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GOOD MORNING – Bobby Schuller (BS) and Hannah Schuller (HS)

BS: This is the day the Lord has made. We will rejoice and be glad in it. Hello.

HS: Welcome church family, welcome visitors. We're so happy that you've joined us today. You know, if you need healing in your physical body, do not take the testimony of natural evidence, take the testimony of the word of God. He took up our infirmities and He bore our diseases and by His stripes you are healed. We love you.

BS: We're glad that you're joining us today, too, wherever you are, whether you're here in the sanctuary or out on the courtyard or maybe you're at home, or maybe you're on a hiking trail and you're just taking a break and you're joining us on your phone or something. No matter what, it's so amazing that we can gather together in this way, and we're so glad that you're joining us. And I'm just going to believe that God's going to do a good work in you as you work through this worship service with us.

Father, we ask in Jesus' name that you would pour out your Holy Spirit. We thank you, God, that you've forgiven us and renewed us and called us. Thank you, God, that you love us so much and that you see our futures, even when we don't know, we can know that you have a great future for us and we just love you and it's in Christ' name we pray, amen.

HS: Amen.

HAVEN: Turn to the person next to you and say God loves you and so do I.

SCRIPTURE – Matthew 5, 13 - 16 – Hannah Schuller

In preparation for the message, Matthew 5:13:

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Amen.

Interview Bobby Schuller (BS) and Bill Gaultiere (BG)

Dr. Bill Gaultiere is a pastor, author, psychologist, and mentor.

BG: We're created in God's image. We've been redeemed by Christ and we're made new, you see, and the Enneagram wants to help us in that process.

VOICE OVER: He and his wife Kristi reach thousands through their organization, Soul Shepherding, which helps train people in ministry and provide mentorship to pastors. Their new book, Journey of the Soul: A Practical Guide to Emotional and Spiritual Growth, offers hope and hands-on help for those who feel stuck in their faith journey and want to nurture their relationship with God

BS: Bill, great to see you and so grateful to have you here. For those of you who have read my book, You are Beloved, at the beginning I talked about someone who really carried me through so much and helped me come alive emotionally, and that person was Bill Gaultiere, my good, good friend for years, going on 15/20 years now, I think we've known each other, my mentor, probably my therapist. We're so glad to have you here! Welcome!

BG: Thank you Bobby. Good to be with you and all the people at Shepherds Grove and Hour of Power.

BS: We're grateful you and Kristi do a lot for a lot of pastors. You've spent a lot of time with both Hannah and me, and we're grateful for the work you're doing. And so excited about your new book, which has just come out. We loved the first book that you wrote.

Stay Salty

It's like kind of falling apart on our bookshelf and all high-lighted and doggie-eared and so we've started working through this one and it's just great and I think anybody that's a Gaultiere fan is going to enjoy your book. Tell us about your journey, I mean you're a pastor to pastors, you're definitely a Bible believing, Jesus loving disciple, but you're also a clinical therapist. How did you get into everything that you're doing?

BG: It really started when I was a boy and watching my mom read the Bible and just feed on God's word and draw close to Jesus, and so I learned to study the Bible from her, and then I went to the Christian bookstore and I discovered the classics of Christian devotion, books like *The Pursuit of God* by A.W. Tozer and *The Imitation of Christ* by Thomas A. Kempis, and just lit a fire inside of me to love God with my whole being and to follow Jesus and to love people, and I developed this dream to be a spiritual writer. And along the way I studied to become a psychologist and then became a pastor here at the Crystal Cathedral in the former campus and got to serve God in a lot of different ways, but my dream has always been to be a writer.

BS: Yes, I know that about you, too, and I remember that there was even a season when we were talking where there was a period where you had written a book and I think you threw it away or changed it. You just felt from the Lord that you needed to wait a long time. And that's one of the neat things I appreciate about you, Bill, is you just are always listening to the spirit.

BG: Yes, there was a book before this that I wrote and threw it out because it wasn't the right one and I just sensed that the Lord said 'this was an exercise for you to do with me,' and the Lord's read that book but then we put together *Journey of the Soul* and yes, it's been just a lot of fun doing this.

