

## THE LEAK OF NEGLECT

### Scripture:

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

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### 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**