

# ***Victory Over the Virus***



## PREVIEW

The global pandemic known as Coronavirus Disease 2019, or COVID-19, has infected hundreds of thousands of people around the world. This disease can only be viewed under a microscope, but its physical effects are seen and felt by the human body. Deadly headlines report doom and gloom, and gatherings and events, both small and large, have been cancelled or postponed, all because of something we cannot even see.

## PRAISE

How has COVID-19 affected your daily life? What were some emotions you experienced when the pandemic first hit? How long did you think these restrictions and guidelines were going to last?

## PARABLE

We are living in an age when medicine is advancing like never before; however, this microscopic virus has turned the world inside out and upside down. That is exactly how the enemy works too. The enemy wants to spread fear, hopelessness, and panic in our lives, homes, schools, and communities. To defeat the enemy's virus, we must first be alerted to it.

## PRESENT

(Read Eph. 6:12.) It is clear we do not war against what we can see; rather, our real battle is against what we cannot see. We must learn how to recognize the enemy's unseen weapons, know his battle strategies, and understand the power he can hold over us if we don't defeat him.

Jesus has called you to be alert, not afraid; wise, not worried; prepared, not panicked. The degree of fear, anxiety, and hopelessness in your life depends solely on how much power you give to these emotions. You can declare victory over the viruses in your life! Your victory comes through Jesus Christ. His Spirit can strengthen you to overcome whatever is attacking you!

## PRACTICE

(Read I Pet. 5:8.) I'm sure you've seen masked and gloved people in grocery stores or shopping centers. Their skin doesn't come into contact with the cart, any of the items in the cart, or their phones while they're standing in line. Makes sense, right? Those individuals are doing what they need to do to protect themselves from an unseen enemy. They understand how it spreads; therefore, they are taking action to protect their bodies from the virus. Just like these individuals, we must take action to protect ourselves against the virus of fear. We must be alert to the tactics of the enemy in order to guard against the virus of anxiety. We need to stand firm and put on the full armor of God to stand against any attack that may come our way. We can walk in victory over the enemy's virus!

As we conclude our lesson, let's look at three ways we can overcome whatever is attacking our lives, according to Ephesians 6:10–11:

1. **Have strength.** You build bodily strength by testing your limits when you work out. Spiritual strength is built when you allow God to put you through trying times, knowing He will take care of you. James 1:3 tells us that the trying of our faith will make us better!
2. **Take action.** You can't defeat your giant if you don't get up off the couch. Your giant won't lie down and roll over, waiting for your death blow. You have to take action. Get out of your comfort zone. David defeated the giant because he saw no one else was willing to fight. The boy who was merely delivering cheese ended up delivering Israel because he decided to take action!
3. **Pray.** Paul said in II Corinthians 10:4 that your spiritual weapons can conquer any obstacle you are facing. The "pulling down of strong holds" is essentially a military term and is used to describe the capture and destruction of fortresses. Prayer is a weapon that gives you power to change things: your home, your mind, even your school.

**PRAY**

Jesus, thank You that we don't have to fear any weapon, any virus, any person, or any disease because You are fighting for us. You are on our side. Even when we can't see it, you are working on our behalf. Help us to remain alert to the virus—the attacks of the enemy—so we can extinguish every “germ” the enemy shoots in our direction. Guard our mind, our heart, and our spirit against these attacks. We declare victory and peace in our lives, and victory over the virus. In Jesus' name we pray, amen.

**PLUS**

If time allows, ask the group these questions:

1. What is one thing you miss from life before COVID-19?
2. If you could bring back one thing of your pre-COVID life, what would that be?
3. How have you adapted to the “new normal” in our country?