

Spiritual Temperature Check

Title: *Is My Heart Growing Cold?*

Scripture: *Matthew 24:1-12*

Scripture Focus: Matthew 24:12

When our hearts begin to cool, it doesn't happen all at once. It happens slowly as we **drift away from** prayer, Scripture, and fellowship. Take a few quiet minutes and ask yourself these questions:

Self-Check

- Have I lost my appetite for God's Word?
- When I pray, am I just going through the motions?
- Do I look forward to being in church, or has it become a habit instead of a joy?
- Do I look for ways to serve, or wait to be asked?
- Am I more critical of others than compassionate toward them?
- Do I notice when someone around me is hurting, or have I grown numb to their need?



If You Feel Yourself Cooling

- Read one Psalm each day this week and pray it back to God.
- Write down one answer to prayer each week, even a small one.
- Encourage another believer with a note, text, or phone call.
- Commit to one extra service or study this month.
- Find one small way to serve, even behind the scenes.

Remember:

A cold heart treats God's Word as optional. A warm heart sees it as oxygen.