



DAILY Heart Check

Connecting with Jesus and the Holy Spirit daily will determine the success of our relationships and our life. If we remain connected to Jesus, we will bear good fruit in our lives.

If you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! When you produce much fruit, you are my true disciples. This brings great glory to my Father. [John 15:7-8](#)

If we allow temptations or the stresses of daily activities to choke out our connection with Jesus, we will eventually be separated from the vine and lose the joy of the abundant life that Jesus died to give us.

The seeds that fell among the thorns represent those who hear the message, but all too quickly the message is crowded out by the cares and riches and pleasures of this life. And so they never grow into maturity. And the seeds that fell on the good soil represent honest, good-hearted people who hear God's word, cling to it, and patiently produce a huge harvest. [Luke 8:14-15](#)

If we ask the following questions *daily*, it will help us stay connected to Jesus and allow Him to flow through us, correct us, and guide our steps.

❖ **Am I allowing Jesus to search me and show me all my sins? Have I confessed, repented and asked for forgiveness?**

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. [Psalms 139:23-24](#)

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. [1 John 1:8-9](#)

❖ **Am I *daily* seeking truth about myself, God and His ways in the Bible?**

The word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. [Hebrews 4:12](#)

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. [II Timothy 3:16-17](#)

❖ **Is my heart pure towards God and others?**

Guard your heart above all else, for it determines the course of your life. [Proverbs 4:23](#)

❖ **Am I growing in love for God and others?**

- 1) First, is my love for God fresh and active?
- 2) Am I obeying God in all areas of my life?
- 3) Am I confessing my sins and failures and receiving grace and peace, or am I blame shifting, justifying and denying my sins?

❖ **What is the fruit in my heart and in my relationships?**

- 1) Do I have the fruit of the spirit of my flesh?
When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God. [Galatians 5:19-21](#)

- 2) Do I have the fruit of the Holy Spirit?
The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. [Galatians 5:22-23](#)

❖ **Am I anxious and stressed in my heart? (Examples: finances, schedule, health, relationships, etc.)**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace. [Philippians 4:6-7](#)

❖ **Am I angry or upset with anyone? Is anyone angry or upset with me?**

Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. [Ephesians 4:26-27](#)
Do all that you can to live in peace with everyone. [Romans 12:18](#)

❖ **What is my pride and/or selfishness in my conflicts?**

Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye. [Matthew 7:15](#)

❖ **Am I being honest with myself and God?**

Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." [John 8:3](#)

