

## **Recover From Spiritual Sickness (Pt. 2)**

Now, before we get into that, I know what some of you are thinking:

But wait...how do I know if I'm spiritually sick?

Below, I've attached a "checklist" with 7 basic symptoms that reveal whether or not you're spiritually sick.

1. Struggling to surrender something in your life (whether it's a sin, dream, plan, whatever) to Jesus.
2. Lacking genuine love and zeal for God & spiritual things.
3. Never taking time to seek God. Too busy with worldly things to pray & read/study the Bible.
4. Feelings are dictating your faith.
5. Complaining and/or criticizing people and/or circumstances.
6. Struggling to trust God with, for, and/or in everything.
7. Looking to/depending on yourself and/or others to help you with your spiritual sickness instead of looking to/depending on Jesus.

### **Tip #2 To Recover**

Okay, so are you ready for the second essential tip to truly recover from spiritual sickness?

So, the second tip is.....

**DRINK TEA!!!**

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Onion Tea not Tea and coffee!

What does drinking tea have to do this? Let's find out more below!

Now, before you all wonder how in the world tea can help you recover from a SPIRITUAL sickness, let me explain.

So, one of the things that helped me get over my physical sickness (the flu), was onion tea.

And one of the interesting benefits of drinking onion tea (especially when you're sick) is that it helps to clean and detoxify the blood.

So, how does this little health benefit of onion tea apply to recovering from a SPIRITUAL sickness?

What Is Life...Really?

Many people in the world have all kinds of ideas on what life is supposed to mean—but what does the Bible say about this deeply important question?

Does the lyrics of this hymn ring any bells for you?

Cover with His life, whiter than snow;  
Fullness of His life then shall I know;  
My life of scarlet, my sin and woe,  
Cover with His life, whiter than snow.

~Chorus of Cover With His Life Hymn~

Obviously, this hymn chorus is talking about Jesus' life covering us.

But, here's the question.

WHAT IS JESUS' "LIFE?"

Well, a little verse in Leviticus gives us the answer.

For it is the life of all flesh. Its blood sustains its life. Therefore I said to the children of Israel, 'You shall not eat the blood of any flesh, for the life of all flesh is its blood. Whoever eats it shall be cut off.' (LEVITICUS 17:14)

So, Jesus' life is His blood.

But what does all this have to do with drinking onion tea?

### **The Spiritual Benefit of Tea**

Tea is not only healthy for our physical beings, but also our spiritual beings

As I mentioned before, one of the health benefits of onion tea is that it cleans and detoxifies the blood.

The spiritual application?

Just like how onion tea cleans our physical blood from bacterial toxins, so Jesus' blood (His life) cleans the bacterial toxins of spiritual sickness in our hearts and souls.

It's kinda like what Jesus Himself said:

Then Jesus said to them, "Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. (JOHN 6:53-54)

The "tea" of Christ's blood is what cleanses our spiritual blood vessels from spiritual sickness!

But what does it mean to "drink His blood?"

### **The Holy Tea Cup**

What does a mug & the Bread of God's Word have in common?

As mentioned in the previous section, Jesus' blood contains Jesus' life.

So, in a way, when Jesus said "drink My blood," He was also saying, "drink My life." Because, again—as it says in Leviticus—the life is in the blood.

For it is the life of all flesh. Its blood sustains its life. Therefore I said to the children of Israel, 'You shall not eat the blood of any flesh, for the life of all flesh is its blood. Whoever eats it shall be cut off.' (LEVITICUS 17:14)

So, since it is so necessary to drink the "tea" of Christ's blood (His life)—especially if we're spiritually sick—then, where exactly can we find Jesus' life and drink it?

**Jesus gives us the answer:**

It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life. (JOHN 6:63)

Aha! So, God's Holy Word is where we can effectively drink and consume the tea of Jesus' life (His blood).

Just like how I used a mug to contain the onion tea and to drink the onion tea, so the Bible—in a similar fashion—is a container of the “tea” of Christ's blood and life for us to truly drink from.

This is one of the reasons why reading the Bible is so important! It is in God's Word we find the healing, the cleansing, and the detoxifying power of the Gospel for our spiritually sick souls!

### **Consume The Cross**

At the cross is where we find true healing for our spiritual sickness

Speaking of the Gospel, check out what one of my favorite writers, Ellen White, wrote concerning this topic in her book, Christian Education:

Fill the whole heart with the words of God. They are the living water, quenching your burning thirst. They are the living bread from heaven. Jesus declares, “Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.” [John 6:53.] And he explains himself by saying, “The words that I speak unto you, they are spirit, and they are life.” [John 6:63.] Our bodies are built up from what we eat and drink; and as in the natural economy, so in the spiritual economy, it is what we meditate upon that will give tone and strength to our spiritual nature. (CHRISTIAN EDUCATION PG. 57)

So, one simple practical way to drink Jesus' “tea” of blood—based on what we've just studied today—is to “meditate” (or think about) His final days on earth. And we can easily do that by simply reading about this beautiful essence of the Gospel in our Bibles day by day.

And as we focus our hearts and minds on Christ's sacrifice on Calvary, His blood—His life—will in turn be absorbed into our hearts and souls and cleanse us from the sinful toxins within.