BS: It's interesting knowing how committed you are to Christ, that you're also very committed to the science of psychology. I remember when I was looking at colleges, there was one college that wouldn't allow, like it was a Christian college, wouldn't allow the study of psychology at their campus. And for some Christian circles, there's been a little bit of like it's a faux pas or something? Tell me about that. Like was that an issue for you? I mean when you were becoming a doctor and studying as a believer?

BG: Yes, we were breaking new ground there in many ways, with the integration of Christ-centered psychology and spirituality and that's what we write about, that's always been the passion for me and for my wife Kristi, and that's what we bring together in our Soul Shepherding ministry, because we want to help people understand their feelings and their faith and how that plays out in their relationships with one another and with the Lord. And so in *Journey to the Soul*, we unpack that with the stages of faith.

BS: Yes, tell me about the stages of faith. You do like an acronym for Christ, and these are really.. it's not hokey, these are like really useful things. There are so many people who write books and it just feels more like a sermon. And yours really isn't a sermon as much as it is an actual guide on how to get better, so tell me about the acronym.

BG: Yes, well so we've done a ton of research on this book and other books, in our own work as therapists and spiritual directors, and so there's a lot of robust science underneath this, but it lays out in the model that's pretty simple and so the acronym is Christ. The C stage is confidence in Christ. That's where we become a Christian, we're born again. And then the H stage is help in discipleship where we're getting involved in church and we're digging into God's word and we're learning spiritual disciplines. And then the R stage is responsibilities in ministry. We discover our gifts and then we can make a difference, we can help people, we can serve the Lord. And then usually about in there somewhere, if we haven't already, we hit the wall and we need help getting through that. And then there's this whole other half of the journey, the inner journey, the I stage, when that's when we're going deeper in self-awareness and intimacy with God. And then the S stage is spirit led ministry. We're putting out our sail and the wind of the spirit is blowing us along. And this is the easy yoke stage, like my book *Your Best Life*. Easy yoke is like all about the I stage and the S stage. And then in the *Journey of the Soul*, we finish with the T stage of transforming union and that's full-on practicing God's presence and loving people in Jesus' name.

BS: I want to talk to you about the wall because I think a lot of people are there right now. You and I, we'll walk actually around this neighborhood. I'll come to your house and I have even before we moved here, you live just up the street, and we'll walk around the lake which is near the church here and talk about the Lord and I think you're basically giving me free therapy, even though I don't think of it that way. But I was talking to you about how this year I was working on a book, and I got about three chapters in and just fell into this like crippling depression, and that was an experience in that way I that I had ever had.

Stay Salty

And I think a lot of people are having either like a lot of that type of thing, and then they're surprised by it, or a lot of people just feel like everything is upstream. What do you say to someone right now that feels like they love the Lord, they haven't lost their faith, but they're just out of energy, they just feel like they're at a wall?

BG: Yes, everything is harder during the pandemic. Whatever health problems or relationship problems or life problems we have, they just seem to be worse. And so the opportunity in that is that the Holy Spirit is evoking deep stuff within us so even in your journey with your book, there is some reflecting, there's some praying and then there's some waiting on the Lord in that. And so He's doing a deeper work in you through that. The opportunity is to learn the language of feelings and faith and these Christ stages, and then to talk about it with a friend and try the soul care practices that we teach. They're really the simple ways of praying scripture, and it helps us come back to life.

BS: Bill, we appreciate all that you're doing and if you feel like you've been there before, or you just kind of need an actually really useful guide, I really want to encourage you to get Journey of the Soul. Bill, you and Kristi, you have a podcast, your Facebook is great, we're going to do a Facebook video soon. We've done them before and I've been on your podcast, but I really want to encourage people to check out this book. Thank you, Bill, so much for everything that you're doing. We appreciate you.

BG: Thanks for having me, Bobby. It's great to be with all of you.

