

## **SPIRITUAL TASK —HEARTS BURNING WITH LOVE**

**Story** In several places in the Word the Lord uses the imagery of coldness and heat to encapsulate a facet of our spiritual lives. In the Psalms we read that He makes His ministers a “flame of fire.” We also heard of the two disciples whose hearts burned within them as they remembered their visit with the Lord, and of a prophecy of the time right before the Lord’s second coming when the hearts of many would grow cold.

**Meaning** The Lord teaches that in our path of regeneration, as we live our lives, we will fluctuate between warm states and cold states, or states when we are focused on our spiritual lives—on reaching out in charity to those around us, and times when we’re not. When we reflect on our experience of these states—on the empty, self-absorbed feeling of the cold states, and the vibrant joy of the warm states, we can feel inspired to renew our efforts to welcome the Lord into our lives, so that He can build a fire of love within us that eventually will never be quenched.

**Task** Place a candle or lamp in a conspicuous place in your house (keeping conscious of safety). When you wake up in the morning, or when you return home at any point in the day, consider lighting the candle or lamp as a reminder of your goal of welcoming the Lord into your daily activities. Try to do at least one extra thing in the presence of that light that you believe would allow the Lord into your heart, whether it’s a small kindness for someone else, or a time of prayer or reading from the Word. In these ways the Lord can slowly but surely continue His work of transforming you into a “flame of fire.”