

HEART & CHECK PRAYER

MATTHEW 6:25-34

SEEK FIRST. TRUST DEEPER.
LIVE TODAY.

*Your
Father
knows.*
♡



HEART CHECK

TAKE A MOMENT. BE HONEST. LET GOD SPEAK.

- 1 What am I worrying about right now?
Am I carrying something that belongs to God?
- 2 Do I truly believe my Father knows what I need?
Or do I find myself trying to figure it all out on my own?
- 3 Where is my focus today?
Am I seeking God's Kingdom first, or am I seeking comfort, control, or security first?
- 4 Is anxiety stealing my peace?
What would it look like to release this worry to God right now?
- 5 Am I living one day at a time?
Am I bringing tomorrow's troubles into today, or trusting God with what is ahead?
- 6 Do I see God's provision around me?
How has He already provided in my life? (His faithfulness in the past builds trust for today.)
- 7 What can I do today to seek His Kingdom?
How can I align my choices, thoughts, and actions with God's will right now?

*Seek first.
Trust always.
Today is enough.*
♡



PRAYER

A PRAYER TO SURRENDER, TRUST, AND SEEK

Lord,

Thank You for being my heavenly Father who knows what I need before I even ask. You see my worries, my struggles, and the things I cannot control. You care for me more than the birds of the air and the flowers of the field.

Help me to release the anxiety that tries to take root in my heart. Remind me that worry cannot add a single hour to my life. When my thoughts run ahead to tomorrow, bring me back to today — the day You have given me.

Teach me to seek Your Kingdom first and Your righteousness, above all else. Align my heart with Your will and help me to trust that You will provide what I truly need.

Give me eyes to see Your provision in the everyday, a heart of gratitude for Your faithfulness, and a spirit of peace that rests in Your care.

Today, I choose to trust You.
Today, I choose to seek You first.
Today, I choose to live with faith instead of fear.

Thank You, Father, that Your mercies are new every morning, and that each day has enough trouble of its own. Help me to walk with You, one day at a time.

In Jesus' name,
Amen.

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

Matthew 6:33 (NIV)