Declaration – Bobby Schuller

Would you stand with us? Hold your hands out like this as a way of receiving from the Lord. We're going to say this creed together as we do every week: I'm not what I do. I'm not what I have. I'm not what people say about me. I am the beloved of God. Its who I am. No one can take it from me. I don't have to worry, I don't have to hurry, I can trust my friend Jesus and share His love with the world. Amen!

MESSAGE – Bobby Schuller "Stay Salty"

Years ago, when I was in school, I bounced around at a lot of schools, but there was one I was at for quite a time. It was a private Baptist Christian school in the valley of Los Angeles. There were a bunch and I won't say the school, but I actually really enjoyed my time there. I think it was a very positive experience. We're sending our daughter to a Christian school. I think it was a good thing for me to do. But like every basket, you're going to find a few bad eggs from time to time. I remember I had an elementary school teacher. I won't say her real last name. She's probably dead, but even if she's still alive, I don't want her to hear it, and if she's dead, I don't want her to haunt my dreams. And we called her Mrs. Nun. And that's not an insult to nuns, but as kids, she just came across with that sort of mean nun-type spirit. And she taught this class. I remember in school, we would watch these videos. You remember there would be like a big box TV. I don't know where they got these carts. I swear they bought them from the DMV, but there was a big like TV on top, then a thing, and then like a VHS and they'd wheel it out and anytime they wanted to show you a video she would wheel in this thing and turn it on and go sit in the back or something. I remember we used to watch these videos that were probably made in the 60's or 70's and they were all about the end times, and they were very scary for little kids. I mean I was not little, little, but probably 9 or 10, something like that. And they'd have these videos of people getting like guillotined and strangled and tortured. And it was very much like turn or burn, this kind of message. And we got this reinforced a lot. I remember once when Mrs. Nun was reading to us the story of the flood. The moral of the story was not God is always doing a new thing, or God saves Noah and his family because of their obedience and goodness. Or it wasn't even God loves the animals, like something you'd normally talk to kids about. When we were done reading the story, she looked at us and she goes 'so, if God destroyed the world the first time with a flood, how's He going to do it the second time?' And all of us are just kind of looking at her, like waiting for the answer. And she's like 'with fire! With fire!' She's like 'yes, on that final day, everything and everyone is going to burn. And the Lord is going to cleanse the whole earth with fire and you are going to burn, unless you confess your sins to Jesus.' Now when she said this, she didn't mean the confession of faith and coming to faith, she taught us that you had to confess every sin forever. So not only did you have to repent of all your other sins, but like let's say you did a sin between your last confession and when you die, and you didn't confess that sin, then even if you were Christian, you'd still go to hell.

