

**I. Review Last Session – Your Spiritual Immune System**

**A. You have a natural immune system.**

**B. When you are saved, you are supposed to have a spiritual immune system.**

**C. Just as your natural immune system resist things that may be harmful to you, your spiritual immune system creates a wall of RESISTANCE against things harmful to you.**

**D. Many in the Church do not have a working Spiritual immune system.**

1. Some are not aware that they have it.

2. Many are not aware how to use it by resisting the things that try to come upon us.

3. We are to use our weapons to resist the enemy.

4. We are to use our armor to protect us from the enemy.

5. We must cooperate with God's protection by fighting the good fight of faith. There is a fight!

**II. Now that we know about our spiritual immune system, how do we develop it?**

**A. We are a triune being – Spirit, Soul and Body**  
***Fight with the natural – Fight with the Spiritual***

1. **While sickness primarily works against the body, it can have an effect on your soul and spirit.**

2. **Since sickness is connected to the physical body, the primary method of resistance will be to fight in the natural.**

- a. Physicians, procedures, pharmaceuticals.
  - b. Fighting by natural means is the only option of fighting for those who are not saved.
3. **Because we are born-again and have a covenant with God that includes healing of physical sickness, we have another means of fighting in the battle with disease.**
- a. We should use the natural tools that God has given to us in this fight against disease.
  - b. We must never forget that our primary weapon goes beyond what natural means can offer. We have spiritual weapons that supersede the natural world.

**B. Preparing your spirit for the battle against sickness.**

1. **Proverbs 18:14 (NKJV)** – *The spirit of a man will sustain him in sickness, but who can bear a broken spirit?*

**Proverbs 18:14 (NET)** – *A person's spirit sustains him through sickness, but who can bear a crushed spirit?*

- a. If the spirit of a man can sustain him in his sickness, we need to be sure that our spirit is strong. *The strong spirit of a man will sustain him in sickness.*
- b. Faith is the mode of operation in God's spirit realm.
- c. To have a strong spirit is to be strong in faith!  
*Specifically – strong in faith for healing.*
- d. This is a great scriptural example of our spiritual immune system at work.

**NOTE: *We are wonderfully blessed to have the medical treatments that God has given science the ability to create. We are more blessed as covenant people to know that we have an ability to fight from the spirit realm. We have options that the world does not have!***

### C. Practical Application – How do I begin to build my spiritual immune system?

#### 1. Know what the Word says about healing.

- a. Do not take the word of others.
- b. Do a “Google” search for yourself on healing scriptures.
- c. Settle the issue in your heart to believe what God’s word says above the words you have heard in the past.

#### 2. Meditate on Healing.

- a. The common tendency is to meditate upon the sickness when you receive a negative report.
- b. Guard your heart against fear, doubt and unbelief that will feed on your meditation of the disease.  
*Be informed but not over informed.*
- c. **Joshua 1:8 (NKJV)** – *This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success*

**Note:** The common tendency would be for the children of Israel to meditate on the size of their enemy, the past failures of their people, the giants that were still in the land. God warns them to **CHOOSE THEIR MEDITATION WISELY.**

*What they will meditate on will determine failure and success.*

**MEDITATE DEFINITION** – mutter – ponder, study, talk, speak

**HCSB** – *Says you are to recite it day and night.*

**ISV** – *Says – this set of instructions is not to cease being part of your conversation.*

#### **NOTE:**

- **Healing should be in your thought’s day and night.**
- **Your resistance should be at work to drive out negativity day and night.**
- **Your conversations should be more about healing than sickness and disease.**

- **QUESTION** – *Do you spend more time telling others what the doctor said or what the Word of God says about healing?*
  - **Your conversations reveal much about the condition of your spiritual immune system (Your faith).**
- d. **1 Timothy 4:15 (NKJV)** – *Meditate on these things; give yourself entirely to them, that your progress may be evident to all.*
- e. **Psalms 19:14 (NKJV)** – *Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my strength and my Redeemer.*
- f. **Psalms 49:3 (NKJV)** – *My mouth shall speak wisdom, and the meditation of my heart shall give understanding.*

**Note: Choosing to meditate on what God’s word says about healing will break the chains of unbelief that have been created by tradition/non-Biblical teachings of the past.**

***Understanding will come to those who give their meditation to the truth of God’s word.***

3. **Choose your sources of information wisely.**  
***Do not believe everything you read and everything you hear from secular sources?***
- a. Just because it happened to some does not mean it will happen to you.
  - b. Have faith to subdue side effects that others may have from medication.
  - c. Have faith that what does not work for others will work for you because of God’s blessing upon your medication.
  - d. Remember, someone has had a reaction to everything!
4. **Do not allow everyone to speak into your life.**  
Watch out for the negative voices that will work against your faith for healing.

5. **Intentionally feed on healing sermons that are based upon the truth of God's Word.**

**The soaking effect of God's Word**

*Sometimes you must soak it out!*

**Ephesians 5:25-26 (NKJV)** – <sup>25</sup>Husbands, love your wives, just as Christ also loved the church and gave Himself for her, <sup>26</sup>that He might sanctify and cleanse her with the washing of water by the word,

**Ephesians 5:26 (YLT)** – The Bathing of Water

**NOTE:** Just as water cleanses in the natural – The Word of God is a washing/cleansing agent that works in the spirit world.

Some things need to be washed – some need to be soaked.

**SOAK DEF** = To be thoroughly wet by immersing in liquid. To immerse something for a period of time.

**We need to SOAK in the healing word!**

**This will wash out the tradition and misinformation that we have been exposed to over time. It will also wash out the fear, doubt and unbelief that has been imparted through the world's system.**

6. **Practical guidance**

- a. Acquire a Bible that you can highlight and write notes in.  
*The simple act of acquiring a Bible that you can write in is an act of faith that God is going to release revelation to you.*
- b. Specifically mark healing scriptures that you can go back to again and again.
- c. Use the recorded healing scriptures on You Tube and others sources.
- d. Use healing scripture lists provided by various ministries.
- e. Seek out good books that will strengthen your faith for healing.  
(Be certain that these books are Bible based)  
*If uncertain, speak to Pastor about your resources.*

