

## Revelation 3:14-22

### How to improve your spiritual health

#### A. Let Jesus be honest with you (vs. 14)

1. When Jesus declared Himself as the "Amen"
  - a. What was Jesus asking the church to do?
2. "the beginning of God's creation"
  - a. speaks of Jesus being the creator of all things
  - b. But it can also speak to Jesus being the true source of life
  - c. What significance would this have for this church?

#### B. Listen to Jesus' diagnosis (vs 15-17)

1. What are the two perspectives as to the meaning of hot and cold?
2. When are you more likely to press into Jesus?
  - a. When you move closer to Jesus, you are moving closer to the\_\_\_\_\_
  - b. How are difficult times in life beneficial to us?
3. How do people tend to think of lukewarm?
4. The believers in Laodicea were like their community in that they were doing well financially
  - a. Laodicea was a church that was living independent of Jesus.

4. Jesus diagnosed the church as being opposite of what they thought they were
  - a. What are some things that make it challenging for believers to see their true spiritual condition?
  - b. Have you had occasions where Jesus' diagnosis of you was different than how you viewed yourself?
  - c. What was your initial response?

#### C. Make the appropriate response (vs. 18-22)

1. "buy from me gold refined by fire"

exchange a life of trust and peace that is based on what you have, for one that is based on whom you serve.

  - a. What are the true riches Jesus wanted them to have?
2. "buy white garments so that you may clothe yourself"
  - a. black garments were what kind of symbol?
  - b. What was Jesus asking them to be more concerned about?
3. "buy salve to anoint your eyes"

they were losing their ability to view life from a spiritual perspective

  - a. what things lead to bad spiritual eyesight?
4. How should we understand vs. 20?