

THE WARS WITHIN

An Intimate View of the Physical



Through Spiritual Eyes

by

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October, 1986, 2005, 2021

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PREFACE

This study and biblical application was birthed from an article in the National Geographic Journal of June, 1986, Vol. 169, #6, called, "*Our Immune System, the Wars Within*" by Peter Jaret. Have you ever been curious about how our body parallels our spiritual journey through life? I know I have. For anyone who has gone through chronic or life-threatening health challenges, that curiosity is up close and very personal. I can testify do that curiosity, even desperation of knowing the answers to the *what, why, how, when, where*, and *how* questions that have mounted over the years.

It is my belief this article by Peter Jaret was written with great insight and, to my knowledge without the author's intention, has showed many parallels to the spiritual warfare and victories seen through God's Eye—the Word of God.

May this analysis and spiritual application be a blessing to those who are facing seemingly insurmountable health challenges, the potentially oncoming crisis in our world today, and our urgency in finding remedy for our deadly spiritual and physical ills. There is hope. For God's mercy and justice still prevails.

"Therefore the Lord will wait, that He may be gracious to you;
And therefore He will be exalted, that He may have mercy on you.
For the Lord is a God of justice;
Blessed are all those who wait for Him.
For the people shall dwell in Zion at Jerusalem;
You shall weep no more.
He will be very gracious to you at the sound of your cry;
When He hears it, He will answer you."

Isaiah 30:18-19 NKJ

I have quoted sections of the article prior to each biblical application. May this book provide you with a personal tool for God's protection and intervention in your own life and those you care and pray for.

INTRODUCTION

There is not a day that goes by I don't have my own set of questions and curious ponderings, asking God to unravel the mysteries and miraculous. How about you? We are all on the same journey of discovery with a life of faith and hopefully spiritual maturity. Understanding spiritual maturity while holding on to the child in us all is definitely an unfolding mystery and challenge to experience. As Luke 18:16 (AMP) so simply but profoundly states, “. . . Jesus called them [the parents] to Him, saying, Allow the little children to come to Me, and do not hinder them, for to such [as these] belongs the kingdom of God.”

For those who live the Christian Side of Life or are just plain curious about what it all means to be a Christian and understand the mysterious workings of our body, soul, and spirit. . . Welcome to the adventure! I hope this “Wars Within” study will bring you some answers to your own questions that have been lingering in your heart and mind.

I begin with, as we are created in the image of God, the Trinity, we too are a triune being. Our immune system is a mirror or reflection of how our Creator is sovereign, providential, and awesome in wisdom and power. It is also a reflection of how God works in our lives as He battles satan for us in this world. And yes, satan is real, whether one calls him simply “evil” or some other term. The bible is clear about the reality of evil in the world and even in the heart of us human beings.

Yet, God continually works to get our attention as to how we can partner with Him to win over dangers that lurk on every corner, waiting to trip us up. He also has created us in His triune image. . . body, soul, spirit. My bodies reflect that triune image at the physical level. Just as the three distinct regiment of warriors come from the bone marrow, the blood, and the core of life & immunity, eternal and earthly life comes from the blood of Jesus where all life emerges and is sustained by our Triune God (Gen. 9:6-7; Lev. 17:11; Prov. 3:7-8; Heb. 9:14).

Is it hard to fathom the connection? Join the group! We all continue to marvel at this kind of mystery beyond our mind's ability to comprehend. But with God, All Things Are Possible!

So, let's start with the following Battle Outline.

BATTLE OUTLINE

There are 4 stages of cellular warfare

(“Our Immune System, the Wars Within” by Peter Jaret – pg. 708-709).

Four Critical Phases—

- 1. Battle begins—Recognition of the enemy // 2 Corinthians 2:11 AMP**
- 2. Forces multiply—Amplification of defenses // Ephesians 6:10-18, Hebrews 4:12 AMP**
- 3. Conquering infection—Attack // Psalm 32:8, 91; Romans 8:31-39, Matt 9:20-22 AMP**
- 4. Calling a truce—slow down // Psalm 35, Proverbs 16:7 AMP**

Listed below are those parts involved in the battle of the physical and spiritual realms.

Who plays a part?

Question: What verses come to mind?

