



In God's revelation to humanity, we find clear warnings against a silent yet devastating enemy: spiritual lukewarmness. Jesus Himself, in the book of Revelation, gives us a chilling warning:

"I know your works; you are neither cold nor hot. Would that you were either cold or hot! So, because you are lukewarm, and neither hot nor cold, I will spit you out of my mouth." (Rev 3:15-16)

This passage, addressed to the church of Laodicea, is one of the strongest admonitions in Scripture. Lukewarmness is a spiritual disease that slowly corrodes the soul until faith is reduced to a lifeless habit. It is not outright rejection of God (as in the case of a convinced atheist) nor the burning fervor of a true disciple, but rather a state of dangerous mediocrity and self-satisfaction.

But what does it really mean to be a lukewarm soul? How can we recognize this spiritual sickness, and what are its consequences?

1. What Is a Lukewarm Soul?

A lukewarm soul is one that has lost its fervor in its relationship with God, falling into indifference and spiritual complacency. It does not openly reject the faith, but neither does it strive to live it with intensity. It is the Christian who believes in God but does not allow that faith to transform their life.

Spiritual lukewarmness is particularly dangerous because it is not a single sin but a continuous attitude of negligence and self-sufficiency. The lukewarm soul is stuck in a comfort zone, thinking, *"Everything is fine"* and that there is no need to change.

Signs of a Lukewarm Soul:

1. **Prays little and without fervor.** Their prayer is quick, distracted, or nonexistent.
2. **Goes to confession without real repentance.** Attends out of habit but without a true desire to change.
3. **Attends Mass but without commitment.** Their faith is more social than spiritual.
4. **Tolerates sin in their life.** Justifies it with phrases like *"God is merciful"* or *"everyone does it."*



5. **Does not seek holiness.** Believes that simply being a “good person” is enough.
6. **Fears committing to God.** Avoids sacrifices and renunciations.
7. **Conforms to the trends of the world.** Does not defend their faith when questioned.

The lukewarm soul lives in a kind of spiritual mirage: believing they are fine with God when, in reality, they have distanced themselves from Him.

2. Origin and Historical Context of Spiritual Lukewarmness

The warning against lukewarmness appears throughout salvation history. In the Old Testament, God constantly rebukes Israel when it becomes indifferent to His Law. In the Gospels, Jesus clashes with the Pharisees, whose religiosity was more about appearances than true love.

The Church Fathers also spoke about the danger of lukewarmness. St. Augustine warned that the greatest enemy of the soul is not violent temptation but the habit of living without enthusiasm for God. St. Thomas Aquinas explained that lukewarmness is a form of *acedia* (spiritual sloth), leading to contempt for the effort required to attain holiness.

In the Middle Ages, St. Teresa of Ávila and St. John of the Cross taught that lukewarmness is an obstacle in the mystical life. According to them, God permits spiritual crises to awaken lukewarm souls from their lethargy.

3. Why Is Lukewarmness So Dangerous?

Lukewarmness is dangerous because it numbs the soul, making it believe it is fine with God when it has actually grown cold. It is like a disease without obvious symptoms: the person does not realize its severity until it is too late.

Jesus says He will *spit* the lukewarm out of His mouth (Rev 3:16). This means that lukewarmness is repulsive to God because it is a state of hypocrisy. The lukewarm person does not reject God outright, but neither do they love Him wholeheartedly.

The problem with lukewarmness is that it hardens the heart. While a repentant sinner can easily find the way back to God, the lukewarm person does not feel the need to convert. They believe they do not need to improve.



Examples of Lukewarmness in Daily Life:

1. A Catholic who says they believe in God but never prays or goes to confession.
2. A person who lives in mortal sin but justifies it by saying *“God understands.”*
3. Someone who goes to Mass but leaves unchanged, with no desire for conversion.
4. A young person who identifies as Catholic but is ashamed to talk about their faith with friends.
5. A parent who does not teach their children the faith because *“they will decide for themselves when they grow up.”*

4. How to Overcome Spiritual Lukewarmness

If, while reading this article, you recognize signs of lukewarmness in your life, do not be discouraged. God does not want to condemn you—He wants to wake you up. The first step to overcoming lukewarmness is to acknowledge it.

Remedies for Lukewarmness:

1. **Fervent daily prayer.** Not just reciting prayers, but truly encountering God.
2. **Frequent confession.** It is necessary to confess not only sins but also coldness in faith.
3. **Spiritual reading.** The Bible, the lives of the saints, and good books can rekindle the fire of the soul.
4. **Sacrifice and mortification.** Lukewarmness is fought with small acts of renunciation and love for God.
5. **Commitment to the Church.** Serving in the community helps break selfishness and passivity.
6. **Avoiding occasions of sin.** Sometimes lukewarmness comes from friendships or habits that distance us from God.
7. **Renewing love for the Eucharist.** Those who receive Jesus with faith and fervor will never be lukewarm.

An Urgent Call

St. John Vianney once said:

“There are no worse sinners than the lukewarm: their life is a



| *continuous mockery of God.”*

Lukewarmness is the easiest path to spiritual failure because it is not a scandalous sin but a slow drift into indifference. The great tragedy of many souls is not that they have fallen, but that they never sought to rise.

Today, more than ever, in a world that promotes comfort and minimal effort in everything, we must remember that Heaven is not for the mediocre. **God calls us to love Him with all our heart, not halfway.**

If you feel that your soul has become lukewarm, do not wait any longer. Reignite the fire of love for God. Return to Him with all your heart, and never again settle for a half-hearted faith!