

Online Bible Study Program

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Topic:
**COMBATING
HEART
VIRUS**

Combating Heart Virus

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God bless you,

Oluwatobi S. Adewuyi

Coordinator

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Topic:

Combating Heart Virus

Bible Text: 2 Corinthians 10:5

Teacher: Oluwatobi S. Adewuyi

Prayer

Let us pray, Our Dear Father, the Creator of Heaven and earth, The All Sufficient King, we thank You for sparing our lives and we say that You would teach us by Yourself as we study in Jesus name, Amen.

Introduction

Today's study would be somehow based on a practical level, that is, everyone who is passing through any aspect of whatsoever thing that would be discussed tonight can put the measures that we would study tonight in place, to conquer. The topic is combating heart virus.

Study

I will assume that we all know what combat means, same with heart and battles. But for better understanding combat means to fight against (someone): to engage in combat against (an enemy) there is something being fought against in the heart. There is always a battle going on in the hearts of men, it is always constant even after we get saved.

Our Bible Text is **2 Corinthians 10:5 KJV**

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ

The moment we give our lives to Christ, there is a kind of change in the atmosphere of the heart, it would be filled with an inner kind of peace that the world cannot give, but in that same time the spirit of the devil that has caused damages which have now been sent out of the heart would begin to make an unending strife to retain its position which is to be controlling the man's thoughts. The constant battle that usually happens in the thoughts of men is a battle between good and evil, death and life, right and wrong, light and darkness etc. It is an error for someone to think that the moment he or she gives his or her life to Christ, the devil will stop to seek a way to get back. The devil does not rest no matter what and there is something about him, he does not surrender in as much as you are still breathing and not yet in the grave, he would rather go to gain momentum, re-strategize and come back to launch an attack, and where does he launched his attacks most times, it is in our thoughts.

That is why the word says in **1 Peter 5:8** that **Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:** We ought always to have it in mind that the devil is always walking about, he does not fear, we have to be very vigilant because any little rest on our part, he takes it as an advantage. The previous verse of our text says **2 Corinthians 10:4** **(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)** This tells us that the battle of the Heart/Mind is not physical but Spiritual, the Mind is the CPU of the body, it controls the man but can still be put under subjection through the Holy Spirit but the virus linked to the heart are evil thoughts. Evil thoughts are in many ways, the only person who is totally free from this is a dead man, that is we Christians are free from it because we have Christ who died.

Our Bible text says Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, this simply tells us that the capacity to cast down lies in our hands, you cannot expect God to come and help you do what you can do. God has given you what you can never get through your efforts for free, which is salvation. It is now left for you to play your part, and what is your part? To use the word of God to begin to cast viruses down. Today, a lot of secrets would be revealed through the Holy Spirit. Now I know why the devil has been fighting this study.

A lot of people will know how to combat and win those unrepentant viruses in their hearts. Let's continue with our Bible text and bring into captivity every thought to the obedience of Christ; Please dear, look at that sentence carefully, bringing this is a continuous tense not past or present but continuously bringing every, you see again? Every thought, not part of the thoughts, into captivity to the obedience of Christ. Kai!, and all these can be achieved through what? Yes, you guessed right. It is through the Word of God, and we know that Jesus Christ is the Word of God right? So it is with Jesus you can launch your attacks.

Listen carefully,

Whenever two people are fighting, and they start to break bottles, Mr A, then goes to bring a very sharp cutlass, who would run away? Mr B, will certainly flee for his life, but if as Mr B left, he comes back with a gun (AK 49) and faces Mr A with it, who would run this time around? So let us now assume that as Mr A runs away, he comes back with a Machine gun, a bazooka and armored tank, please tell me if the people there including Mr. B will wait to fight. Certainly, they will all run for their lives.

That is exactly how the battle in our thoughts are, if the devil sees that you have sent him out of your thoughts, he would seek for an higher weapon to attack you, by that time the amount of the word of God in you is what will determine if you would counter his attack, if you are able to do that, then he would go back again to come back to launch an higher attack, so it is left for you to have gained more strength through the word to kick against him again, that is how it is everyday. Until when his attacks would begin to reduce, he would stay at a corner and be observing when you are going to rest. In our Bible verse we are being made to know that there are some things that would want to raise itself above the knowledge of Christ in our lives, these things are things that are against the word of God, they always seek to pull us back from the narrow way, and we have to keep on casting them down, because if they are not quickly dealt with, they would certainly drag us back.