Physical Type Definitions (The Immune System: The Wars Within by Peter Jaret, Natl Geog, 1986)	Function	Through the Spirit's Eye/Key Verses
Virus "Needing help to spring to life, a virus is little more than a package of genetic information that must commandeer the machinery of a host cell to permit its own replication."	Enemy	Satan and his forces Revelation 12:9 Ephesians 6:12-13 1 Corinthians 15:26 Luke 13:16 1 Peter 5:8 John 10:10
Phagocytes/Macrophages "Housekeeper and frontline defender, this cell engulfs and digests debris that washes into the bloodstream. Encountering a foreign organism, it summons helper T cells to the scene."	Surveying Soldiers	Angels Psalm 91:11-12 Hebrews 1:14 Colossians 2:18 Revelation 20:2
Helper T Cell "As a commander in chief of the immune system, it identifies the enemy and rushes to the spleen and lymph nodes, where it stimulates the production of other cells to fight the infection."	Commander -in-Chief	God the Father 1 Corinthians 8:6 John 14:9-11 Ephesians 4:6 Matthew 6:26
Killer T Cell "Recruited and activated by helper T cells, it specializes in killing cells of the body that have been invaded by foreign organisms, as well as cells that have turned cancerous."	Top Enemy Fighter	God the Holy Spirit John 14:26 Romans 8:26 Romans 15:13 John 14:16
Suppressor T Cell "A third type of T cell, it is able to slow down or stop the activities of B cells and other T cells, playing a vital role in calling off the attack after an infection has been conquered."	Peacemaker	God the Son Ephesians 2:14-18 John 14:10 Luke 10:21-22 Isaiah 9:6 John 10:30
B Cell "Biologic arms factory, it resides in the spleen or the lymph nodes, where it is induced to replicate by helper T cells and then to produce potent chemical weapons called antibodies."	Arms Factory	Body of Christ Genesis 1:27 Luke 10:17-19 Ephesians 6:10-18 2 Cor 10:4-5
Antibodies "Engineered to target a specific invader, this Y-shaped protein molecule is rushed to the infection site, where it either neutralizes the enemy or tags it for attack by other cells or chemicals."	Weapons	The Living Word John 1:1 Romans 10:17 Hebrews 4:12 1 Peter 1:23 2 Timothy 3:16 The first letter in the name Yeshua ("Jesus") is the "yod." Yod represents the "Y" sound in Hebrew.
Memory Cell "Generated during an initial infection, this defense cell may circulate in the blood or lymph for years, enabling the body to respond more quickly to subsequent infections."	Ally/Enemy Detector	Book of Remembrance- Malachi 3:16-18 Book of Life- Philippians 4:3/Rev 3:5 Book of the Wars of the Lord- Numbers 21:10-15 (concerns the Israelites' trek through the wilderness on their way to the Promised Land; ancient work possibly documenting geographical boundaries between nations and related poetic descriptions of particular battles.)

Three Distinct Regiments of Warriors

Just as there are 3 distinct regiments of warriors from the bone marrow, the blood is the core of life's immunity, eternal and earthly life. Satan and his forces fight against the authority and blood of Jesus where all life emerges and is sustained by our Triune God, the Commander-in-Chief.

Key Verses: Matthew 28:19; John 14:23; 2 Corinthians 13:14

Question: What verses come to mind?

Physical Realm	Spiritual Realm
Phagocytes/Macrophages	= Angels (Psalm 91:11-12, Colossians 2:18, Hebrews 1:14, Revelation 20:2)
T Cells (Helper, Killer, Suppressor)	= God the Father (1 Corinthians 8:6, Ephesians 4:6, John 14:9-11, Matthew 6:26) Holy Spirit (John 14:26, Romans 15:13, Romans 8:26, John 14:16) God the Son (Ephesians 2:14-18, Luke 10:21-22, John 10:30, John 14:10, Isaiah 9:6)
B Cells (w/ antibodies)	= Body of Christ w/ the Word of God (Genesis 1:27, Ephesians 6:10-18, Luke 10:17-19, 2Corinthians 10:4-5)

ABOUT THE ENEMY

“Our Immune System, the Wars Within” by Peter Jaret - excerpt pg. 710-714:

“Nature abounds with little round things...Bacteria, protozoa, fungi, and viruses. Not all round, not all friendly, they stalk us in countless forms.

Some bacteria, such as the familiar streptococci and staphylococci, continuously swarm in legions, over our skin and membranes, seeking access that can cause sore throats and boils . . . Of all the body's enemies, however, the virus is both the simplest and the most devious. A virus is a protein-coated bundle of genes containing instructions for making identical copies of itself. Pure information. Because it lacks the basic machinery for reproduction, a virus is not, strictly speaking, even alive.

But when a virus slips inside one of our cells, that bundle of genetic information works like our cell's DNA, issuing its own instructions. The cell becomes a virus factory, producing new, identical viruses. Eventually, they may rupture the cell, killing it. Viral clones fan out to invade nearby cells.

‘Keep in mind’, said immunologist Steven B. Mizel of Wake Forest University's Bowman Gray School of Medicine, "that a virus can create thousands of copies of itself within a single infected cell. Invading bacteria can double their numbers every 20 minutes. At first the odds are always on the side of the invader.”

Spiritual Application

In this world, potential harm comes in many forms and types. They stalk us and swarm in legions seeking access to our bodies and spirit. And just as the virus is the simplest and the most devious of all the body's enemies, Satan comes even as an angel of light with subtle deception. And also as a virus is not alive but dwells in and feeds off the life of otherwise healthy cells (to the cell's destruction), Satan feeds us his own lies and changes God-given instructions for our lives to our ultimate harm and destruction.

Satan comes with great swelling words and false knowledge—pure information (the tree of the knowledge of good and evil)--but has no life in him. His purpose is to increase his evil forces to invade and eventually kill lives near and dear to us (2 Pet. 2:18-20). Just as one good seed can multiply a thousand-fold of blessings and goodness, a rotten seed can multiply back a thousand curses in our lives and others. At first, it seems when Satan hits us, we feel outnumbered. *But greater is He who is in us than he that is in the world* (1 John 4:4). We need to recognize and examine what kind of seed our one life is producing.

MORE ABOUT THE ENEMY

His Snares and Imitations

“Our Immune System, the Wars Within” by Peter Jaret - excerpt pg. 721-22:

“Contagious microbes swarm around us all. Why did I catch cold while the woman next to me on the plane to Indiana avoided it? . . . We don't have all the answers. Beyond mere exposure, enough enemy troops must invade to mount an effective attack. Even the route of attack matters . . . Even more puzzling than AIDS is a devastating category of diseases called autoimmune disorders. In these diseases the immune system fails to recognize certain cells or parts of cells as our own, and it begins attacking the body it was designed to protect . . . Making another error of recognition, the immune system sometimes mounts battles against imaginary enemies. Thousands of harmless substances—pollen, animal dander, even dust--carry the so-called allergens that cause allergic reactions in some 35 million Americans. Most allergies are mild. Others, like the allergic reaction to insect venom, can be strong enough to kill . . . Since many allergies appear to be inherited, immunologists suspect that certain genes control how we respond to allergens. For most of us, such immune-response genes halt the reaction to an allergen before it really gets started.”

