



HEART CHECK & PRAYER

EXAMINE. REPENT. RECEIVE. WALK.

*"Create in me a clean heart, O God, and
renew a right spirit within me."*

PSALM 51:10 (NIV)



HEART CHECK

BE HONEST. GOD ALREADY KNOWS.



1 Have I given the enemy a foothold?

Am I holding on to anger, bitterness,
resentment, or unforgiveness?
(Ephesians 4:27)



2 Am I grieving the Holy Spirit?

Have my words, attitudes, or choices
caused Him sorrow?
(Ephesians 4:30)



3 Do I speak the truth in love?

Are my words building others up,
or tearing them down?
(Ephesians 4:15)



4 Have I forgiven as Christ forgave me?

Is there anyone I need to release to God
right now?
(Ephesians 4:32)



5 Am I guarding my heart and mind?

Am I walking in purity and holiness,
honoring the Spirit within me?
(1 Thessalonians 5:23)



6 Am I walking worthy of my calling?

Am I living in a way that pleases God
and reflects Christ?
(Ephesians 4:1)

A DAILY REMINDER

Confess quickly. Forgive freely.
Speak truth in love. Guard your heart.
Honor the Holy Spirit.
Walk as a child of God.



PRAYER

POUR YOUR HEART OUT TO GOD.

Heavenly Father,

*Thank You for Your Word that convicts,
corrects, and leads me in the way I should go.*

*Search my heart today and show me
where I have grieved Your Holy Spirit,
where I have given the enemy a foothold,
and where I have failed to speak the truth
in love.*

*Forgive me for the times I have sinned in
thought, word, or deed. Cleanse me and
create in me a clean heart.*

*Help me to forgive others as You have
forgiven me. Heal any wounds, and teach me
to walk in Your mercy and grace.*

*Fill me afresh with Your Holy Spirit.
Empower me to live a life that honors You—
in my words, my relationships,
and every choice I make.*

*Guard my heart and mind.
Strengthen me to walk worthy of my calling,
pleasing to You in every way.*

*May my life reflect the love of Christ
and point others to You.*

In Jesus' mighty name I pray,

Amen.

ANCHOR TRUTH

*Let all bitterness and wrath and anger and clamor
and slander be put away from you, along with all
malice. Be kind to one another, tenderhearted,
forgiving one another, as God in Christ forgave you.*

EPHESIANS 4:31-32 (NIV)



CHOOSE TODAY:

Walk in forgiveness, guard your heart, and
live in the power of the Holy Spirit.

*"I walk in the light of His Word and
by the power of His Spirit."*



THE ANONYMOUS DISCIPLE

BIBLICAL TRUTH. PERSONAL REFLECTION. SPIRITUAL GROWTH.

