

## A COACHING PROCESS FOR ACHIEVING OPTIMAL SPIRITUAL HEALTH OF LOCAL CONGREGATIONS

The spiritual health of local churches and individual members is the foundation for natural church development and effective evangelism.

### The Experiential Model of the Three Angels' Messages: Revelation 14:6-12

#### Diagnosis of Spiritual Disease: The Results of Contract-salvation

- The symptoms of 'Babylon' – looking for love in the wrong places, depending on others to fill your cup, pride, performance-generated self-worth, the abuse of love. Detect the accompanying negative emotions of Babylon-like living.
- The symptoms of the 'beast' – the 'never enough' disease, self-sufficiency, the control disease, the abuse of power (force, fear, threat, manipulation, intimidation etc). Detect the accompanying negative emotions of beast-like living. Identify the principles of the operations of the beast by discerning the 'beast virus' – Satan's lies about God, yourself, and others resulting in an identity based on the performance of external behaviors.
- Detect where we have sought relief for the symptoms rather than addressing the core source of the pain. Trace the negative traits/emotions of fear, pride, anger, and self-sufficiency and self-justification to their source/s of lies, flawed thinking, about God.
- Detect the effects of a false identity: What you do determines who you are. Diagnose this dysfunction through the first four commandments of the Decalogue.
- Jesus always knocked at the door of human pain. Find the pain, and you will find the door where God is knocking. The point of pain is the place where God wants to start working in your life now.

#### God's Remedy – The Gift of the Everlasting Gospel: Covenant-salvation

- The good news of God's grace in the redemptive work of Jesus Christ as the foundation for spiritual and emotional health for both individuals and churches.
- Because of Christ's redemption we are perfectly justified, completely forgiven, fully accepted, and deeply loved – covenant salvation.

#### Our Response to the Gospel

- *Fear God* – and face your other fears unafraid.
- *Give glory to Him* – and overcome the life-damaging effects of legalism and pride. God is most glorified when we are most satisfied in Him.
- *Worship Him* – and receive the fullness of God's resources for your every need.
  1. Worship is a decentralization of self and the antidote to pride.
  2. Process all positive and negative emotions through worship. Start living your life in the Psalms daily.  
Example: *Whenever I am afraid I will trust in You* (Psalm 56:3).

#### The Evidences of Spiritual Health

- *The patience of the saints* – “super-abiding in Christ,” a willingness to wait on the Lord without running ahead of Him. Accepting trials and difficult situations without giving God a deadline to remove them.
- *Keep the commandments of God* – joyful and loving obedience.
  1. Protect your grace-based identity: the worship of one God, His image, His name, and His number.
  2. Discard your performance-based identity: the beast, his image, his name, and his number.
  3. Replacement of lies with God's truth, i.e. “What you do determines who you are” vs. “who you are determines what you do.”
- *Faith of Jesus* – complete trust in the covenant-faithfulness of Jesus Christ.