Spiritual Application

As with viruses that constantly mutate to avoid detection, we have enemies swarming all around us in many devious forms. These enemies are constantly changing and mutating to avoid detection, in numbers and route of attack. Trying to understand why some of us are bombarded by the snares of the enemy and others are not, we need to again recognize Satan's purpose. They are two—to advance his own kingdom and to ultimately destroy those he uses while he still has time, particularly God's people and angelic forces.

As human beings, we do not have all the answers; but God enlightens His children with the right weapons. Being exposed to the temptation or trial is not enough to snare the child of God; but with enough chronic exposure to the temptation or trial an effective attack of the enemy will begin in whatever form(s) he hits with. And as he continues to hit at our weakness or sin, more puzzling and devastating his snares become—to the point that just as our immune system fails to recognize certain cells as our own and they begin to attack the body it was designed to protect, we are unable to hear and recognize the True God and have replaced Him with a lie.

Satan has successfully disguised himself as God and starts his commands of destruction. Satan also attacks our minds with imaginary enemies—ordinarily harmless thoughts that are halted before they really get started. But other thoughts may have disastrous effects. Many of these thoughts and their physical and mental effects are carried over from generation to generation—evil spiritual forces, demons or fallen angels, hovering over our family and friends. These forces can control how we respond to our thoughts and experiences.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt pg. 723:

“Twenty years ago no one could have explained allergies or detailed my battle with rhinovirus 14. Until the late 1950's, immunologists had no idea how antibodies were produced. The distinction between T and B cells only became clear in the 1960's. Macrophages are still revealing new and surprising roles. Indeed, had AIDS struck 20 years ago, we would have been utterly baffled by it.

True, AIDS continues to kill despite one of the most concentrated research efforts ever mounted against a single disease. In San Francisco alone, AIDS claims two people a day. Two more learn that they have the disease. Across the country, nearly 20 people a day now die of AIDS. But we have learned a great deal about this virus.

‘There is one simple reason why the AIDS virus is so deadly,’ said Robert Gallo (page 732) of the National Cancer Institute in Bethesda, Maryland. ‘It kills the one lymphocyte most critical to the immune response: the helper T cell.’

Gallo, one of the pioneers of AIDS research, was between planes when I met him at the San Francisco airport--on his way from a lecture in San Diego to research meetings in Japan. In a quiet corner of the airport lounge he described one of the ways the AIDS virus might operate. Like Greeks hidden inside the Trojan horse, the AIDS virus enters the body concealed inside a helper T cell from an infected host. Almost always it arrives as a passenger in blood or semen.

In the invaded victim, helper T's immediately detect the foreign T cell. But as the two T's meet, the virus slips through the cell membrane into the defending cell. Before the defending T cell can mobilize the troops, the virus disables it.”

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 723, cont.:

“Some researchers believe the AIDS virus also may change the surface of the helper T cells in such a way that they fuse together. That strategy makes it even easier for the virus to pass from cell to cell undetected. Once inside an inactive T cell, the virus may lie dormant for months, even years. Then, perhaps when another, unrelated infection triggers the invaded T cells to divide, the AIDS virus also begins to multiply. One by one, its clones emerge to infect nearby T cells. Slowly but inexorably the body loses the very sentinels that should be alerting the rest of the immune system. Phagocytes and killer cells receive no call to arms. B cells are not alerted to produce antibodies.

The enemy can run free.”

Spiritual Application

Knowledge is increasing at a phenomenal rate as God predicted it would as the end times come closer to fulfillment (Gen. 11:6; Dan 12:4; Amos 8:11-14). Just as we didn't know how antibodies were produced and what the distinction in T and B cells were, or the role of macrophages, how are we to know how the spiritual world works and affects the physical world except through knowing God and His Word. Spiritual and physical deaths will continue to increase more and more until we recognize our source of knowledge.

Deception rules over discernment. Satan hides himself in his god-like disguise ready to disarm and destroy any other god that comes his way. Satan is patient but moves when he thinks he has the advantage; and hits us with another tool of the enemy, increasing his numbers and his hold on us to our own death. Angels and the Spirit of God seem very quiet in all this barrage. And the Body of Christ isn't alerted or capable of producing the Word in action. The enemy is running free. So it seems!?

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 724:

“Rarely in modern times have we witnessed so swift and deadly an epidemic as AIDS. But for all its fury AIDS had claimed fewer than 10,000 lives in the United States by the end of 1985, the fifth year of the epidemic. That number is sure to rise. [especially since it is estimated that, as of Nov. 18, 1988, there was 500,000-700,000 HIV antibody-positive people just in the United States (ref: Letter to editor by Andrew Moss et al, Dept. of Epidemiology and International Health, Univ. of Calif., San Francisco General Hospital, Science, Nov. 18, 1988, p. 997). Also, according to the Discover, April 1988 issue of the AIDS WATCH, 75,000 AIDS cases were reported to the World Health Organization. Their estimate is that as many as 10 million people harbor the HIV virus in the world with 1-1.5 million now in the U.S. as reported by the Centers for Disease Control.]* Even so, AIDS will almost certainly never equal the destructiveness of a killer that last year alone accounted for 460,000 deaths. Indeed, three out of every ten Americans will fall victim to the ravages of cancer. [From recent statistics AIDS may just surpass cancer in numbers of deaths as time goes by—possibly 1995, especially as no cure is in sight. Then fast forward to 2020 and COVID-19 virus that can warp our body’s immune defenses.]¹

‘I think of cancer as being too alive,’ says a victim of the disease in David Leavitt’s short story, ‘Counting Months’. ‘The body just keeps multiplying until it can’t control itself. So instead of some dark interior alien growth that’s killing me, it’s that I’m dying of being too alive, of having lived too much.’

