

HEART CHECK

Where is my heart today? ♡

BE HONEST. BE REAL. LET GOD IN. ♡



FAITH

- ♥ Am I drawing closer to God or drifting away?
- ♥ Do I bring my fears to Him first?
- ♥ Do I trust Him with what I cannot control?

Psalms 142:5 • Hebrews 4:16



FAMILY

- ♥ Am I letting those who love me help carry the burden?
- ♥ Do I create space for healthy connection and support?
- ♥ Do I honor and care for the relationships God has given me?

Galatians 6:2 • Ecclesiastes 4:9–12



FRIENDS

- ♥ Who knows what I'm really struggling with?
- ♥ Am I encouraging others while also allowing myself to be encouraged?
- ♥ Do I invest in godly friendships?

Proverbs 17:17 • John 15:15



FINANCES

- ♥ Is money becoming my security or my fear?
- ♥ Am I content with what God has provided?
- ♥ Do I trust God as my Provider?

Matthew 6:25–34



FOOD & FITNESS

- ♥ Am I caring for the body God created?
- ♥ Am I getting rest, eating well, and staying active?
- ♥ Do I honor God with my physical health?

1 Kings 19:5–8



God met David in the cave, surrounded him with people who were empty too, and refueled him through His presence. You are not alone.

Rest. Refuel. Respond. ♡



A PRAYER FROM THE CAVE ♡

♥ *Lord,*
You see my struggles, my fears, and my exhaustion. Like David, I pour out my heart before You. You are my refuge and my portion in the land of the living. Psalm 142:5

🌿 *Help me to Rest.*
Teach me to stop striving and to trust You with what only You can carry. Remind me that Your grace is enough and Your rest is real. Matthew 11:28–30

👥 *Refuel me, Lord.*
Feed me with Your Word, strengthen me through prayer, and surround me with people who will encourage me. Use me to encourage others too. 2 Corinthians 1:3–4

🚶 *Give me strength to Respond.*
When You say, "Go," help me obey. Give me courage to take the next faithful step even when I'm still healing. 1 Samuel 22:5

♥ *Thank You,*
that the cave is not my destination—it's Your workshop. Shape me, strengthen me, and prepare me for the calling You have for my life.

Amen. ♡