

SPIRITUAL ANTIBODIES

Lord Jesus, we know that in this imperfect world invisible viral enemies can invade our bodies and cause epidemics and pandemics. Insidious and opportunistic are these wily unseen foes: they can jump from one species to another and take mutational shifts that evade vaccines. Infectious outbreaks of pestilence remind us just how powerful are these inner viral invaders; they can make us very sick; they can kill. We thank You, Lord, for the antibodies we have built up against some of these viral enemies.

But there are other kinds of illnesses, Lord, illnesses of the soul. You know how desperately we need antibodies against these enemies, too. The list of these spiritual enemies is long: fear, lust for power, anger, selfishness, greed, hardness of heart, failure to repent, despair, impatience, failure to forgive, judging others by outward appearance, boredom, hoarding, neglect of the poor, addiction...and so many more.

Please, Lord, help us to build up antibodies against the spiritual illnesses that separate us from You. Give us discernment and discipline in how we spend our time, so we can walk the path of deeper prayer with You. Help us to resist the temptations of too much television, too much time looking at computer screens, too much time on smartphones. Help our souls develop antibodies to all that draws us away from you in this fast-paced world of constant distractions.

Please protect us against people who dwell in darkness and strive to lead us into evil ways. They can be seductive, that we know. Please grant us immunity against them; they are no match for You. We know that Your antibodies, Lord, will always guard our souls.