Leavitt’s passage captures a poignant contradiction of cancer: the body becoming its own worst enemy.

We do not know why a normal cell turns traitor. Many researchers believe that potential cancer cells arise constantly within us. As they turn cancerous, the antigens on their surfaces may change slightly--just enough to alert vigilant T cells. Ceaselessly the immune system seeks out and destroys these mutinous cells.

Sometimes, however, the mutineers survive to cause disease. Fortunately, as part of the war against cancer, we have begun to develop remarkable new defensive weapons--an arsenal borrowed from the immune system itself.”

Spiritual Application

Not only do we have an enemy that deceives and alters our defenses from without (as the AIDS & COVID-19 virus), we also have an enemy within that can multiply itself out of

¹ [my insert]

control (as cancer & COVID does), as a parasite on a host to the ultimate destruction of both. Satan wants to deceive us and weaken our authority and power in life and then multiply his kingdom as fast as possible while there is still time. Satan is truly living death, the master mutineer (Is.14:12-15; Dan.11:36-37).

And as researchers are discovering how the immune system mounts a defense at many levels, so we as the Body of Christ must know our arsenal of the Word in order to live. We will know how Satan attacks at every level of our spirit, soul, and body. We will then be able to select and lock onto the specific snares and destroy them before they destroy us. The casualties will grow great as the end comes (Dan. 11:32-35; Eph 6:12-13).

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 728-729:

“At the National Institutes of Health (NIH) in Bethesda, researchers have created another weapon against cancer--a brigade of man-made killer cells... Using a substance called interleukin-2, he told me, his research team was showing some early success in treating cancer.

Produced by the immune system, interleukin-2 is a lymphokine, one of a dozen or so known chemical "words" with which immune cells communicate during battle. When helper T cells encounter an enemy, they release a spurt of interleukin-2 that commands other lymphocytes to multiply.

Could interleukin-2 be used to artificially rally the immune system in its fight against malignant cells?

The answer is yes--...

Rosenberg refers to these artificially created warriors as ‘lymphokine-activated killer cells.’ They may not even occur naturally in the body. No matter. They were killing cancer cells. And, in the closing weeks of 1985, news reports heralded the breakthrough. These supercells were wiping out tumors in human patients. Not in all of them, to be sure. And Rosenberg cautioned that the results were preliminary.”

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 729-731 cont.:

‘But I have patients for whom all other treatments had failed; they were dying,’ said Rosenberg. ‘And they're alive today.’

Ironically, even with sophisticated tools like monoclonal antibodies and lymphokines, we are still struggling to match the achievement of an English country physician who, 200 years ago and with no knowledge of the immune system, scored one of medicine's greatest triumphs.

Edward Jenner had no idea how or why his method worked...Jenner's conclusion was simple: Infest people with cowpox in order to protect them against smallpox.

The method worked (It later gave rise to the term vaccination--borrowed from the Latin vacca, or cow.)”

Spiritual Application

The parallels are phenomenal when seeing how researchers produced a chemical "word" (interleukin-2/lymphokine) which is vital during the battle and which helper T cells release to command other lymphocytes to multiply and rally to our aid. God releases the Word out into the battle to produce victory (Eph. 6:16-17). Remember, too, that if Satan, as an angel of light, can gain your loyalty and be under his control, he will also have "artificial words" sent out to produce results. But what end results?

The True God brings Light and Discernment to know the difference(1 John 4:1,6). We live in an information society where technology, knowledge and philosophy have become the "artificial word" and is helping, not all to be sure. God's Word of Light and Discernment is spiritual (1 Cor. 2:6-16) and goes beyond technology, knowledge and philosophy where He makes the simple wise (Ps 19:72, Eph 3:14-21).

ABOUT OUR ALLY

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 716:

“How did that particular group of T cells know the shape of the rhinovirus 14 antigen? Their training takes place in the thymus, a mysterious pale gray gland that sits behind the breastbone, above the heart. (The T in T cell stands for thymus-derived.) This unsung little gland swells in size from birth to puberty and then begins to shrink. Somehow, as the T cells mature in the thymus, one learns to recognize the antigens of, say, the hepatitis virus, another to identify a strain of flu antigens, a third to detect rhinovirus 14, and so on.

‘Most T cells die in the thymus,’ Mark Davis of Stanford University told me. ‘We don't know why. One guess is that the thymus is selecting only the best T cells, those with the sharpest powers of recognition.’

And what a staggering task the thymus confronts. Nature can create antigens in hundreds of millions of different shapes. The thymus must turn out a group of T cells that recognizes each one. Remarkably, we have T cells by the tens of millions. Even though only a few of them may recognize any one antigen, the collective scouting force is vast enough to identify the almost infinite variety of antigens nature produces...

The T cells that first detect antigens, known as helper T's, carry no weapons. Rather they send urgent chemical signals to a small squadron of allies in my body--the killer T cells. The message: Multiply fast!

Like all T cells, killer T's are trained to recognize one specific enemy. When alerted by the helper T's, the squadron reproduces into an army. The killer T's are lethal. They can trigger a chemical process that punctures the cell membranes of bacteria or destroys infected cells before viruses inside have time to multiply.

