

HEART CHECK & PRAYER

EPHESIANS 4:1-6

*"Make every effort to keep the unity of the Spirit
through the bond of peace."*

EPHESIANS 4:3 (NIV)

SAME
GOD
SAME PEOPLE
NEW MERCIES
HIGHER PURPOSE



HEART CHECK

BE HONEST BEFORE GOD

- ☐ Am I living in humility?
Do I put others before myself, or do I quickly become defensive?
- ☐ Is my spirit gentle?
Do I respond with kindness, or do I use harsh words or a critical tone?
- ☐ Am I patient?
Do I give others grace when they are difficult, or do I let irritation take control?
- ☐ Do I bear with others in love?
Do I extend understanding, or do I tolerate people with resentment?
- ☐ Am I making an effort to keep unity?
Do I refuse gossip, choose peace, and work toward reconciliation?
- ☐ How do I handle disagreement?
Do I listen well, or do I need to be right?
- ☐ Is my life worthy of the calling I have received?
Do my words and actions reflect that I belong to Christ?
- ☐ Where do I need the Holy Spirit's help to grow in patience, gentleness, or love?
What is one area I will intentionally surrender to Him today?

A humble heart keeps the unity. ♥



A PRAYER FOR TODAY

LORD, SHAPE MY HEART

Heavenly Father,

Thank You for calling me to a life worthy of Your purpose. Help me to be completely humble and gentle, patient and bearing with others in love.

When irritation rises, give me the grace to pause. When I am tempted to react, give me the strength to respond with Your love. Help me to see people the way You see them — with compassion, patience, and hope.

Protect the unity You have given us. Keep me from gossip, pride, and anything that destroys peace. Teach me to listen well, to forgive quickly, and to choose kindness, even when it's hard.

Let my life reflect the calling I have received. Make me a peacemaker in my home, my church, my family, and every conversation today.

Fill me with Your Spirit, and help me walk in love — for Your glory and for the good of others.

In Jesus' name,
Amen.

*Same Road
Higher Purpose ♥*



*Better People
Build a Brighter World ♥*



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