

HEART CHECK & PRAYER

EXODUS 2:23–25; 3:7–10

*The same God who hears, sees, remembers, knows,
and comes down to rescue is still at work today.*

*"I have surely seen
the misery of my people
in Egypt. I have heard
their cry... I am concerned
about their suffering.
So I have come down
to rescue them..."*

Exodus 3:7–8

HEART CHECK

- 1 Am I honest with God about my pain?
Do I bring my cries to Him, or do I try
to handle things on my own?
- 2 Do I trust that God hears, even when
He feels silent?
- 3 Do I believe God sees my situation—
the whole picture?
- 4 Am I willing to wait on God's timing,
even when I don't understand?
- 5 Am I available for God to use me,
like He used Moses, despite my fears
and weaknesses?
- 6 Where is God calling me to step out in
obedience right now?



A PRAYER FOR TODAY

Lord,

You see me. You hear me. You know what I'm
carrying, even when I can't find the words.
Thank You that my cries are never too small
and my struggles are never hidden from You.

Help me to trust Your timing, even when
You feel silent. Give me faith to believe that
You are working, preparing, and moving,
just as You did in the days of Moses.

Make me willing to say "yes" to Your call,
no matter my fears or weaknesses. Use me for
Your purposes, and let me be part of what You
are doing in this world today.

Thank You that You are a God who sees, hears,
remembers, knows, and comes down to rescue.

In Jesus' name,

Amen.

*Bring your cry.
Trust His timing.
He is still the God
who comes down.*

REMEMBER

- Your cry goes up.
- God hears.
- God remembers.
- God sees.
- God knows.
- God comes down.
- You are not alone.
- He is still at work.

**"THE LORD IS NEAR TO THE BROKENHEARTED
AND SAVES THE CRUSHED IN SPIRIT."**

PSALM 34:18