Besides summoning the killer T's, helper T cells call more phagocytes into the fray. They also rush toward the spleen and the lymph nodes. There they will alert the last major regiment of my immune system, the B cells.”

Spiritual Application

As the T cells (Helper, Suppressor, Killer) know the individual shapes of antigens and are trained and mature in the thymus, a Greek word meaning breath of life, our Triune God (Father, Son, Holy Spirit,) knows the wiles and weapons of the enemy; and by Jesus, our breath of life, we are trained and mature for the battle and victory. Jesus trains us to be the best, and those with the sharpest powers of recognition survive and are victorious in battle (Is. 54:13-17; Luke 6:40; John 15:2, 5-6; 2 Cor. 2:11; Eph. 4:10-12; Eph. 6:10-20; 1 Tim 1:18-19; Heb 12:11).

Only our Triune God is the only true God; and when the battles are all over, the only True God will be there (Is. 45:14). As the T cells have 3 distinct characteristics but work as one, so the Godhead is three in one, one yet three--co-equal (1 John 5:6-7). The thymus is an unsung, small gland given little significance but is an integral seat of physical life. In so many ways, God works quietly, unselfishly and without recognition by man, but in the end

will be exalted above all creation (Col 1:15; Ps 148:13; Ps 150:6). Only God can meet the task and win out. For as hundreds of millions of different antigen shapes are created, so Satan's snares and strategies are infinite and very subtle but deadly.

As T cells can even recognize artificial antigens made in the lab, so can God even recognize and conquer every lie and deception of Satan. Helper T cells are also first to recognize, detect antigens and send out urgent chemical signals to killer T cells. God, the Father, is the first source to help detect the enemy at work and commands the Spirit into action, by His Son. The message is, Multiply fast! The command of God calls the Spirit to mobilize all the angels and multiply all the saints into action.

Like all T cells, killer cells are trained to recognize one specific enemy. An army is formed and are lethal to the enemy and can puncture bacteria cells and destroy infected cells before any viruses inside have time to multiply. The Holy Spirit only speaks and does what Jesus tells him to do, for they are both in concert with each other and are one with the Father, the Commander-in-chief(John 14:9-21,26). He recognizes the one enemy, Satan in all his disguises and agents. And punctures the enemy's defenses and destroys his armies before Satan has time to multiply his evil forces.

Besides summoning killer T's, helper T's call more phagocytes into the battle and also rush to the spleen and lymph nodes for continuous filtration of fluids. There, they will alert the last major regiment of my immune system, the B cells. God the Father, in His order calls out the Holy Spirit in the name of Jesus to the battle (John 14:26; 15:26), who in turn instructs the spiritual forces to the battle. God the Father through the Holy Spirit and His Word commissions the body of Christ to the scene. David, in 1 Sam 30, had a battle to win and he followed God's Battle Outline just as the physical body patterns after God's order of battle. David inquired of the Lord in order to...

1. Identify the enemy (battle begins/recognition of the enemy)
2. Encourage himself in the Lord (forces multiply/amplification of defenses)
3. Enter into and stay in agreement with someone (conquering infection/attack)
4. Fight until he wins (call a victory truce/slowdown)

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 720:

“B cells migrate after their birth in the bone marrow, with many of them concentrating in our lymph nodes. These small bean-shaped capsules are scattered along the intricate branchings of the lymph system. We are aware of them only during certain infections, when they become swollen and sometimes painful to the touch.

Our lymph nodes are small munitions factories, staffed by the B cells. Their product: the chemical weapons, called antibodies.”

Spiritual Application

Not only do we have physical birth from God but spiritual birth when we are reborn. Then God sends us out where we migrate out into the world and settle in one of God's small

munitions factories—the local church, that are scattered along His intricate branchings of His Universal Church. God staffs His church with the body of Christ—individuals united in one Spirit. As individuals and a body, we produce fruit and equip the saints with their weapon of battle—the Word—as antibodies are sent out so are our spiritual weapons of warfare that pull down strongholds by sending out the Word.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 720:

“By sticking to the surface of unwelcome cells, antibody molecules slow them down, making them easier targets--as well as more attractive ones-- for phagocytes. Antibodies can also kill. Locking on to the enemy's antigens, which they precisely mirror in shape, the antibodies collect substances in the bloodstream called complement. When this complement comes together in the right sequence, it detonates like a bomb, blasting through the invader's cell membrane. At the peak of operation each of my B cells can churn out thousands of antibodies a second.”

Spiritual Application

As a commissioned people, we go out with the Word into the enemy's territory with the Word to slow his forces down making them easier and attractive targets for God's angels to do their part. The angels move upon the Word (Ps 103:20). The Word then kills the enemy like a detonated bomb, blasting through the enemy's strongholds and fortresses. As we are yielded in the hands of God, the Spirit churns out thousands of spiritual weapons of the Word every second.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 720:

“As my immune defenses gather, the tide of my battle with rhinovirus 14 turns. Within a week or so the invader is in retreat. Then the third member of the T-cell family takes over—the suppressor T, the peacemaker.”

Spiritual Application

As God's heavenly and earthly defenses gather together in unity, the victory comes quickly, and the enemy retreats. Even with all our individual efforts, ultimate victory and peace is not won by us alone, but by Jesus, the Peacemaker. He won the victory at Calvary and is declaring deliverance for all through His people by His Spirit everyday as He gathers them together for our final victory. What a day that will be!

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 720:

“Suppressor T's release substances that turn off B cells. They order killer cells to stop the fight. Suppressor T's even command [signals]² helper T's to cease and desist.”

