



**Sunday June 14, 2020**  
**The Master('s) Health Check-Up - Sermon Outline**

**Some testimonies that we had received earlier:**

**Testimony via email on May 31**

I am sending this email on behalf of my aunt. This is what she forwarded to me on whatsapp.

Greetings in the name of Jesus. This is Shamini here and I have a wonderful testimony to share. I had a fall and due to which I injured my foot which had tremendous amount of swelling and pain . No amount of visits to the doctor and medicine helped. I was totally frustrated and stopped praying but my sister Nancy kept me in her prayers and went on checking to see if I had any improvement. I only hoped that God would answer my week prayer. One morning I got up to see my swelling reduced and my pain too. Just then I got a call from my dear sister Nancy as usual and I shared my joy with her and she in turn said that they had a healing prayer and in the process pastor Ashish Raichur asked each one to pray for they beloved by touching the part of their own body and my sister Nancy touched her feet and prayed for my healing. I was so excited to to hear that. I got back my trust and thanks to each and everyone for your sincere prayers kindly share my testimony.

**Testimony via email on May 31**

Thank you for your prayers. I had severe sciatic pain for two weeks. In one of the supernatural Sunday you had mentioned back pain. I claimed my healing, though sciatic is not so much of a back pain. I did not notice any change immediately. I was immersed in prayer and after the last prayer I touched my leg and back and I did not feel any pain but I decided to wait that evening I had a little bit of pain again in my back and leg. I claimed that I am healed and kept confessing that I have been healed and therefore healed. The next morning also I felt a little pain but I kept confessing. And by afternoon I did not feel anymore pain. I haven't had any sciatic pain since then.

**Testimony via email on May 18**

Just wanted to share a small testimony –

On Saturday (16th May 2020) I woke up with a message on my phone saying transaction of Rs 7309 x 2 times, total of = Rs 14,638 was debited through my debit card. This was an unauthorized transaction, through my debit card which was hacked. Though I was troubled, my wife and I prayed in the mighty name of Jesus in the morning regarding this issue.

I called the bank's customer care no. and got my debit card blocked at about 7:30am. I went to the bank's branch at 9:30am and lodged a complaint about this unauthorized transaction. I sensed God's grace throughout, and found favour with the bank officials with their quick response. After I returned home, at 12:10 pm there was further attempt



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to debit Rs 35,680 from my account. This we were able to stop by timely action at the branch. But this amount is in suspense. So a total of Rs 51'618 was attempted by the hacker to debit my account.

As we heard on Sunday “using the name of Jesus with faith” we prayed with faith about the issue.

There was further attempt to hack on Monday morning but the hacker was not successful.

All praise to Jesus – by evening on Monday (18th May 2020) the bank has credited back the hacked amount back into my account. This was done in record time within one bank working day.

Hallelujah!! We serve an awesome God and His name is Jesus. Victory in the mighty name of Jesus!

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**The Master('s) Health Check-Up!**

**Introduction:**

Most of us would have gone through a Master Health Check-up at some point in our lives, and maybe some of us do this regularly – once a year or every 6 months. We fix an appointment with the hospital and go through a series of tests – blood test, X-rays, ECG, check our eyesight, hearing, etc., - to see if all the levels are ok and everything is working fine.

Once these tests are completed we collect our reports and usually meet with a doctor who goes through the report who tells us what to do and what not to do – exercise, diet, medications. This is helpful so that we can make some changes in our lifestyle, diet and do what is helpful for our bodies to function in a healthy manner.

***What about our Spiritual Health?***

Similarly, it would really make sense if we have **regular** and **timely** checks for our spiritual health - to see how we are doing spiritually and do necessary course corrections as well.

If our spiritual life gets affected, we can be sure that every other area of our life – work, marriage, parenting, friendships - will be affected.

Having a spiritual health check-up is very important especially due to the recent happenings in our lives.



