



Antidotes for Healing the Human Body



The Flu (Influenza) and the Spiritual Causes

The symptoms of the flu are vomiting, muscle aches, chills and possible fever depending upon the strain. It is usually very contagious. When the flu hits, we need bed rest, limited food and drink.

The spiritual meaning of the flu is that we have become weary in well doing. The body is overwhelmed by negativity that has been expressed in complaining, finding fault and being cold to God in others. Vomiting is the body's way of telling us that we need to be purified from the build-up of these attitudes.

Antidotes for the Flu (Influenza)

How do we counteract these negative thoughts and emotions? By overcoming evil with good. We do this by resisting our automatic, negative reactions. If we feel like finding fault with someone or something, Jesus told us to resist the urge; for he said, "Love your enemies, bless those that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."ⁱ We are in effect doing the opposite of what our human nature would do. This is very freeing to the inner man. Remember, God healed Job *after* he prayed for his irritating friends.

Not Being Weary in Well Doing

When we are weary in doing well, one of the most powerful ways to overcome this is to be thankful to God every day, especially for the hardships. Now this may sound difficult to do, but it is actually very empowering to our spirit. Be being thankful, we are freeing ourselves from our own understanding of things and putting our love and trust in God's hands. We can surround ourselves and others, who trouble us, with love and goodness when we pray for them. We may not feel like doing this at the time, but it removes the buildup of negative attitudes. As we maintain doing this by principle, our internal "fight" eventually dissipates and we perceive the good that it is doing. The trials of life are always meant for an eternal good when we use them to strengthen our inner qualities.



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Not Being Weary in Well Doing

If we are tired of doing what is right, and on the brink of giving up, remember that there is usually a change coming right around the corner. Just hold on. I have learned in life that there can be nothing negative without an existing positive nearby. We only have to wait for the good. Wait on God for as long as it takes, for He has promised that He will give us the strength to bear it.

“And let us not be weary in well doing; for in due season we shall reap, if we faint not.”ⁱⁱ

“Hast thou not known? Hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? There is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: but they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”ⁱⁱⁱ

Self-Control

When things are difficult, stay away from complaining and arguing, for this depletes your energy system. Look for ways to be calm, composed, and kind. Take needed down time to refresh your spirit. Our external circumstances do not have to control us. When Paul was bound in prison for preaching the Word of God, he did not let it confine him spiritually, for he said, “I suffer trouble...even unto bonds; but the word of God is not bound.”^{iv} He knew himself well enough to not let his present situation control him. His mind was connected with God’s thoughts and purpose in his life, and he was able to stay above the natural situation. We learn by our reactions what controls us.

“And grieve not the holy Spirit of God...let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you with all malice: and be kind one to another, tenderhearted, forgiving one another....”^v



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ⁱ Matthew 5:44.

ⁱⁱ Ephesians 6:9.

ⁱⁱⁱ Isaiah 40:28-31.

^{iv} 2 Timothy 2:9.

^v Ephesians 4: 30a, 31, 32a.