²[my insert]

The battle is won.”

Spiritual Application

Jesus is the Lord over His body and signals peace to us and every other creature. He commands and instructs the Holy Spirit to stop the fight. God, the Father, gave His Son all authority in heaven and earth; for Jesus is in the Father and the Father is in Jesus (John 5:27; 14:9-, 20; 17;2). For by the Holy Spirit we are one with the Father and Son doing the works of the Father in the name of the Son. At first, a little confusion could exist regarding the statement, "Suppressor T's even command helper T's to cease and desist", since the Father is represented by helper T's and the Suppressor T's symbolize Jesus. How can Jesus "command" God the Father? The following scripture verses may help to clarify the depth of "Oneness" of Jesus and the Father.

"Therefore the Jews sought all the more to kill Him, because He not only broke the Sabbath, but also said that God was His Father, **making Himself equal with God...For the Father judges no one, but has committed all judgment to the Son**, that all should honor the Son just as they honor the Father. He who does not honor the Son does not honor the Father who sent Him...For as the Father has life in Himself, so **He has granted the Son** to have life in Himself, and has given Him **authority to execute judgment** also, because He is the Son of Man...**I can of Myself do nothing**. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me." John 5:18,22-23,26-27,30 NKJ

"My sheep hear My voice, and I know them, and they follow Me. And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. **My Father** who has given them to Me, **is greater than all**; and no one is able to snatch them out of My Father's hand. **I and My Father are one.**" John 10:27:30 NKJ

"For I have not spoken on My own authority; but the Father who sent Me gave Me a command, what I should say and what I should speak. And I know that His command is everlasting life. Therefore, **whatever I speak, just as the Father has told Me, so I speak.**" John 12:29-50 NKJ

"Jesus said to him, 'Have I been with you so long, and yet you have not known Me, Philip? **He who has seen Me has seen the Father**; so how can you say, 'Show us the Father'?' Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works. Believe Me that **I am in the Father and the Father in Me**, or else believe Me for the sake of the works themselves...and whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it...You have heard Me say to you, 'I am going away and coming back to you.' If you loved Me, you would rejoice because I said, '**I am going to the Father, for My Father is greater than I.**'" John 14:9-11,13-14,28

"I am the true vine, and My Father is the vinedresser...You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that **whatever you ask the Father in My name He may give you.**" John 15:1, 16

Throughout the entire book of John, Jesus is declared God One, in and with the Father. As you meditate on those words in bold print, Jesus says of Himself that the Father is greater than He in all things. Yet, He is also One with the Father, and that all authority was given to Jesus by the Father. Whenever Jesus speaks, it is the Father who is really speaking. Jesus, in His perfection, does precisely as the Father would say and do.

There is absolutely no rebellion or independence from the Father and Jesus. This reality is God's depth of Oneness. Therefore, as you consider how the Suppressor T's (Jesus) commands the Helper T's (Father) to stop the fighting, remember that the word "command" does not imply superiority but signals one of equal authority that the battle He was assigned to is over and a time of rest can come to the body again. Remember, Jesus was the Father's Chosen One, **Commander**, Deliverer, Author of eternal salvation, the Anointed One of God, Mighty God, Prince of Peace (Is 9:6). Jesus has won the battle.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 720:

“In the aftermath phagocytes range over the area, cleaning up the litter of dead cells and spent substances. Tissue damage is repaired. The threat is over--but not forgotten...Now I have a virtual army of so-called memory cells. Cold viruses, as well as the flu and other viruses, can bear many subtly different antigens. If a different form of virus invades, I may still catch a cold. But should rhinovirus 14 return, I will defeat it without so much as a sniffle.

I am immune.”

Spiritual Application

After a battle, angels are responsible, among other tasks, for directing activity (Acts 8:26), bringing comfort (Acts 27:23,24) and ministering to the Body in aiding restoration (Hab 1:14, Matt. 4:). The Body has now become immune to specific snares the enemy used in that battle by using the Living Word and standing in faith and works; and can, therefore, win much more quickly in a return attack and be more prepared for a new attack. God has now shown forth His overcoming army in the power of His Word and Commandment. He remembers every promise and oath and honors His Word through His Spirit by reminding us what we have gone through and the victories that have been won. For we are written in His Books, the Book of Life and God's Book of Remembrance (Mal. 3:16-18; Ps 56:8; Rev. 20:12). Every tear, word, work and reverential thought of His Name is recorded for eternity—in everlasting memory.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 730:

“Eighty years later, Louis Pasteur discovered the scientific principle behind vaccines.

Again, luck played a part. Pasteur accidentally left a culture of chicken--cholera bacteria out on a shelf. Two weeks later, returning from vacation, he injected the culture into several laboratory animals. The animals did not develop the disease. But they became immune.

Accident led to insight. Pasteur realized that he had weakened the bacteria in the culture just enough, and in just the right way, that they lost the power to cause disease but retained the power to confer immunity.”

Spiritual Application

A vaccine is a viral or bacterial substance capable of causing antibody production against a specific infected organism, thereby, activating the body's immune system. God is sovereign over the plans of man. Luck or accidents are only man's way of explaining the unknown. Every good and perfect gift comes from God where the mind and circumstances of man are placed in the web of God's mercy for His creation and eternal plan. As part of God's army, we are responsible for handing over our trials, temptations, and circumstances to Him for His awesome purposes in His eternal plan. Every problem becomes an opportunity for the miraculous intervention of our God. Satan's tools against us are only used to strengthen God's army of believers as His Word (spiritual antibodies) is brought on the scene.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 730, 732-733:

“But today we may be on the verge of a new era in the creation of vaccines...

