



Treasures for the Soul

Series 7 Episode 1

**LEARN TO PROTECT
OUR SPIRITS
THROUGH VIRUS
PREVENTION**

Message Date: January 26, 2020

PROLOGUE

Brothers and sisters, today's topic of Treasures for the Soul is **"Learn to Protect Our Spirits Through Virus Prevention"**. Recently, we have all increased our awareness of virus prevention and hygiene. Through this the Lord is reminding us to protect our minds, for from a vigilant heart flows the springs of life (Proverbs 4:23). We must avoid wrong teachings, strengthen our spiritual immunity, return to Him often, and eat the bread of life. Only He can heal and save us.

MESSAGE

Brothers and sisters, what do you see today? You see many are wearing masks. Also, when you come to the meeting place, you wash your hands. From this, we can learn something. The Lord is real, and we can experience Him daily. Apart from Him, we can do nothing (John 15:5). We can testify this Bible verse every day and every moment of our lives. His help to us is also absolutely real. When you return to Him sincerely and ask him to save you, He heals you immediately. Indeed we do have spirits and our hearts do have needs. Your heart's condition is affecting your whole person, you know it. There are many evil things in this world. All our failures, whether before or after we believe in God, are caused by the problems of our hearts. The bible says that from your heart flows the springs of life. **(Prov. 4:23)** That's why it also says "Keep your heart with all vigilance."

You are wearing a mask to protect yourself from the virus. If you are alert and sensitive to the destructive thoughts and wrong concepts like how you are to COVID-19, the church will experience a revival. And people won't be as evil. Just as the virus spreads quickly and extensively, so do the messages from the media and commercials. All these are filled with "viruses". We know how to take preventive measures against COVID-19, such as wearing a mask, living a healthy lifestyle, and eating healthy food. Likewise, we must know how to enjoy the Lord and eat the bread of life to prevent the "viruses" that could harm our spirits. What

are you absorbing? Don't look lightly on these "spiritual viruses, which can affect you severely. For example, you were just enjoying your personal time with the Lord. Then, if you watch TV right after and become attracted to the things that can affect you, you would fall right from heaven back to earth. These "viruses" can work more quickly than Coronavirus. People line up to seek medical help; the Lord is our great physician. Whatever "viruses" you have in your heart, the Holy Spirit will help you. People cannot see the needs in their hearts, and they don't realize how poisonous these destructive thoughts are. These "viruses" can quickly get into your thoughts and hearts. They harm your whole person and your life. When your time is wasted away with these poisonous thoughts, your life is ruined by it.

Given the current situation, I believe you will continue to wear a mask every day. Likewise, I hope that every day you will protect your spirit. The devil wants to harm your spirit. The Bible reads, **"He who was born of God protects him."** (1 John 5:18) and would not go and destroy himself. Your physical life is precious; your spirit, the true essence of your life, is much more precious, beyond words can describe. The Lord redeemed us by His precious blood, and our spirits were created in His image. Therefore, our spirits are so precious.

About

TREASURES FOR THE SOUL

“And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified.” (Acts 20:32)

Paul loved the brothers and sisters in Ephesus! However, he could not always stay with them. He longed for them to understand God’s words and to be able to stand firm in the truth.

The Lord has given us precious truths. We want to share these truths in an organized way by producing short messages with clear topics. This way, we hope the listener can absorb the truths more easily. We hope to help brothers and sisters to build their foundation so that we may all know God and His purpose more deeply. Both audio messages and notes are available for download.

Brother Daniel Yu has shared with us the abundant enlightenment that he received from the Lord. We translated his messages with the aim to share them with non-Chinese brothers and sisters. This way we can learn and progress together, and receive the same blessings.



The Church of God in Vancouver

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