After you have acquired enough knowledge of the word of God. I mean after eating it raw, you must have even prayed the word into your heart. The next thing you have to do now is to go into practice with these steps I'm about to teach you, see if you have any kind of virus in your heart, by following all what you are learning tonight, their grip over you will be a story. Who told you that you cannot overcome lustful thoughts, who told you that you cannot overcome suicidal thoughts, bitterness, anger? etc, you can, victory is in Christ. Many Christians are suffering from the virus of the heart which has led them into masturbating in their secret places, in fact some can masturbate in the bus. Just because of the grip of these evil viruses. Some can keep malice for years, these are not ordinary, they are evil spiritual viruses that have turned to be setting sins.

To be able to combat heart Viruses.

1. You have to be genuinely born again first: If you must overcome the virus of the heart you must have surrendered your life to Christ because without this, the things I want to mention will not be easy for you to comply with.

2. Talk to yourself by asking yourself a question: ask yourself, not in your thoughts this time around, but open your mouth to ask yourself a serious question, and the question is this. Do I really want to stop this thing? That is assuming your name is Billy, you will mention your name and say "Billy do you really want to stop lusting after ladies, guys, money?" Or Billy do you really want to stop thinking about suicide, masturbation, and fornication? Don't be surprised with this, it is a truth that there are a lot of people who are not happy about the outcome of what the virus in their heart causes whenever they find themselves in it. They might feel sober, but at the same time deep down inside them they do not want to stop because of the pleasures they derive from such things.

So ask yourself and listen to the reply your heart will give you. The issue of the Virus of the heart is a very serious one that needs serious attention, what I'm telling you is proven already so it should work. I pray for that person who has always been looking for a way to break out of that virus of the heart, you will overcome tonight in Jesus name because the devil knows that the heart/mind controls man that is why he do afflict the hearts of humans, and do you know that physical sins are more easy to stop than the sins of the heart, it is simply because no one would know that you are committing it, it is only God that knows it. So if the devil has tried to get you to commit physical sins and he did not get you, he would then concentrate on manipulating your heart by inserting just one virus which would then grow so large that it would bring in others to take over the heart.

That is why the scriptures say in **Proverbs 4:23** **Keep thy heart with all diligence; for out of it are the issues of life.** Please take note... Keep your heart with what?? ALL DILIGENCE with everything you have because it is the controller of your actions, it is the heart/mind that is subject to the Spirit of God before such can be free of virus.

3. Meditate on the word of God every day: especially the verse that talks about the virus affecting you, if it is lust, have verses that speak against it in your memory. It is these verses that would automatically play in your heart when you want to lust. I would specifically address the issue of lust today because it is one of the most, if not the deadliest virus the devil has poured out in this generation, Men lust, Women lust, Brothers lust, Sisters lust. In fact everything around us is so sensual that it brings lust. So to conquer this and other viruses of the heart, these same steps are still what you would have to follow.

4. Be a no nonsense fellow: I know some people will begin to wonder what this means, take no nonsense from anyone, not even from yourself, what do I mean by this statement? I do not mean that you should start insulting people but you have to be strict, firm and create serious boundaries for yourself. Stop unnecessary touchings, this aspect has a lot to do with those you surround yourself with too. Don't you think it is stupidity that makes a man who wants to stop drinking to continue to keep drunkards as friends? It is a lack of knowledge that would make a person who wants to overcome lust keep scantily dressed and sensual ladies/guys as close friends. Please if you know that you want to get rid of that virus create boundaries and be firm with it.

5. Be careful of what you see, hear and smell: the devil is very wise, to say that he is foolish is mere ignorance. Now, pay attention to this instruction carefully. It is not every picture uploaded by a lady/guy on their status that you have to look at.

See it is not all voices that you have to pay attention to, some voices are intentionally crafted to be sensual (voices on radio are good examples), please discern! It is not all social media that you have to be. There was a time, I was having issues with a particular virus of the heart. I felt the Spirit of God telling me to leave facebook for sometime but I did not, this virus continued to sting me and started becoming helpless, until I finally deactivated my facebook account. It was some months later that I conquered that virus. Now I am on facebook and the virus no longer has its grip on me. In the same way, figure out those things that usually lead or spur you up to sin and avoid them like plague. I don't know what blue film is doing on a person's phone who wants to overcome lustful thoughts'. Only you have all the pictures of the beautiful guys, ladies around you on your phone, you will see this one, you will save it, you will see that one, you will save it. Pictures are now on your phone like an album. Please tell me, are you a photographer?

