

HOT OR COLD

FASTING 2025

“I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth! You say, ‘I am rich. I have everything I want. I don’t need a thing!’ And you don’t realize that you are wretched and miserable and poor and blind and naked. So I advise you to buy gold from me—gold that has been purified by fire. Then you will be rich. Also buy white garments from me so you will not be shamed by your nakedness, and ointment for your eyes so you will be able to see.

Revelation 3:15-18 NLT

Laodicea was a rich and prosperous city, known for its banks, wool, and an eye ointment. However, it had lukewarm water due to an aqueduct that brought water from hot springs, resulting in a distasteful drink. Spiritually, the church in Laodicea had also become lukewarm, apathetic, and indifferent, making it displeasing to God. Believers did not take a firm stand on anything, which led them to idleness and self-satisfaction. This spiritual lukewarmness caused the church to destroy itself.

Spiritual lukewarmness is a state in which a person's faith becomes mediocre, lacking fervor and passion. God cannot use nominal or apathetic Christians. It is essential not to settle for following God half-heartedly; instead, we must allow Christ to ignite our faith and move us to action.

Jesus advises the Laodiceans to seek true value in Him: purified gold, white garments of righteousness, and a spiritual ointment to open their eyes to the truth. This is an invitation to abandon superficialities and deepen into a transformative relationship with God.

- **Purified Gold:** The result of our faith refined by the fire of trials and perseverance as we remain in Him.
- **White Garments:** They represent the good works of God's people, garments which He has prepared in advance for us to walk in.
- **Eye Ointment:** The ability to see life through God's eyes, from a spiritual perspective rather than just a natural one.

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

James 1:6-8 NIV

An indecisive faith—one that doubts and is inconsistent, cannot expect anything from the Lord. This type of lukewarm faith is like the waves of the sea: unstable and carried by the wind. In our lives, this lukewarmness can manifest when we commit to a spiritual task or responsibility, only to abandon it when circumstances become complicated. It may arise from opposition, fear of what others will say, lack of resources, or even the appeal of other doctrines or the comforts that the world offers us.

When there is spiritual lukewarmness, the believer must be alarmed and pay attention to take action. We cannot afford to be indifferent or apathetic in our faith. Christ invites us into a fervent and genuine relationship, where His love and purpose guide us. Let us take this opportunity to examine our lives and turn to Him with renewed zeal and devotion.

Application

Take on the challenge of honestly and regularly evaluating the state of your faith. Ask yourself if there are areas where you have become complacent or lukewarm. Identify both external and internal factors that may be contributing to this spiritual indifference.

Focus more on the spiritual than the material. Start each day by asking God to ignite your faith. Pray for a heart that burns with passion and is willing to act on His calling, no matter the circumstances. Spend time in prayer, study the Word, and look for ways to put your faith into action by serving others and actively engaging with your community of believers.

Practice gratitude and dependence on God. Don't let material abundance diminish your spiritual hunger.

Reflection

Are there areas in my life where I have fallen into spiritual lukewarmness? How can I take concrete steps to revive my faith and depend more on God?