

# Heart Check & Prayer

EXODUS 14:10–18



ANCHOR VERSE: EXODUS 14:14

*“The **LORD** will fight for you;  
you need only to be still.”*



God fights. I follow.  
He makes the way.



## HEART CHECK

*Take a moment to be still before God.*



### AM I FORGETTING WHAT GOD HAS DONE?

When fear rises, do I focus on today's problem instead of yesterday's deliverance?  
Have I allowed fear to rewrite my memory?



### WHAT AM I AFRAID OF RIGHT NOW?

What looks like a dead end?  
What enemy seems too big?  
What am I tempted to run back to?



### AM I CRYING OUT IN FEAR OR TRUSTING IN FAITH?

Do I bring my panic to God, or do I complain to people?



### AM I BEING STILL IN TRUST—AND MOVING WHEN HE SAYS MOVE?

Do I try to fight battles God has claimed?  
Or am I ignoring the next step He has clearly given me?



### DO I BELIEVE GOD WILL FIGHT FOR ME?

Do I truly believe He goes before me, stands with me, and fights for me?  
Or am I still trying to save myself?



## CONFESSION

*Lord, forgive me for forgetting  
Your faithfulness and losing trust  
when things look impossible.  
Forgive me for fear, complaining,  
and trying to fight battles  
You have already won.*

*Help me remember that You fight for me.  
Teach me to be still in trust  
and obedient in action. Amen.*



## PRAYER FOCUS

*Bring your heart honestly before the Lord.*



### TRUST HIS POWER

Lord, I believe You are able. You fight for Your people.  
Remind me that no battle is too big for You.  
You are my warrior and my defender.



### CLEAR MY SPIRITUAL AMNESIA

Help me remember what You have already done.  
Open my eyes to Your past faithfulness  
so I can trust You for today.



### GIVE ME OBEDIENCE

Show me the next step You want me to take.  
Give me courage to move forward  
when You say, “Go.”



### CALM MY FEAR

Quiet my anxious heart and still my racing thoughts.  
Help me be still—silent in trust,  
not in panic or protest.



### GLORY TO YOU, LORD

May Your deliverance in my life  
bring You glory.  
Let others see that You are the LORD.



## PRAY SCRIPTURE BACK TO GOD

*Let His Word shape your prayers.*

- ◆ Deuteronomy 1:30 — “Lord, You go before me and fight for me.”
- ◆ Psalm 18:47 — “You are my Rock and my Fortress.”
- ◆ Isaiah 41:10 — “You are with me; strengthen me, help me, and uphold me.”
- ◆ Romans 8:31 — “If God is for me, who can be against me?”
- ◆ 1 Corinthians 15:57 — “Thank You for giving me victory through Jesus Christ.”



*The LORD is my strength and my song; He has become my salvation.  
This is my God, and I will praise Him, my father's God, and I will exalt Him.*

— Exodus 15:2



## TODAY, REMEMBER

- ✓ God sees the whole picture.
- ✓ What looks like a dead end may be the place of His greatest work.
- ✓ He has not forgotten you.
- ✓ He promised to fight for you.
- ✓ Your job is to trust Him and obey His direction.



## THANKFUL FOR

*Thank God for:*

- ✓ His past faithfulness
- ✓ His presence today
- ✓ His promise to fight for you
- ✓ The victory you don't have to earn—He has already won



## SIMPLE PRAYER TO CLOSE

*Lord, I choose to trust You today.  
You fight for me.  
I will be still in trust  
and move forward in obedience.  
Lead me through,  
and get all the glory.  
Amen.*



*The Anonymous Disciple*