



HEART CHECK & PRAYER

Psalm 68:35

You, God, are awesome in your sanctuary;
the God of Israel gives *power and strength* to his people. *Praise be to God!*

THE HEART OF THE PSALM

The God who arises,
goes before,
ascends victorious,
reigns in majesty,
and dwells among
His people— is the
same God who gives
us power and
strength every day.

HEART CHECK



Do I truly believe that God goes before me?
Or do I try to figure it out, control it,
or go ahead of Him?

He goes before you.
He leads the way.
— Isaiah 45:2



Do I rest in His presence,
or do I live in fear and worry?
God's presence is our security,
strength, and stability.

He will never leave you
or forsake you.
— Deuteronomy 31:8



Do I recognize Christ's victory
and what He has given me?
He ascended on high and gave gifts to
equip and build up His people.

He gave gifts to His people.
He equips us for His mission.
— Ephesians 4:8, 11–12



Do I lean on God for His power
and strength each day?
His strength is not occasional—
it is for the journey.

His power is made
perfect in weakness.
— 2 Corinthians 12:9



Do I give Him the praise
He is worthy of?
Praise aligns our heart with His majesty
and prepares us for His presence.

Praise be to God!
He is worthy.
— Psalm 68:35

TODAY I CHOOSE TO...

- ♥ Trust that God goes before me.
- ♥ Rest in His presence, not in my own strength.
- ♥ Accept the gifts Christ has given me for His mission.
- ♥ Lean on God's power and strength today.
- ♥ Give Him the praise He is worthy of.



A PRAYER



Mighty and Awesome God,

You go before me,
you walk beside me,
and you fight for me.

Thank You for never
leaving me alone.

You have ascended
in victory, and through
Jesus, You have given
me every spiritual gift
I need to follow You
and fulfill Your purpose.

Lord, strengthen me
with Your power today.

Give me courage,
wisdom, and faith.

Help me to rest in You,
trust You, and praise You
with all that I am.

Praise be to God!

In Jesus' name,
Amen.



THE GOD WHO RISES, MARCHES, CONQUERS, DWELLS, AND REIGNS
IS THE SAME GOD WHO STRENGTHENS HIS PEOPLE.

He goes before. He leads. He protects. He provides.
Praise be to God!



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