

THE LEAK OF NEGLECT

Scripture:

“Pay careful attention... so that you do not drift away.” — **Hebrews 2:1 (NLT)**

Big Idea

Most spiritual dryness isn’t the result of open rebellion—it’s the result of **quiet neglect**. Drift doesn’t announce itself. It happens one skipped moment at a time.

Key Truth

Neglect weakens the container. Less prayer. Less Scripture. Less stillness. Less time with God. And over time, you don’t lose salvation—you lose **sensitivity**. You start living disconnected from the Source.

What This Leak Looks Like

- You still love God, but you’ve lost your rhythm
- You’re busy, but not built up
- You’re functioning, but not filled
- You’re scrolling more than you’re soaking
- You’re surviving spiritually instead of overflowing

Why Rhythms Matter

Spiritual habits are not legalism—they’re **lifelines**.

They don’t earn God’s love; they **keep you close to the One who loves you**.

Small, consistent practices expand your capacity to carry God’s presence.

Overflow is sustained through intentional rhythms.

What you consistently practice shapes what you can carry.

Reflection Questions

1. Where have you drifted spiritually?
2. Which habits strengthen your container?
3. What small rhythm could you reintroduce today?

Prayer



Lord, forgive me for neglecting what keeps me close to You. Help me rebuild healthy rhythms that nourish my soul. Strengthen my container so I can live in overflow. Amen.

Next Step