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In the last 2 ½ months, our lives have been suddenly disrupted. All of us have had to adapt and make some drastic changes because of the pandemic and the many restrictions that came with it.

- We've been indoors most of the time and now venturing out with precautions – face masks, hand sanitizers, avoiding crowds and so on
- Working from home has become the norm
- Maybe for some, longer than usual work hours because now we're always accessible
- Attend virtual team meetings,
- Shop online for our necessities,
- And of course, attend church via the livestream

So, we ended up spending and probably still spend a lot of time in front of digital screens every day with regard to work and leisure.

Maybe for some of us, spending time online was our way of coping with work pressure, financial uncertainty and other relationship challenges. So, maybe endlessly watching news channels, movies on Netflix/Amazon prime became the norm.

*And what may have gone unchecked in all this is:*

- 1) *the time we spent online and*
- 2) *the kind of content which we were/are exposed to and occupied with.*

And this definitely affects us spiritually and emotionally.

***If our spiritual life gets affected, we can be sure that this affects every other area of our life – work, marriage, parenting, friendships.***

Having a timely & regular spiritual health check-up is very important.



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Today's message is titled '**The Master('s) Health Check-Up!**'

In the book of Revelation, in chapters 2 & 3, we read about a spiritual health check-up that the Lord Jesus does for a few churches and the reports that He presents.

***What is our spiritual temperature like?***

Is it cold, lukewarm or hot?

*Our body temperature is an indication of our physical health.*

*Our spiritual temperature is indication of our spiritual health.*

**Revelation 3:15-16**

**15 "I know your works, that you are neither cold nor hot. I could wish you were cold or hot. 16 So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth.**

The Lord Jesus mentions 3 conditions of a person – Cold, lukewarm and hot.

*Cold* – totally indifferent to the things of God.

*Lukewarm* – middle of the road

*Hot* – passionate, on fire.

When it comes to our spiritual temperature unlike our physical temperature - *the hotter the better!*

***If our spiritual life is lukewarm or even cold, then we have allowed something to affect us spiritually.***

Here are some tests for our spiritual health check-up:

(These will show us what has really affected our spiritual temperature)

**1) *The Word Worship & Prayer (WWP) Check***

*Am I spending sufficient time in the Word of God?*

*Am I reading, meditating on and confessing the Word?*

***Word***

**Colossians 3:16**

**16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.**



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**Dwell** (inhabit & influence)

**Richly** (abundantly, copiously)

If we allow the Word of God to **inhabit** us **abundantly**, the Word will certainly **influence** us **deeply** and **impact** us **powerfully**

The Word of God is so **potent** in a believer's life and Satan knows this so he comes immediately to steal it.

**Mark 4:15**

**15** And these are the ones by the wayside where the word is sown. When they hear, Satan comes immediately and takes away the word that was sown in their hearts.

What Satan cannot steal, he tries to choke - persecution, cares of this world, deceitfulness of riches and desires for other things choke the Word. (Mark 4:19)

Reason

- Only the Word of God can produce faith in us & drive out unbelief.
- Gives us inner strength to face anything.
- Word of God is a weapon – the sword of the Spirit.

### **Worship**

When we get a revelation from the Word about God (His attributes, His nature) the response of our heart is worship.

**John 4:23-24**

**23** But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. **24** God is Spirit, and those who worship Him must worship in spirit and truth."

Spirit – out of our innermost being

Truth – without pretense, hypocrisy, as laid out in the Word

*Is personal worship still a priority?*

### **Prayer**

*Is communing with God in prayer still a priority for us?*

- Extended times in prayer - The Lord Jesus is our example. He spent extended times with the Father alone – all night, early before the start of the day.
- Set time & place without multi-tasking. (eg. Daniel 6:10)
- Throughout the day while multi-tasking (eg. Praying in tongues)



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**2) The Faith level check**

*Have we let fear, unbelief, hopelessness of circumstances drown out the voice of faith?*

*Is our pre-lockdown faith level, different from our post-lockdown faith level?*

*Is our in-person-church-going faith level, different from our online-church-attending-faith level?*

**Hebrews 11:6**

**6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.**

It takes faith to believe that God is who He said He is.

