

## ULC Sermon Study Resource

### *Emotionally Healthy Spirituality — The Problem*

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**Prayer:** Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

**Icebreaker:** How are you celebrating MLK Day this year?

**Reading:** Revelation 3:1-6

#### **Outline:**

- I. *The Problem* Inherent in Emotionally Unhealthy Spirituality (v. 1)
  - a. Even though the church at Sardis appears alive and well, they are dead on the inside.
  - b. We often want our walk with Jesus to look strong and for people to see us as good Christians who have it all together, and we sometimes work so hard to maintain this external image of our Christian walk that we are immobilized to what God would do in us.
  - c. Emotionally unhealthy spirituality tries to hide our brokenness instead of running to God.  
**Q: Why might Sardis have the reputation of life? How does God see past this?**
- II. How to *Wake Up* from the Problem (v. 2-3)
  - a. Remember the Gospel, hold fast to it, and let it transform and heal your emotional life.  
**Q: How does Jesus instruct the church to wake up? What if they won't wake up?**
- III. The Invitation to Truly Live in our *White Robes* (v. 4-6)
  - a. White robes are baptismal imagery symbolizing Christ's righteousness clothing you.
  - b. Let His righteousness cover you spiritually, intellectually, socially, *and* emotionally.  
**Q: Why do we need Christ's righteousness to cover every aspect of our lives?**

#### **Reflection/Application Questions:**

- 1) How do you care for your mental and emotional health? Your spiritual health?
- 2) How might the Gospel deeply transform and heal your emotional health?
- 3) Do you use God to run from God; ignore anger, sadness, and fear; die to the wrong things; deny the impact of the past on the present, divide live into "secular" and "sacred" compartments; do for God instead of being with God, spiritualize away conflict; cover over brokenness, weakness, and failure; live without limits; judge other people's spiritual journey; or fail to be self-aware?
- 4) How can we support each other as we run to Jesus and seek to live in His righteousness?

#### **Suggestions for further study:**

- Revelation 3:14-22 **Q: How does the Laodicean church hold to an elevated view of its own spiritual condition, and how does Jesus invite them to wake up and turn to Him?**
- 2 Samuel 11:1-15, Psalm 51 **Q: What can David's hidden sin and repentance teach you?**
- Revelation 7:9-17 **Q: Does this vision of worshipping Jesus in white robes encourage you?**

**Closing Prayer:** "Lord God, we thank you that you have created us and came to redeem us as holistic beings. May your Holy Spirit would work in us over the course of not just the next few weeks, but through our entire lives. We ask for healing, hope, and restoration in our lives, not just for the 10% that we let the world see, but for the 90% that you see. Lord, let us live in the white robes you've given us in our baptism, and cling to the truth that because Jesus laid himself down for us, our old, filthy garments are taken away. May we not just assent to this truth, but realize it in every aspect of our lives. In Jesus' Name, Amen."