**Lessons from a Lockdown**

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**Day 34**

**Ephesians 2:1-3**

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

***Questions for Personal Reflection:***

1. What does it mean to be dead in transgressions and sins? How do you know if someone is in this state?
2. How was my life like before I became a Christian? What were the sins I used to commit?
3. What is the difference between my life now and my life before?
4. Am I still denying self or am I giving in to sinful desires? Why?
5. How serious am I in fighting sin?

***Insight:***

We used to be dead. We were not just weak or sick. We were dead. When you are dead you have no hope. To be dead is to have no options. There is nothing you can do. This might seem strange to some because we might have been physically strong before we became Christians. We might have been physically alive, but we were spiritually dead.

“Without Christ’s intervention we would have all died physically and then discovered how dead spiritually we really were.” (Thomas Jones)

Our physical state may not reflect our spiritual state. We might look fine and healthy on the outside but dying on the inside. Outwardly we may be fit enough to run marathons, but if inwardly we are too weak to walk with God, what is the point? We must remember that all our earthly bodies, no matter how fit, will wither and die someday. But our spirits are eternal. Therefore, shouldn’t we be taking care of our spirits more than our bodies?

Because how we are doing spiritually may not be obvious, we need to constantly check-up on ourselves or allow others to check-up on us. We absolutely need regular spiritual check-ups. Because it is our spiritual health at stake, we need to be the one to initiate, to schedule and make sure it happens. How often have you had spiritual check-ups during this lockdown? Also, we need to check-up on others. Often those who are doing worse spiritually don’t feel the urge to be checked-up on. So, we need to find out how everyone is doing spiritually, particularly those who have not been initiating.

Remember that we used to be dead because of *our* sins. No one killed us. It was our fault. We died because of our sins. We killed ourselves. Even if others tempted us to sin, we are still responsible for our sins. We can’t blame others for our sin. We can’t do it then and we can’t do it now even when we are Christians. If we have sinned it’s because we chose to. We have to take sin seriously. Sin kills. Our sin killed us before. Our sin can kill us again. Can you imagine a person who was able to recover from lung cancer going back to smoking again? That would be so foolish! It is even worse for us because we *died* because of sin. Why would we want to go back to what killed us?

Let us not be blind. The way of this world is the way of sin. We need to be careful not to follow the pattern of the world. These days we have been glued to the internet, social media and other forms of media. While these things can serve a good purpose, we must be careful that we do not allow these things to make us more worldly. Honestly, how has your time online affected you? Has Facebook, YouTube, Instagram and your mobile games helped you be more spiritual? Are you a follower of God or a follower of the world? Let us remember that following the ways of this world means you are also following “the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.” Following the world is following the devil. We are engaged in devil worship when we follow the world and not God. Who do you want to follow?

We used to be among the disobedient “at one time” (hopefully not now). We used to give in to the desires of our sinful nature and follow its desires and thoughts. This was our former way of life. But sometimes we still have sinful desires and thoughts. As Christians we still get tempted. But unlike before, we now have the power to say no to sin. Just like what the devil did to Jesus, he will tempt us when we are alone or when we are tired or when we are hungry or craving for something we don’t have. Sensing our weakness, he will dangle before us a small sinful thought or a little sinful desire. Just a tiny compromise. Now at that moment we have a choice, either we give in to temptation or we say no. What have we been choosing lately?

If we have been giving in to sin, we are killing ourselves spiritually. Not only that, let us remember that those who live a life of sin are “deserving of wrath.” Those who follow the world will not only die spiritually but also suffer an eternal punishment. Today, let us repent of our sins. Let us pray to God for the right heart. Let us confess to mature Christians who can help us and hold us accountable. Let us meditate on the Word of God and be transformed by the renewing of our minds. Let us do whatever it takes to get well spiritually.

We are on lockdown to save our lives so let us make sure we don’t only protect ourselves physically but more so spiritually.