Stay Salty

I remember one kid asked something like so if I'm in the car and I'm about to get in an accident and then I cuss, and then the car crashes and I die, I'll go to hell? And she'll be like yep. So don't cuss. And so it kind of bothered me and by the way that's a heresy, but aside from that, it's been prevalent in some church's things like that. And I remember it kind of bothered me and I remember talking to my mom about it, and she said Bobby, you know, we obviously don't want to sin and we want to confess our sins, but she said the great thing about the cross is He didn't just die for all the sins you did, He died for all the sins that you're going to do. And so she had a good Presbyterian theology there, Tim. I was proud of having my mom there. But for me, it was interesting because it was really more the spirit behind a lot of churches like that, and I sort of understand it. I get why. I want to be holy; I want to do what is good. I don't want to be compliant in sin and stuff. And yet at the same time, very often it's hard not to picture Mrs. Nun and the pharisees, for example, like being kind of the same crew. Very often I've found that even growing up in church, many churches didn't have a vision. In other words, the church was all about don't do stuff. That was their message. The main message is don't do stuff. If you're worried that this stuff, maybe you shouldn't do it, don't do that one, either. And so the vision was really about becoming a person who doesn't do anything. For sure as believers, there are things we're not supposed to do. When we're saved, there are things that we're supposed to die to. But it's for a greater vision. It's so that we can become and experience and do so much more. If I'm a runner and I want to run faster, there are going to be certain foods I'm not going to eat. I'm not just going to be like I'm not going to eat that, I'm going to not eat them so I can be faster. And many of the things that we sacrifice in life, we're only really able to have the strength to give those things up if we have a vision for what we can achieve if we do it. Now actually my experience with nuns, I'm not Catholic. I know you're surprised to hear that. My experience with nuns has been actually very positive. I've known a few nuns and they've all been wonderful people. I had a friend who was a pastor, Christian pastor, and he had a spiritual director that was a nun, and he told her being Catholic, he was like I'm going to give up something for lent. And this little nun, she grabbed his arm and she looked at him and she said why would you give something up? And he was like kind of confused. She's like in lent, we don't give something up. In lent we want to attain something and we get rid of the thing that's in the way. So for her, she was trying to teach my pastor friend that yes, if you have to give something up fine, but make sure that you hold in your heart a vision for what it is you want to get. Too many Christians today are all about giving up something, but they don't understand why. What is it that we're trying to achieve? What is it that we're trying to become or in Jesus' words, what reward will we get? And if we don't know what reward we will get, very often we lose the heart when the true test comes and we do the wrong thing. At the end of the day, maybe you grew up this way. You grew up in a church like this. Or maybe it wasn't a church, it was just you had very strict parents or something like that where everything was just don't do this, don't do stuff. And I'm so glad that Jesus taught us to do stuff. He taught us to go places and to do things, to go into all the earth and to become someone. To become like Him, but to become the fullness of who He created us to be. One way that He teaches us to do that is this analogy that He uses that is so rich that we lose in our day today and that is, of all things, salt. Now if I talked to you about salt, many of us are going to picture table salt, but in Jesus' day, salt was a very special thing. In central Italy about 800 years before Jesus, there was a little village and they had access to a salt mine. And this salt was so important to them that they built a road called the Via Salaria that became the first Roman road. And this would begin a vast network of roads that would build one of the greatest empires ever, the Roman empire, from which we derive much of our language. Historians now disagree on this, but historians also disagree on everything, but the word "salary" comes from the idea that Roman soldiers, if they didn't have gold on hand, the generals would sometimes pay them in salt because salt was a commodity that you could use in any market just like you could use cash or money. So a salary, as *salarium* became the word "salary" that we use today. And likewise, those Roman soldiers derived their name from salt, also. "Soldier" comes from "sal" for salt and "dare" to give. So soldiers are salt givers. There's this like idea that they're really giving it to them. "Sal dare" becomes "soldier" which we use today. I could talk about salad and salami and a number of other fun words, but there becomes a point where I'm just self-aggrandizing. Anyway, so salt really, essentially is key to so many empires and so much life, and we're out of touch with that because salt is so readily available to us, but salt is available to so many people. In the book of Ezra, there's a story where the Persians are writing to the Persian king because they're concerned about Jerusalem building its walls. This is what the original text says, the servants of the Persian king.