Like many of the researchers I talked to, Moss tempered excitement with caution. "Just a few years ago there was talk that the era of infectious disease was over," he reminded me. ‘Yet today the end still seems far down the road.’

‘We probably know as little about the immune system now,’ said researcher Edward Bradley of the Cetus Corporation, ‘as Columbus knew about the Americas after his first voyage.’ Into what territories will the new frontiers of immunology lead us? Almost certainly deep into the nucleus of the human cell, where lie the elegant DNA spirals that make one cell a macrophage, another a T cell.

‘We've gained a good understanding of the hardware of the immune system,’ Leroy Hood (page 729) of the California Institute of Technology told me. ‘But we know almost nothing yet about the software that runs the system--the genes that tell our cells what to do.’

We also are beginning to suspect that a crucial role of our immune cells may be communication. As Jay Levy, professor of medicine at the University of California at San Francisco, told me: "The cells of the immune system are constantly exchanging information with other cells. It's as if they're talking, comparing notes, perhaps even arguing about what should be done. Defense may be only one part of the job.

‘An immune cell bumps into a bacterial cell and says, 'Hey, this guy isn't speaking our language, he's an intruder.' That's defense. The other job may be keeping each part of the body in touch with every other part.”

Consider the macrophage. Since its discovery a hundred years ago it has been

regarded as a big, primitive garbage collector. No longer.

‘We know the macrophage is everywhere within us,’ NIH immunologist Michael Ruff explained. ‘It may be a critical agent in a vast communications complex, one that links not only the cells of the immune system but also hormone-producing cells, nerve cells, even brain cells.’

Macrophages can respond to the chemical messengers created by brain cells. Even more astonishing, they can produce many of those same chemicals. So there seems to be talking back and forth between the brain and the immune system.’”

Spiritual Application

As the future becomes history and knowledge has increased as God said it would (Dan 12:4) and as nothing man proposes to do will be withheld from him (Gen 11:6), we come to realize that the depths of the unknown are deeper and wider than our minds could ever grasp. We keep moving closer and closer to the undeniable fact that we have a personal Creator whose wisdom and revelation of all things goes far beyond our experiential and fragmentary knowledge.

There are two prayers in God's Word in Ephesians 1:15-23 and 3:14-21 that so beautifully express God's desire for us to have His wisdom and revelation in all things. But it by His unquenchable Love and through His Son that the Spirit of God reveals to the inner man/his human spirit the width, depth, length and height of His revealed Love that passes knowledge—fragmentary, experiential knowledge abiding in the science of man's mind. When we have the knowledge of Him (Eph. 1:17), knowledge beyond the human mind running deep in man's spirit by God's Love being poured through us, His Love manifests influential, intense, intelligent and powerful knowledge of God's activity and purposes. We begin to experience His power—His miraculous acts and ever-present, ever-available power (“dunamis” and “kratos” from the Greek). His power is over all other powers (“exousia” rulers and other authorities). For He is the head over ALL THINGS that we may be filled with the fullness of God Himself and have His power and purpose work in us.

Scientists are probing the deeper mechanisms of the DNA of a cell that differentiates the type and function of every cell—probing the "software" that runs the system, the genes that tell our cells what to do. What phenomenal knowledge would be opened to them if they recognized that man's resource of that very knowledge is at his disposal as a recreated-born again spirit in Christ. And as they are beginning to believe that cellular communication has a crucial role in our immune cells—the brain and immune system exchanging messages for survival and health—why has man so easily missed the mark in seeing that God originated communication techniques at all levels, for He spoke the worlds into existence (Gen 1; John 1:1-4; Heb 1:1; Is 45:18-21).

This constant interchange of information at the physical-chemical-electrical level is indicative of the constant activity in the spiritual realm that controls the physical realm—the warfare and sovereign control of God over that warfare. Communication is the key of the body to defense. Why then, while most all the members of God's army is constantly in touch with each other, does the body of Christ seem to be the weakest link in the chain of command?

One main reason--we don't communicate or cooperate with our communication complex or control center. It is only by the grace of God we have survived through the ages through the remnant that has communicated and cooperated with the Father. We don't even know who are a part of His command force. Where's the rule book?! Where is our communion with the Father as Jesus has?! The book, of course, is God's Word. . . His instrument of communion with us energized and mobilized through The Spirit to men and angels. Will we still see God's Word as foolishness? I think not.

“Our Immune System, the Wars Within” by Peter Jaret - excerpt p. 733:

“Perhaps that isn't so surprising. After all, stress can actually make us sick. And many researchers believe a positive outlook can sometimes help us recover, even from serious illnesses.

Immunologists are discovering more about the links between the mind and body, the mechanisms of psychosomatic disease.

During stress, for instance, the body releases large amounts of a steroid called cortisol. We know now that macrophages recognize cortisol. And when they encounter it, they can no longer respond normally to infection.

Which sets me wondering. Perhaps the stress of looming deadlines allowed that cold virus to sneak through my defenses. And perhaps the best antidote that I know of for stress--a long jog through nearby Golden Gate Park--does more than simply take my mind off my worries.

Exercise, we are just discovering, may enhance the immune system. It stimulates the brain to release chemicals called endorphins and enkephalins. Both substances are natural painkillers. They also seem to reduce anxiety and create a sense of wellbeing. Even more startling, some studies suggest that they affect macrophage and T cells.

Exercise may also result in increased levels of interleukin-1 and interferon, both of which strengthen our defenses.

