

## Spiritual Anemia!

Following Jesus has requirements. And the strength to do these comes from God and from no other source.  
Mar 8:34 And Jesus called [to Him] the throng with His disciples and said to them, If anyone intends to come after Me, let him deny himself [forget, ignore, disown, and lose sight of himself and his own interests] and take up his cross, and [joining Me as a disciple and siding with My party] follow with Me [continually, cleaving steadfastly to Me].

1. **Follow me** – Now – indicates an immediate decision and action to comply with the command
2. **Deny yourself** – Lay down any and every personal aspect of “SELF” and go with God's plan
3. **Take up your cross** – Receive the calling, the task, the job, whatever Jesus wants and do it NOW!  
Never allowing “What I want, think, believe” to break my “FOLLOWING” – obeying of the Lord.  
And never let my will override or hinder God's assignment in our lives.

### Why are we spiritually anemic? (why is there weakness or lack in our spiritual lives)

Weakness or deficiency finds its expression in bondage and a **LACK OF FREEDOM**. The root cause is fear. Our manifestation is weakness, frailty, being overcome or overwhelmed, we shut-down.

Spiritual weakness is to be tempted to sin. (tempted being a past tense word)

God said **we are the most powerful force on this earth, it time we are who God said we are.**

### Anemia – (in the natural)

1. Lack of red blood cells (we have a lack of the power of the blood of Jesus in our lives)  
This comes from a weak or non-existent relationship with Him. (we don't know Him He doesn't know us.) A major cause of this condition is we do not believe God loves us -
2. Red blood cells are the transporter of oxygen  
Oxygen represents the breath of the Holy Spirit whom we must depend on.
3. Many types of anemia – the most common is **iron** deficiency - Iron = strength, and determination

We are lacking in the understanding and application of the blood of Jesus which forgives sin  
We are lacking in our dependency on the Holy Spirit – we are short of “breath” if you would.  
We are lacking in strength, instead of being “iron like” we resemble “pot metal” which is easily bent and broken – and fails in time.

### Deficiency – (a lack of what is necessary)

Hos 4:6 My people are destroyed for **lack** of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

### Start at I Thes. 5:1

1Th 5:14 Now we exhort you, brethren, warn them that are unruly, comfort the feebleminded, support the weak, (no strength) be patient toward all *men*.

lack of discipline or incapacity for discipline and often denotes waywardness or turbulence of behavior

**Patient:** not just waiting, but how you wait – “long spirited”

Never give up on anyone, never leave anyone behind.

Little spirited, puny, faint hearted

1Th 5:15 See that none render evil for evil unto any *man*; but ever follow that which is good, both among yourselves, and to all *men*. (Keep up the “**CHASE**”) - chase: to pursue, run after, with the intent of catching

Rom 12:21 Be not overcome of evil, but overcome **evil** with good. 77

(what is evil – bad, to spoil by breaking in pieces, )74

### Rejoice –

1Th 5:16 Rejoice evermore. (Be always Happy-it is a choice) (**rejoice**: jump up, spin around and shout)  
Rom 14:17 For the kingdom of God is not meat and drink; but righteousness, and peace, and **joy** in the Holy Ghost.

Is our worship lacking or deficient of something – It could be our spontaneous outburst of exuberant joy

1Co 14:26 How is it then, brethren? when ye come together, every one of you hath a psalm, hath a doctrine, hath a tongue, hath a revelation, hath an interpretation. Let all things be done unto edifying. (everything builds up in the power of Jesus)

5 Things – A psalm, A doctrine, a tongue, a revelation, an interpretation – (grace) they all are to EDIFY.

A psalm = a song, music, to sing – A doctrine = instruction/teaching – A tongue = an unknown language  
 - A revelation = something revealed, manifested – An interpretation = translation

**PRAY** - (worship, supplication, beseech, call upon, request, warfare)

1Th 5:17 Pray without ceasing. (an open line of communication, always, 24/7, all the time)  
 Luk 18:1 And he spake a parable unto them *to this end*, that men ought always to **pray**, and not to faint;  
 (Jesus was saying no prayer = fainting - anemia)  
 Eph 6:18 **Praying** always with all prayer and supplication in the Spirit, and watching thereunto with all  
 perseverance and supplication for all saints;  
 Php 4:6 Be careful for nothing; but in every thing by **prayer** and supplication with thanksgiving let your  
 requests be made known unto God. (prayer stops anxiety)  
 ( a little note on warfare: when we win the battle, keep fighting, keep warring, never stop)

1Th 5:18 In every thing **give thanks**: for this is the will of God in Christ Jesus concerning you.  
 `Rom 8:28 And we know that all things work together for good to them that love God, to them who are the  
 called according to *his* purpose.  
 (we are to have thanksgiving to God in every situation, but not for the situation  
 God desires “thankful” hearts – not being thankful for the problems)

1Th 5:19 Quench not the Spirit. (Resist, stifle our own conscience, put out, extinguish)  
 We do not do what the Spirit asks, we ignore Him –  
 this quenches Him, it saddens Him

1Th 5:20 Despise not prophesyings.  
 (Always be ready for the “Word of the Lord”)

**Prove all things -**

1Th 5:21 Prove all things; **hold fast** that which is good.   
 1Jn 4:1 Beloved, believe not every spirit, but try the spirits whether they  
 are of God: because many false prophets are gone out into the world.  
 1Ti 1:4 Neither give heed to fables and endless genealogies, which minister  
 questions, rather than godly edifying which is in faith: so do. –  
 (do not listen to junk)

1Th 5:22 Abstain from all appearance of evil. (Abstain – Avoid)  
 Rom 12:9 Let love be without dissimulation. Abhor that which is evil;  
 cleave to that which is good. (abhor – to utterly detest)  
 (walk around, go another way, stay clear of, shun, keep away from)

1Th 5:23 And the very **God of peace** sanctify you wholly; and *I pray God* your whole  
 spirit and soul and body be preserved blameless unto the coming of our  
 Lord Jesus Christ.

1Th 5:24 Faithful *is* he that calleth you, who also will do *it*.

2Ti 1:13 Hold fast the form of sound words, which thou hast heard of me, in faith and love which is in Christ Jesus.

Heb 3:6 But Christ as a son over his own house; whose house are we, if we hold fast the confidence and the rejoicing of the hope firm unto the end

Heb 4:14 Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast *our* profession.

Heb 10:23 Let us hold fast the profession of *our* faith without wavering; (for he *is* faithful that promised;)

Rev 2:25 But that which ye have *already* hold fast till I come.

Bottom line Spiritual anemia (lack and weakness) comes from the devil or his sources getting you and I to stop believing and stop trusting God. When this happens, he (the devil) will run over us.

The cure is to stay in the position God ordained for you, take on the attitude of the soldier, to do the battle required to stay in victory – to fight a good fight, to win the war, not just the battle.