Stay Salty

It says “now since we’re under obligation to the palace and it is not proper for us to see the king dishonored, we are sending this message to inform the king.” Okay and I talked about this last week, how bizarre Hebrew is, it’s very hard to interpret because there’s no vowels. Anyway, this is what it actually says literally. It actually says “because we are salted with the salt of the palace.” Now the translator made it because we’re devoted to the king and we’re loyal to him, which is what they’re saying, but it literally says because we are salted with the salt of the palace, so that doesn’t make any sense to us, but to them, they’re saying we are loyal to you because we know you’ve given us everything we have. You have given us all the salt we got. And so we’re thankful for that. And so throughout history if you read your history book, you’re going to find how often salt kind of like oil will appear in a lot of modern histories. Salt is constantly in the middle of wars. China had multiple big, big wars over salt. The famous war between Genoa and Venice was over salt. You can make a case even that the French Revolution was really started over a salt tax. So it’s amazing that you just find it. What’s the point? In all of this, Jesus says this amazing thing to His disciples in a world where salt is this incredible valuable commodity. You cannot build an empire without it, people die over it, people fight over it. Salt is just an amazing resource. Jesus is sitting out on this hill and there are maybe thousands of people there, we don’t know, but many people. A lot of people there probably don’t want to hear a sermon from Him. A lot of them are probably sick and they think He’s going to heal them. A lot of them are probably like the way we would be if we saw Lebron James – I just want to see him and get an autograph or something. But at the end of the day, He looks at all of these beat down, hurting people and He says “you are the salt of the earth. But if the salt loses its saltiness, it’s no longer good for anything except to be thrown out and trampled by men. You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. No, they put it on a stand and it gives light to the whole house. Therefore, let your light shine before men that they may see your good deeds and praise your Father who is in the heavens.” If I were to ask you in a Bible class who’s the light of the world, my guess is most of you wouldn’t say I am. But that’s what Jesus says. We would say Jesus is the light of the world, and He is. But Jesus Himself says you are the light of the world, and you are the salt of the earth. The salt of the earth. What a huge compliment that is, that Jesus is paying to lowborn, no account paupers and strugglers and people who don’t seem that spiritual. Salt is precious in Jesus’ day. The idea like of what we do today where we like sprinkle some salt on food, people wouldn’t have done that back then unless you were super rich. Most of the time you use a little bit of salt. Why is salt so expensive? There are basically three things. Number one, we’re out of touch because we have refrigerators, but in order to store food you have to salt it. So let me ask you, if you kill like a cow or a steer rather, or if you kill a chicken or something, let’s say you had a chicken breast and you left it on your counter at room temperature, how long would it be where you couldn’t eat that chicken breast anymore? A few hours maybe? Okay? You don’t have a fridge because you’re the first century in the middle east, so how do you preserve if you’ve got a hundred chicken breasts and a family of five, how do you not waste that food? And the answer is well one, try not to kill a hundred chickens at one time, Greg. Don’t do that. The answer is you salt it, right? You brine it or you put it in salt and so this is how food is stored. Food is stored by putting it in like.. I think that’s probably salted ham chops or something. Doesn’t look very good though, does it. Yuck. Anyway. But that’s how you preserve your food. Okay. So because of this, you can’t have boats sailing off, and you can’t have vast empires and big cities unless you’re able to preserve the food. So you can’t survive without it. The second thing is that salt then also has this like purity element to it. You look at a salt crystal up close there’s something about it that it’s just like very pretty, has like a crystal kind of look to it. And because it purifies the food, is how the ancients would have viewed it and that’s how it preserves it, they would have looked at the salt as like purity or a symbol for holiness. It would be the idea that like I am coming before you pure, salted. In fact, covenants were made with salt, it even talks about it in the Old Testament. It’s symbolic of purity and it preserves food, but can we just get to the main point? I know what you are all thinking – why is salt really valuable? It’s because it’s delicious. Can you imagine eating French fries without salt? If you go to a Mexican restaurant with me after church today, and they bring chips to our table, I am going to ask you if I can put some chips on my salt. That’s how much I love salt. It’s delicious, right? Everybody knows salt is yummy. I mean there’s something about it that I think is probably built into our biology that when something tastes salty, like bacon or putting salt on your popcorn, it makes it good. And salty sweets even better. Have you ever had kettle corn? Or Hannah told me I can’t say margaritas. What else? Toffee is good. Caramel, salty sweet. All right, you get it. Salts delicious.