AIDS patients in San Francisco have already recognized an apparent link between exercise and the immune system. Some of them who exercise before their checkups have seen a temporary increase in their white blood counts--as if those decimated warriors are still fighting bravely.

And I met others, like Jay Young, who fight for survival with the power of hope...Young told me..."Either lie down and die or stand up and do something."...This gives us hope. Hope is keeping me alive." Sadly, six weeks later I learned that Jay Young had died. In the battle against disease, such hope may be the strongest weapon we have.”

Spiritual Application

With this earthly life comes change and stress which is experienced by each one of us. Stress involves the whole of man—spirit, soul, body (1 Thess. 3:12-24). Our being preserved and blameless depends greatly on our attitude and actions when trials come. God expects us to respond in a positive and active way. Our response affects the communication

and activity of God's army in our lives, just as exercise or the lack of it can affect the chemical messages towards macrophages and T cells. Some advice to follow is:

- To esteem and help others
- Be at peace with each other
- Be patient
- Pursue and hold fast to what is good
- Rejoice always
- Pray without ceasing (fellowship with the Father)
- Be thankful always
- Do not quench the Spirit's leading
- Do not despise prophecies
- Test all things
- Stay away from every form (appearance) of evil

It is not to anyone's benefit to be lazy or do nothing (Prov. 6:10-11, Prov. 10:16-17).

The link between the mind and body was created and orchestrated by our Creator; for He formed our inward parts. He created and knew every molecular detail the components He used. We are fearfully and wonderfully made because He saw our substance, being yet unformed (Ps 139:13-18). Every experience as well as intricate function and change of our whole body, soul, and spirit is continuously be written down. Recorded for that day we shall from dust be resurrected to God's own detailed specifications with a glorified, immortal body. Our mind was, by its very nature, created to be used to grow in understanding—a drive to be complete.

Yet, if our only hope comes from the mind of man, then we shall never be complete. We must recognize our hope is beyond anything we could think or do. May the following verses gift you with an intimate, penetrating awareness of the One who designed and created us all to be uniquely His. Are you ready to have God take your hand and make straight your paths? Know that our God is trustworthy beyond anything we could dream up or imagine.

“O Lord, you have searched me (thoroughly) and have known me. You know my down-sitting and my uprising; You understand my thought afar off. You sift and search out my path and my lying down, and are acquainted with all my ways. For there is not a word in my tongue (still unuttered), but lo, O Lord, You know it altogether. You have beset me and shut me in behind and before, and have laid Your hand upon me. Your (infinite) knowledge is too wonderful for me; it is high above me, I cannot reach it. Where could I go from Your Spirit? Or where could I flee from Your presence? If I ascend up into Heaven, You are there; if I make my bed in Sheol (the place of the dead), behold, You are there.

If I take the wings of the morning and dwell in the uttermost parts of the sea, even there shall Your hand lead me, and Your right hand shall hold me. If I say, Surely the darkness shall cover me, and the night shall be the only light about me, even the darkness hides nothing from You, but the night shines as the day; the darkness and the light are both alike to You.”

Psalm 139:1-12 (AMP)

"Lean on, trust and be confident in the Lord with all your heart and mind, and do not rely on your own insight or understanding. In all your ways know, recognize and acknowledge Him, and He will direct and make straight and plain your paths. Be not wise in your own eyes; reverently fear and worship the Lord, and turn (entirely) away from evil. It shall be health to your nerves and sinews, and marrow and moistening to your bones."

Proverb 3:5-8 (ampl)

Isn't it time to recognize our God and stop trying to play the potter? And when we stop playing the potter, guess what happens? We begin to get a glimpse into what is possible far beyond our greatest prayers, hopes, or dreams. God begins to show His presence and power within us in a way only God can.

"And the vision of all this has become to you like the words of a book that is sealed. When men give it to one who can read, saying, Read this, I pray you, he says, I cannot, for it is sealed. And when the book is given to him who is not learned, saying Read this, I pray you, he says, I cannot read. And the Lord said, For as much as this people draw near Me with their mouth and honor Me with their lips, but have removed their hearts and minds far from Me, and their fear and reverence for Me are a commandment of men that is learned by repetition (without any thought of the meaning); therefore, behold, I will again do marvelous things with this people, marvelous astonishing things; and the wisdom of their wise men shall perish, and the understanding of their discerning men shall vanish or be hidden. Woe to those who seek to hide deep from the Lord their counsel, whose deeds are in the dark, and who say, Who sees us? Who knows us? Oh, your perversity!—You turn things upside down! Shall the potter be considered of no more account than the clay? Shall the thing that is made say of its maker, He did not make me; or the thing that is formed say of him who formed it, He has no understanding?"

Isaiah 29:11-16 (AMP)

Now to Him who is able to [carry out His purpose and] do superabundantly more than all that we dare ask or think [infinitely beyond our greatest prayers, hopes, or dreams], according to His power that is at work within us, to Him be the glory in the church and in Christ Jesus throughout all generations forever and ever. Amen.

Ephesians 3:20-21 (AMP)

CONCLUSION

May this “Wars Within” study, inspired by Peter Jaret’s “Our Immune System, the Wars Within,” awaken you to the mystery, beauty, and unique parallels of the gift of your one body with how God has woven your soul and spirit to work in unison together.

May Jesus break the seal and reveal the mystery and magnificence of what He deposits in you to share with the world. For in Him lies all our hope, confidence, and healing of our body, soul, and spirit. May you hold fast to this sure hope as the anchor of our soul that never disappoints (Hebrews 6:19, Romans 5:5).

"And now, Lord, what do I wait for and expect?

My hope and expectation are in You."

Psalm 39:7 (AMP)