

Heart Check

WHO AM I LISTENING TO?

PSALM 55:12-13

"But it is you...
my companion,
my close friend."

— Psalm 55:13

-  After betrayal... am I replaying the wound more than I am bringing it to God?
-  Have I started believing the lie that my value is determined by how someone treated me?
-  Is bitterness becoming more familiar than God's peace?
-  Am I entertaining thoughts of revenge instead of trusting God's justice? *Romans 12:19*
-  Have I allowed betrayal to isolate me from Christian fellowship?
-  Am I confusing Satan's accusations with God's conviction? *Revelation 12:10*
Romans 8:1
-  Have I begun doubting God's goodness because someone was unfaithful?
-  Am I allowing today's wound to shape tomorrow's identity?
-  What lies keep replaying in my mind...
 - "You're unlovable."
 - "No one can be trusted."
 - "God abandoned you."
 - "You'll never heal."

Are those God's words...
or the enemy's?



The enemy
comes to steal,
kill and destroy...
but Jesus came
that we may have
life and have it
abundantly.

JOHN 10:10

THE TRUTH TO HOLD ONTO

Cast your cares on
the LORD and he will
sustain you; he will
never let the righteous
be shaken.

PSALM 55:22

Prayer

Father,

My heart hurts, and You already know every part of it. You saw the betrayal before it happened, and You have never looked away from me for even a moment.

Lord, don't let this wound become a doorway for the enemy. When Satan whispers lies into my heart, remind me of Your truth. When he tells me to become bitter, teach me forgiveness. When he tells me to seek revenge, help me trust Your justice. When he tells me I am abandoned, remind me that You have promised:

*"Never will I leave you;
never will I forsake you."*

— Hebrews 13:5

Guard my thoughts. Protect my heart. Help me recognize the enemy's voice so I will not believe his lies.

Keep this betrayal from hardening my heart toward You or toward the people You still want me to love.

Teach me to cast this burden onto You every single day, because I cannot carry it by myself.

May my greatest wound become another testimony of Your faithfulness.

Thank You that Jesus understands betrayal more deeply than anyone, yet He entrusted Himself to You.

Help me do the same.

In the mighty name of Jesus,

Amen. 