



Heart Check

A SPIRITUAL SELF-ASSESSMENT



Spiritual Practice: Heart Check

“Search me, God, and know my heart...” — *Psalm 139:23*

Be Still

Take a moment to slow down. Breathe deeply.

Invite God in: God, show me what’s really going on in my heart.

Scripture

Psalm 139:23-24 “Search me, God, and know my heart... test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

What stands out to you? Why?

Notice Your Heart

What has been filling your heart this week?

Thoughts:

Emotions:

Reactions:

What’s Shaping You?

What is influencing how you respond right now?

Fear / Stress / Pressure / Comparison / Hurt / Control / Other:

Where do you feel hardened or distant?

Where do you feel open and alive?

Invite God to Speak

God, what are You showing me about my heart?

Respond to God

Confess:

Release:

Receive:

“Create in me a clean heart, O God...” – *Psalm 51:10*

Take a Step

What is one action you will take today?

Closing Prayer

God, keep my heart soft, aware, and aligned with You.

Help me not just examine my heart—but let You transform it.

Amen.