Stay Salty

All of this to simply say I think one of the greatest dangers to the mission of the church is Christians who have no flavor. Christians that have no flavor! This Mrs. Nun type Christian that everything is about not doing stuff, and everything is about bottling stuff in, and everything is about hiding and just don't do this thing. And I find that as I've gotten to know the Lord, is that the Lord brings freedom to be a salty person, to be a person full of fire! A person full of passion and wind and life! A person who knows why I'm waking up in the morning! A person with vision. And I think that more than anything, this is what Jesus is saying. That you're a salty person, that you salt the world, that you preserve it, you make it holy, but there's something delicious about you. That people don't grimace when they look at Christians. Many of us have experienced that type of a Christian. Robert Lewis Stevenson, he was the author of Treasure Island, brilliant author. He's the guy that basically gave pirates their accent. I think that's a Cornish accent. Anyway. He said "I have been to church today and I'm not depressed." Famous quote. The great supreme court justice Oliver Wendell Holmes said, "I might have entered the ministry if certain clergymen I knew had not looked and acted so much like undertakers." So we've known that type of person. And nobody wants to be that type of person. All of this not to say that you need to be like me, or you have to be some bubbly overflowing person, but more to say that God gives us the freedom to be truly ourselves and to not feel like we have to hide. That we can laugh a little too loud, and we can be silly, and we can do these types of things. I think that's been for me in my life leading this church, I sometimes worry about being maybe I'm too silly or I make too many jokes or this type of thing. But I think those who are my friends, they know deep down inside I care passionately about what we're doing and I do take it seriously. But I always want to be careful not to become the undertaker and not to become the depressive. If I'm going to air on one side or the other, I'd rather be a little too silly. And I think at the heart of our church, really, it's not in our vision statement anywhere or anything like that, but really woven into the fabric of our culture is freedom, really a desire that people when they're at church in their pursuit of Jesus Christ and holiness, they're also given a cultural freedom to really be themselves. I think that's what God is saying to you. That many of us, that we can be serious about morality and good and evil, and at the same time be light hearted. And I think that is what God wants for us is to not be so worried all the time, but rather to be salty and to be on fire for Him! And to be full of joy and full of life, and I know you are. Don't let other people pressure you into becoming someone you're not. Become the person God's called you to be and that's enough for Him, that's enough for me, and you'll be much happier if you do that. In Revelation chapter 3, there is this pretty hard core.. I like reading the bad Bible verses, because I think they're misunderstood. But anyway, here's one that is.. there are no bad Bible verses, right? But you know what I mean; the scary ones. So in the book of Revelation, Jesus writes, and I'll finish with this. He writes to seven churches, and all of the seven churches get like a little combination of like good and bad. Here's the good things you're doing, here's the bad things you're doing. Except for one, and that's Laodicea, which gets only bad. And this is the famous one where Jesus says I want you to be hot or cold. Let me read it to you real quick. "These are the words of him who is holy and true." Nope that's wrong. Wrong church, sorry. "These are the words of the amen, the faithful and true witness, the ruler of God's creation, I know your deeds that you are neither cold nor hot. I wish you were either one or the other. So because you are lukewarm, neither hot or cold, I'm about to spit you out of my mouth. You say I am rich! I have acquired wealth and I don't need a thing. But you do not realize that you are wretched, pitiful, poor, blind and naked. I counsel you to buy from me gold refined in the fire so you can become rich and white clothes to wear so you can cover your shameful nakedness and salve to put on your eyes so you can see those whom I love, I rebuke and discipline so be earnest and repent." Now in the first century, this was written to a city, a church in a city called Laodicea which is a famous city, very big, hundred and fifty thousand people, which back then was a very big city. Very wealthy so it was like a trade center. Think of Wall Street, something like that. In what was then called Asia Minor, today is modern day Turkey. And this Laodicea city had a water problem that everybody knew about. Near Laodicea there was a city called Colossae. Now let me just say this, by the way. Every time I've heard this passage taught it's been taught incorrectly. Its taught like this: I would rather you be really evil or really good, just don't be in the middle. Like I want you to like either totally reject God or be on fire for God, just don't be in the middle. And that might be a good message, but that's not what the prophet is saying here. The prophet is saying that both things are good. Near Laodicea, there is a city called Colossae, only a few miles away, and it has one of the freshest mountain water springs you can imagine. Beautiful.

