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## Take Necessary Precautions

By Teresa Hampton

The deadly Ebola virus has dominated the news for weeks. It kills quickly, typically seven to fourteen days after symptoms begin, and the patient's last days are agonizing. Presently, there is no vaccine. For that reason, many precautions are taken in health facilities to identify and quarantine one who appears to be infected with Ebola.

Then there is the common seasonal flu. Everyone is urged to get the vaccine and learn measures they can take to avoid getting it. Stay away from people who appear to have symptoms of the flu. Scrub your hands often. Build your immune system with a healthy diet, good sleep, and exercise. Young children, the elderly, and those who are weak are more susceptible.

Precautionary measures are certainly needful. But, this brings to mind some questions. What would happen if we treated *sin* as if it was a deadly virus? Would we avoid socializing with individuals or groups if we knew they were infected with sin? Would we embrace spiritual cleanliness and encourage others to be clean? Would we build our immune system with a healthy diet of God's word?

Jesus said, *And do not fear those who kill the body but cannot kill the soul, but rather fear Him who is able to destroy both soul and body in hell* (Matt. 10:28). What measures can we take to guard our souls?

Fleeing evil is important. *Abstain from every form of evil* (1 Thess. 5:22). Cleanliness is vital. *If we walk in the light as He is in the light...the blood of Jesus Christ his Son cleanses us from all sin* (1 John 1:7). Building and strengthening ourselves with consistent Bible study is essential. *Brethren, I commend you to God and to the word of His grace, which is able to build you up and give you an inheritance among all those who are sanctified* (Acts 20:32). After filling ourselves with God's word, we must exercise that knowledge to discern between good and evil (Heb. 5:14). And let us remember the ones who are especially vulnerable, the spiritually weak or those who are young in the faith.

The Ebola virus kills quickly and the seasonal flu claims thousands of lives every year, but may we never forget that sin sickness destroys souls for eternity!

**Today's Verse:** *Preach the word! Be ready in season and out of season. Convince, rebuke, exhort with all longsuffering and teaching* (2 Tim. 4:2).

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