



SPIRITUAL CARDIAC ARREST

JUNE 22, 2026

EPHESIANS 3:17a NKJV – (17a) *that Christ may dwell in your hearts through faith;* that you, being rooted and grounded in love,

"Spiritual cardiac arrest" is not a recognized medical term. It's a metaphor, often used in religious or spiritual contexts, to describe a state of spiritual decline or disconnection from faith or a higher power. It can be likened to a "spiritual heart attack," where one's spiritual well-being is severely compromised.

Here's a breakdown of the concept: **Metaphorical** - It's a way to describe a feeling of being spiritually lost, disconnected, or experiencing a lack of faith or purpose. **Contrast with physical cardiac arrest** - It's not a physical medical condition; it's about a person's spiritual or emotional state. **Possible signs** - Symptoms can include feelings of emptiness, isolation, lack of motivation, or a loss of meaning in life.

Seeking help: **Spiritual guidance** - Seeking counsel from religious leaders, counselors, or support groups can help individuals address their spiritual needs. **Self-reflection** - Practices like prayer, meditation, or journaling can help individuals reconnect with their inner selves.

In essence, "spiritual cardiac arrest" serves as a powerful metaphor to describe a state of spiritual distress and the need for healing and restoration. **Ephesians 3:17** states, "Then *Christ will make his home in your hearts as you trust in him,*" indicating Christ dwells in the hearts of those who believe. Because God has rooted and grounded us in His own love, we can live in relationship and fellowship with Him, getting to know His amazing love better each day.

SCRIPTURE READING: JOHN 14:23

THOUGHT FOR THE WEEK: Home is where the healthy heart is.