prayer, as well as attending Bible studies and worship services. These activities can always help us to stay spiritually healthy. They are also especially beneficial when we recognize the symptoms of sin pulling us away from God.

Ephesians 6:10-18 – Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.