Go to your phone and laptop now, and other gadgets and delete all those useless pictures now, even videos that are not Spiritual, delete them all, delete the picture of anybody who is looking sexy from your phone, sexy things cannot be found in heaven only beautiful things. Remove those worldly songs you call love songs too, and replace them with spiritual things. Who is on your wall paper? Who is that guy/lady on it, your girl/boyfriend? Then you have a problem and it is a serious one. Change it now and who is that person who does call you pet names and you too call pet names, yes I know that you are just friends but you cannot stop to think about him/her, stop all those pet names talks and face reality. The devil will present it to you harmless whereas deep inside, he is doing something to your heart.

Do you still lap a full grown young lady/guy? ahh! 🙄 you see that I have placed my hands on my head for you. He/She comes to sit

on your lap, and you too, you sit down there smiling like someone who just won the lottery. Hmmm, my heart bleeds for you o. Some would even be rubbing your head if it is the shining type, different kinds of seductive touch and you are there saying it doesn't matter. How do you want to win the battle of the Heart allowing that, it is not possible na. All these "it doesn't matter attitudes" must stop o, if that virus must die. Let everything matter to you. Let people know your stand. Shun nonsense, I don't take nonsense when it comes to issues such as this, it will surely backfire as time goes on be careful.

Concerning what you smell, be careful. If you notice that some ungodly people just finished committing the sin of fornication, don't go there to start using style to perceive their smell to know if they are smelling sperm. You are not an inspector nor an investigator, it does not concern you, what did I say? mind your business!, the only thing that concerns you is to make sure that they get saved. It is not everything that you should smell. Concerning what you hear, don't stay around where worldly songs are being played every time, it will create a virus in your heart that will make your heart play it automatically even when you are not conscious of it.

Run away as much as possible from songs that are not spiritual. Feel your soul with only spiritual things, download audio messages that talk about Holiness and Righteousness. It will really help you. The one I'm about to mention now should be under number 5. But I have decided to put it separately because of how important it is.

6. Do not look at a sexy guy/lady for up to a second: once you notice a sexy guy/lady, please look away and don't look again, this still happened to me today, Immediately I noticed, I looked

down instantly, that useless spirit was telling me to look again, I told it that if I look I won't be paid for it. That is how it is, you have to tell that spirit that you will gain no advantage looking the second time, because it would surely tell you to look. Why should you turn back to look at a lady who puts on a skirt above her knees, bum short, trousers, spaghetti top, armless, why should you concentrate on looking at the breast of a lady whom you have seen that did not wear a bra, why? those ones too that open half of their breasts too, don't look for up to a second and don't look back. As a Lady, why should you concentrate on a shirtless guy's muscle, why pay attention to his beards, arms, shoulders, lips, or money. Learn the millisecond look tactics, and don't look back, it is dangerous, and stop listening to lies that look like truth from ungodly people too.

7. Shun evil thoughts instantly: Whenever evil thoughts come up because it would surely come, shut it down instantly!, please take note, instantly, don't even think about it at all, don't meditate on it at all, this also applies to when worldly songs automatically starts to play in your heart, just close it down by speaking to it with a voice of command or by speaking in tongues if you are already baptized with the Holy Ghost, then replace it with a spiritual song, learn many spiritual songs that lifts the soul. (This is very important)

8. Fast and Pray: Fast almost everyday if you cannot fast everyday, it will help you to put your flesh under subjection, include such fast with prayers, let prayers be your companion, as you walk along the street you can put your earpiece or headset on, playing spiritual songs as you blast in tongues silently as you go, you can be listening to spiritual messages too, by doing this you will not be distracted by the things around you, and you would always be connected to the Father. If you comply with all you have read here, I trust God that within one month, you will

see the difference. I am waiting for the testimony of your victory over all the virus of your heart as I believe that you would certainly overcome this battle in Jesus name. Amen. God bless.

Invitation

If you are ready to repent and begin to live your life in strict obedience to God so that you can overcome every heart virus in your life. Please place your right hand on your chest and say this prayer with your mouth.

Say,

Lord Jesus, I accept you as my personal Lord and Saviour, I believe that you died for me and took away my sins so that I will not face the penalty of them. I make a decision to obey and follow you tonight. Thank you for saving me, in Jesus name I pray Amen.

Congratulations, now you are saved. If you prayed this short prayer please WhatsApp +2347067511039, I want to have a word with you. God bless you.

Prayer

Father, we thank You for Your word that has blessed our souls, we pray that you would help us to focus more on You and not be distracted by the frivolities of this world so that we can reign with You eternally, in Jesus Christ's name. AMEN

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