It takes faith to receive and follow His instructions.

It takes faith to pursue and fulfill the call of God on our lives.

It takes faith to stay on course, even when the way seem difficult and uncertain.

**Fear** esteems God's Word His promises lower than our circumstances.

**Faith** esteems God's Word & His promises higher than our current circumstances

**Romans 10:17**

**17 So then faith comes by hearing, and hearing by the word of God.**

*When we spend time with God and allow the Holy Spirit to introduce more and more of Jesus to us, and bring a revelation of His Word to our spirit, it produces faith in us.*

Faith is also a gift of the Holy Spirit.

*If we are experiencing hopelessness day in and day out, then we need to check our faith level.*

*What is our faith confession and declaration?*

*Are we confessing fear and hopelessness?*

*If we confess fear and hopelessness instead of God's Word over circumstances, then our faith level goes down*



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**3) The Heart check**

*Bitterness, offense & anger vs. gratitude & thanksgiving*

**Acts 24:16 (words of Paul)**

**16 This being so, I myself always strive to have a conscience without offense toward God and men.**

*without offense* (without stumbling, causing to stumble)

*strive* (train, exercise, take effort, labour)

It is possible to become offended with God and with people.

*Offended with God*

(eg. Felt let down by God, or due to recent worldwide happenings wrongly attributed to God)

*Offended with people*

(eg. Recent memes about prayer for healing & churches)

***Unchecked offense leads to bitterness, anger, envy!***

**Hebrews 12:14-15**

**14 Pursue peace with all people, and holiness, without which no one will see the Lord: 15 looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;**

When we continue to live with offense & bitterness in our hearts, others are negatively impacted by it. (*many become defiled*)

**James 3:14**

**14 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth.**

Results in unpleasantness in all relationships - family, profession.

***Enter offense & bitterness. Exit thanksgiving & gratitude.***

So, reverse the order.

***A thankful heart cannot remain an offended and bitter heart***



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**4) The Eyes, Ears & Thoughts (EET) check**

*Have we been discerning in what we see, hear and imagine?*

*What we see & what we hear influences what we think, imagine & our emotions.  
What we think, imagine and feel, influences (drives) our behavior, our choices & our lifestyle.*

*Are we depressed?*

*Are we angry?*

*Are we in a bad mood, irritated and lashing out at others?*

*Are we feeling unsettled and restless?*

*Are we having a total lack of peace?*

Check!

***What have we been looking at, listening to and constantly thinking about?***

*Binge watching - Netflix, Amazon prime, Youtube videos, News channels?*

**Psalm 119:130**

**130 The entrance of Your words gives light; It gives understanding to the simple.**

- Light dispels darkness.
- Truth dispels lies.
- The peace of God dispels fear and confusion.

**Joshua 1:8**

**8 This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.**

*Meditating – filling our minds with the Word - leads us to observe and follow God's instructions, which leads to good success.*

**5) The Love level check**

**Matthew 22:37-39**

**37 Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ 38 This is the first and great commandment. 39 And the second is like it: ‘You shall love your neighbor as yourself.’**





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Revelation 2:4-5

4 Nevertheless I have this against you, that you have left your first love. 5 Remember therefore from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent.

Loving God, loving others.

***Some Symptoms of Unconfessed Sin in us:***

**Psalm 32:3,4**

**3** When I kept silent, my bones grew old Through my groaning all the day long.  
**4** For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah

→ Vs. 4 – Heaviness, No freshness

**Psalm 51:3**

**3** For I acknowledge my transgressions, And my sin is always before me.

→ Haunted by the memory of it. Recurring oppressive thoughts of the event.

**Psalm 51:10**

**Create in me a clean heart, O God, And renew a steadfast spirit within me**

→ In other words, he had become wavering and unsteady – in his choices, values.

