

# Healthy Reflections

Last Week – James 1:22-25 – Intake & Output

- Can Receive Spiritual food without Exercise – Obese
- When you Hear and there is not response – deceived
- What you claim to believe must be evidenced – action

This Week – Rev. 3:14-22 – Healthy Reflections

- Do we see what God sees, or what others see?
- Are we healthy, or starving and don't know it?
- Look at the reflection in God's mirror - truth

## Background:

- passage amidst letters to churches
- Laodicea:
  - 100 miles east of Ephesus – Lycus Valley
  - important trade center – wealthy place
  - renowned for eye salve, glossy black wool
  - close to Heiropolis Hot Springs & Colossae, known for its pure, cold water.

***“To the angel of the church of Laodicea write; These are the words of the Amen, the faithful and true witness, the ruler of God’s creation. I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So because you are lukewarm – neither hot nor cold – I am about to spit you out of my mouth. You say, ‘I am rich; I have acquired wealth and do not need a thing.’ But you do not realize that you are wretched, pitiful, poor, blind and naked. I counsel you to buy from me gold refined in the fire so you can become rich; and white clothes to wear so you can cover your nakedness; and salve to put on your eyes, so you can see.”***

***“Those whom I love I rebuke and discipline. So be earnest, and repent. Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me. To him who overcomes, I will give the right to sit with me on my throne, just as I overcame and sat down with my Father on his throne. He who has an ear, let him hear what the Spirit says to the churches.” Rev. 3:14-22***

## 1. True Reflections From God

- saw themselves as doing fine, right down the middle
- God gives them a view of what He sees – ‘I see your...’

### a) You Are Half Hearted vs. 16-17

- not cold – far away, without hope, trapped by a fallen world, unable to see hope.
- not hot – devoted to following Christ, seeking the lost, heartbroken about that which matters to God
- lukewarm – accepting mediocrity, bland, conforming, fitting in, not committed, just going through the motions

- one of the scariest statements in scripture: “*spit you out of my mouth*” - rejection completely

## b) You are Bankrupt – vs.17-18

- had great resources by man’s standards. Did not lack for provisions, facilities finances etc.
- self sufficient – not dependant daily on God. Able to fund and facilitate programs alone. Proud of it!
- note – God tells them pure refined gold can only be found from Him. Convictions and values refined in the fires life brings, that which does not fade, wane or decompose.

### c) You Are Blind – vs. 18

- wrapped up in building their buildings, stopped seeing those dying without Jesus
- need to see accurately. Told to find 'salve' from God.

### d) You are Naked, Wretched, Pitiful – vs. 17-18

- society known for its rich clothing, proud of being well fed, well clothed and self sufficient
- white garments symbolized purity, rich garments a symbol of well being – God alone can forgive sin, and provide for needs.

## 2. The Road Back To Health vs. 19-22

### a) Truth Not Meant to Destroy You

- those I love – rebuke, discipline
- not a final judgment – warning to be heeded

### b) Repentance & the Road Back

- repent – sorrow for sin, deliberate turning from and turning towards – ‘earnest’
- directional change – away from what was – towards what should be
- not a comfortable process – brings leaving the familiar and comfortable – pursuing God



### c) Invitation to Participation vs. 20

- note audience – lukewarm Christ followers, those who do not enjoy the riches of God, garments of Christ, salve of the Holy Spirit – not entered into deep life in Christ.

- stand and knock – image of coming to you, desiring more with you – awaiting your response to his call

- see the promise – opening the door will allow intimate fellowship with God bringing life change!

### d) Promise To Those Who Respond vs.21-22

- those who hear and respond – become hot again

- cannot ignore this – let him hear!

## So What

### 1. Our Culture Matches That of Laodicea

- self sufficient, lukewarm, concerned with self & programs over lost and dying people.
- viewing our worth by buildings, satisfaction of members, resources taken in, how we stack up against others

### 2. Need to See Ourselves in God's Mirror

- are we: Half hearted, Bankrupt, Blind, Naked?
- are we the ones being warned today?

### 3. Adopting The Road Back to Health

#### a) Knowing God Loves Us Enough to Reveal the Truth

- giving us a good reflection of what He sees

#### b) Repentant Hearts Broken Before God

- accepting the changes from Turning away & Towards bring

#### c) Determined to Accept His Invitation to Participate

- knowing that opening the door changes the agenda of my life

#### d) Embrace the Promise of God for the Future!