

## Anemia - cont.

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mans 12:6-8,11; Ephesians 2:10; 1 Timothy 4:7-8; 2 Peter 1:5ff). I need to daily practice God's word in my life. Paul wrote: *"And exercise thyself unto godliness: for bodily exercise is profitable for a little; but godliness is profitable for all things, having promise of the life which now is, and of that which is to come"* (1 Timothy 4:7-8).

Third, I need to come to Jesus for spiritual surgery (Revelation 3:18-20). I need to admit my problem and seek help and a spiritual cure. Jesus said: *"As many as I love, I reprove and chasten: be zealous therefore, and repent. Behold, I stand at the door and knock: if any man hear my voice and open the door, I will come in to him, and will sup with him, and he with me"* (Revelation 3:19-20).

### Spiritual Anemia

Spiritual anemia which causes spiritual weakness in the Christian is a terrible disease. It is willful, contagious, and soul damning. If you suffer from this horrible condition, see Jesus, your great physician immediately. How is your spiritual health today (3 John 2)? - *Chris Reeves*

## Sentence Sermons

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- It is better to slip with your foot than to slip with your tongue
- Just because Satan rings your doorbell doesn't mean you have to answer it.
- One of the main ingredients in the recipe of sin is selfishness.
- Keep an open Bible to read God's word, an open mind to understand God's word, and an open schedule to apply God's word.

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## THE WARFIELD BULLETIN

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For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses.  
- 2 Corinthians 10:3-4 -

Anemia is a blood condition involving the abnormal reduction of red blood cells resulting in iron deficiency, oxygen deficiency, weakness, dizziness, digestive disorders, etc. Just like many people today who suffer from physical anemia, there are many people who suffer from spiritual anemia.

Many Christians today, in my estimation, are spiritually “weak and sickly”. Paul wrote concerning the Corinthians: “*For this cause many among you are weak and sickly, and not a few sleep*” (1 Corinthians 11:30). These brethren at Corinth had been abusing the Lord’s supper and had grown spiritually sick. Friend, do you suffer from spiritual anemia? Let’s take a look at the similarities between physical anemia and spiritual anemia.

## The Symptoms

What are the symptoms of spiritual anemia? How do I know if I have spiritual anemia?

First, I show signs of weakness in my spiritual exercise (Hebrews 2:1;

3:12; 5:12-14). I am not growing spiritually. The author of Hebrews wrote this: “*For when by reason of the time ye ought to be teachers, ye have need again that some one teach you the rudiments of the first principles of the oracles of God; and are become such as have need of milk, and not of solid food. For every one that partakes of milk is without experience of the word of righteousness; for he is a babe. But solid food is for full-grown men, even those who by reason of use have their senses exercised to discern good and evil*” (Hebrews 5:12-14).

Second, I show signs of weakness in my spiritual appetite (Acts 20:30; Colossians 2:8; 2 Timothy 4:3-4). I don’t want to eat the right kind of spiritual food (God’s word) which will help me to stay spiritually healthy. I dine on things other than the word of God. Paul wrote: “*For the time will come when they will not endure the sound doctrine; but, having itching ears, will heap to themselves teachers after their own lusts; and will turn away their ears from the truth, and turn aside unto fables*” (2 Timothy 4:3-4).

Third, I show signs of weakness in my spiritual immune system. I have little resistance to spiritual forces that will

hurt me (James 1:13-15; 3:13ff; 4:1-4; 1 Timothy 5:6; Revelation 3:1-3). I succumb to sin, temptation, and worldliness easily. James wrote: “*Let no man say when he is tempted, I am tempted of God; for God cannot be tempted with evil, and he himself tempts no man: but each man is tempted, when he is drawn away by his own lust, and enticed. Then the lust, when it hath conceived, bears sin: and the sin, when it is full-grown, brings forth death*” (James 1:13-15).

## The Solution

What is the solution to spiritual anemia? How can I cure this terrible spiritual disease?

First, I need spiritual nourishment immediately (Psa. 19:7-11; 119:103-15; Eph. 6:10-11; Jas. 4:7; 1 Tim. 1:10; 4:6; 6:3; 2 Tim. 1:13). I need a proper diet of God’s word. The psalmist wrote: “*How sweet are thy words unto my taste! Yea sweeter than honey to my mouth!*” (Psalm 119:103).

Second, I need regular spiritual exercise (1 Corinthians 15:58; Ro-