**Psalm 51:11**

**Do not cast me away from Your presence And do not take your Holy Spirit from me.**

→ He was not as confident as before in God. Feared that God would him away from His presence. He was a worshipper, valued God's presence but now he wasn't sure.

**Psalm 51:12**

**Restore to me the joy of Your salvation And uphold me by Your generous Spirit.**

→ He had lost the joy of the Lord

→ He had fallen

**Psalm 51:14**

**Deliver me from the guilt of bloodshed O God, The God of my salvation,  
And my tongue shall sing aloud of Your righteousness**

→ Plagued by guilt

→ A song was locked inside of him waiting to be released.

→ Could not praise God fully and freely.



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**Vs. 15 'O Lord open my lips, And my mouth shall show forth Your praise'**

**Conclusion:**

God's SOLUTION is a 2-step plan  
Confess & Repent

1. **Confess** = admit, acknowledge, declare
2. **Repent** = express remorse + change.. 180 degree turn, stop doing wrong, move in the opp.

*We sometimes hesitate to confess & repent immediately..*

- Maybe repetitive – umpteenth time
- Tired of doing it over and over again
- Given in (surrendered) to sin
- Moved away from God

**1 John 1:9**

**9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**

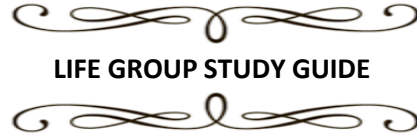
If we will **Confess & Repent**,  
God will **Forgive, Cleanse & Restore** us.

Let us get right with God.  
He wants to restore us so that we thrive spiritually and in all areas of our lives.

**MINISTRY TIME | SALVATION CALL**



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This a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

**Preparation**

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at [apcwo.org/sermons](http://apcwo.org/sermons) . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

**Welcome**

The Life Group meeting may commence with a time of prayer, worship and a fun activity.

**LISTEN to God's Word**

Read the following Scripture passages:

Revelation 2:1-7

Revelation 3:14-22

**INVESTIGATE God's Word Together**

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

*1. How am I doing spiritually?*

*How would I rate myself against each of these tests?*

*a) The Word, Worship & Prayer (WWP) check*

*b) The Faith level check*

*c) The Heart check*

*d) The Eyes, Ears & Thoughts (EET) check*

*e) The Love level check*

*2. What are some changes that I need to make in my life right now?*

*What must I do to sustain these changes?*



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If time permits, each one takes a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

**FELLOWSHIP by sharing your life and spiritual journey**

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

**ENCOURAGE each other by praying and ministering to one another**

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

- 1, individuals and families to be protected and strengthened*
- 2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.*
- 3, for the churches in our city and our nation. Pray for many to come to the saving knowledge of the Lord Jesus.*

Close by thanking God together.



**USEFUL RESOURCES**



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

**YOUTUBE:** <https://youtube.com/allpeopleschurchbangalore>

**WEBSITE:** <https://apcwo.org/live>

Our other websites and free resources:

**CHURCH:** <https://apcwo.org>

**FREE SERMONS:** <https://apcwo.org/resources/sermons>

**FREE BOOKS:** <https://apcwo.org/books/english>

**DAILY DEVOTIONALS:** <https://apcwo.org/resources/daily-devotional>

**JESUS CHRIST:** <https://examiningjesus.com>

**BIBLE COLLEGE:** <https://apcbiblecollege.org>

**E-LEARNING:** <https://apcbiblecollege.org/elearn>

**WEEKEND SCHOOLS:** <https://apcwo.org/ministries/weekend-schools>

**COUNSELING:** <https://chrysalislife.org>

**MUSIC:** <https://apcmusic.org>

**MINISTERS FELLOWSHIP:** <https://pamfi.org>

**CHURCH APP:** <https://apcwo.org/app>

**CHURCHES:** <https://apcwo.org/ministries/churches>

**WORLD MISSIONS:** <https://apcworldmissions.org>