Stay Salty

It's the kind that when you see it, you just want to dunk your head and its ice-cold melted snow, just clean, pure, delicious water. Yes, doesn't that look good? And it's the kind that can sustain a territory and it just is the kind of water you want to drink. And its ice cold, yum. And then not that far, only I think four miles in the opposite direction, is another famous place near the Hierapolis called Pamukkale. You can actually go here. I've been here before. You can visit this today in Turkey. Now that white stuff you're seeing behind me is not snow. That is an 85-degree weather sunny day, and all that white stuff is minerals that are good for you. This is a hot spring and it was a famous place in the Roman empire where you could go to be healed of various skin diseases and stuff. Everybody knew about this, very close to Laodicea, and this hot water was healing, healing. And there are many doctors in this place and physicians, so you would go here and you would rest and you would heal and there was a lot of, in their world, a lot of ideas around hot water healing you, and so that's where you would go to get well. But Laodicea had a problem. They didn't have a source of water. So they had to pipe in their water from six miles away, and there were lots of original sources that shows this is a constant problem. Here's a pipe from Laodicea from an archaeological site. You can see that in the inside of this pipe, they kept cleaning and multiple times were repairing these pipes because there was so much sediment in the water from all the minerals in the earth that they would keep clogging up. And so what would happen is if you lived in Laodicea, you had everything you could imagine. Just gold and tapestries and beautiful. Everything. Beautiful, gorgeous, and a symbol of incredible wealth, but you couldn't get a good glass of water! So if you wanted really good ice-cold water, you had to go to Colossae. And you couldn't get any hot baths, so if you wanted healing, you had to go to Pamukkale. If you lived there and you asked for a glass of water, you're going to get this lukewarm, it was very gritty. It had like chalkiness in it, and you have to drink this stuff, and they were always trying to find ways to solve it, and they eventually never did. And see this is the symbol that Jesus is saying through the prophet John to the church in Laodicea. Your spiritual life is like your city. You're not ice-cold refreshing water and you're not the healing hot springs, you're just this lukewarm, gritty. You say on the outside, I'm rich, I've got everything salt, but on the inside you're just kind of dead. Nothing's going on. And this is the call to the church in Laodicea and this is the call to me and to you. And that is that we need to be either hot or cold or both! Cold being nourishing, refreshing spring water. That's what somebody would have thought of if they thought of cold water. Or healing, healing people that are hurting and broken or both and I think you're both. You see it's a prophecy about.. I hate to say it this way, but usefulness. That you're the best version of you. That you're not restrained by culture and different things, but that your eyes are so fixed on the Lord and on His scripture and on His call for your life that you're not afraid of being a little silly sometimes, you're not afraid of letting loose in worship, you're not afraid of laughing, you're not afraid of praying for strangers. I think that at the end of the day, the saltiness of believers, the joy of believers is the most alluring thing about us. If we lose that, we're no longer good for anything. And I want you to know that God has called you to be someone very special and you already are somebody very special. And I want you to know that you can reject all those old voices and know that you are loved by God just as you are and that He's going to help you work through sins and different things, but it's for a higher purpose. You're going to become holy so you can become the woman or man of God that He's created you to be so that you can heal the nations, so that you can be a source of nourishment to your neighbor, so that you can be a source of kindness to people who are hurting, who feel alone. So don't allow those pressures to try and change you into being someone you're not but become the person God has called you to be – a joy filled, loving, life-giving person that I know you already are. Father, we thank you so much that you love us and we thank you that you've forgiven us of our sins. Lord, we want to be holy the way an athlete wants to be in shape. Lord, we want these things so we can achieve the prize that you've set before us. Lord, we thank you so much and I pray for anybody now who's feeling out of energy, and who's feeling that they're always trying to please everybody, and someone who just feels like they can't be themselves in a room full of people. I just pray freedom over that person right now, in Jesus' name, Lord, just begin to break those chains and help us to be fully alive in your Holy Spirit. We thank you Lord, and it's in Jesus' name we pray, amen.

BENEDICTION – Bobby Schuller

The Lord bless you and keep you. The Lord make His face to shine upon you and be gracious unto you. The Lord lift His countenance upon you and give you peace in the name of the Father and of the Son and of the Holy Spirit, amen.