



The condition of my heart.

When it comes to my being spiritually healthy...

1. God wants me to **acknowledge my spiritual condition.**

I know your deeds; you have a reputation of being alive, but you are dead. **Revelation 3:1b (NIV)**

You are like whitewashed tombs, which look fine on the outside but are full of bones and decaying corpses on the inside. **Matthew 23:27 (GNT)**

2. God wants me to **monitor my spiritual vitals.**

Wake up!... **Revelation 3:2a (NIV)**

Be alert,... **Revelation 3:2a (GW)**

Be watchful,... **Revelation 3:2a (MEV)**

Therefore if you do not keep-watch, I will come like a thief. And you will never know at what hour I will come upon you. **Revelation 3:3b (DLNT)**

The Four Vitals of My Faith:

Vital sign #1

My ability to hear.

Wake up!... **Revelation 3:2a (NIV)**

Open your ears, and come to me! Listen so that you may live! **Isaiah 55:3 (GW)**

Vital sign #2

My response to stimulation.

I know your deeds...you are dead. ²...I have found your deeds unfinished in the sight of my God. **Revelation 3:1b, 2b (NIV)**

If faith does nothing, then that faith is dead. **James 2:17b (ICB)**

Obey my commands, and you will live. **Proverbs 7:2a (NCV)**

Watch over your heart with all diligence, for from it flow the springs of life. **Proverbs 4:23 (AMP)**

Yet you have a few people in Sardis who have not soiled their clothes. They will walk with me, dressed in white, for they are worthy. **Revelation 3:4 (NIV)**

My heart has heard you say, "Come and talk with me." And my heart responds, "Lord, I am coming." **Psalms 27:8 (NLT)**

My heart is steady, God; my heart is steady. I will sing and praise you. **Psalms 57:7 (NCV)**

Vital sign #4

My breathing.

These are the words of him who holds the seven spirits of God... **Revelation 3:1a (NIV)**

...the Spirit brings life. **2 Corinthians 3:6b (GW)**

I will put my Spirit in you, and you will live again... **Ezekiel 37:14a (NLT)**

3. God wants me to **do my part to keep my faith alive.**

Spend your time and energy in the exercise of keeping spiritually fit. **1 Timothy 4:7b (TLB)**

...Strengthen what remains and is about to die, for I have found your deeds unfinished in the sight of my God. ³ Remember, therefore, what you have received and heard; hold it fast, and repent. **Revelation 3:2-3a (NIV)**
