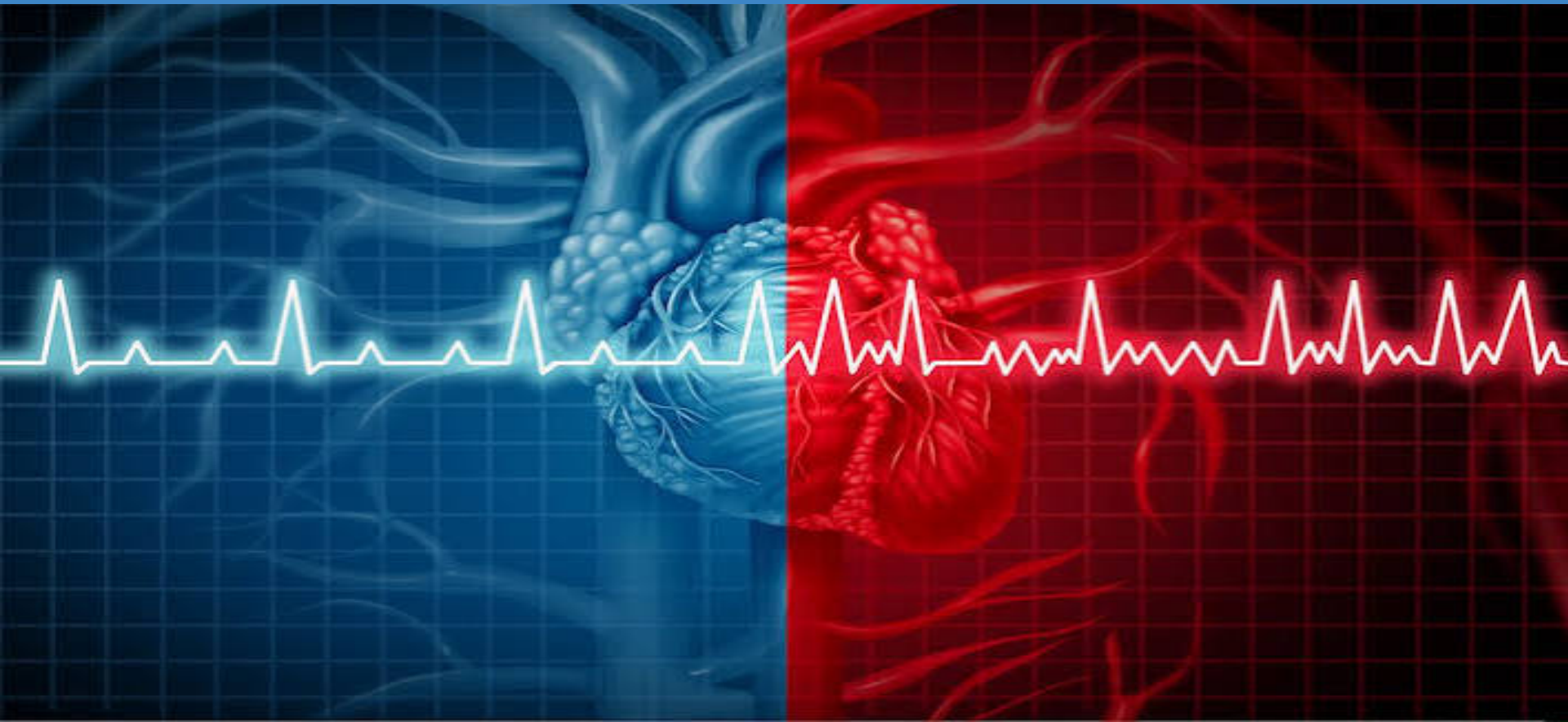
Psalm 139:23-24

23 Search me, O God, and know my heart; test me and know my concerns.

24 See if there is any offensive way in me; lead me in the way everlasting.

THE SPIRITUAL EKG

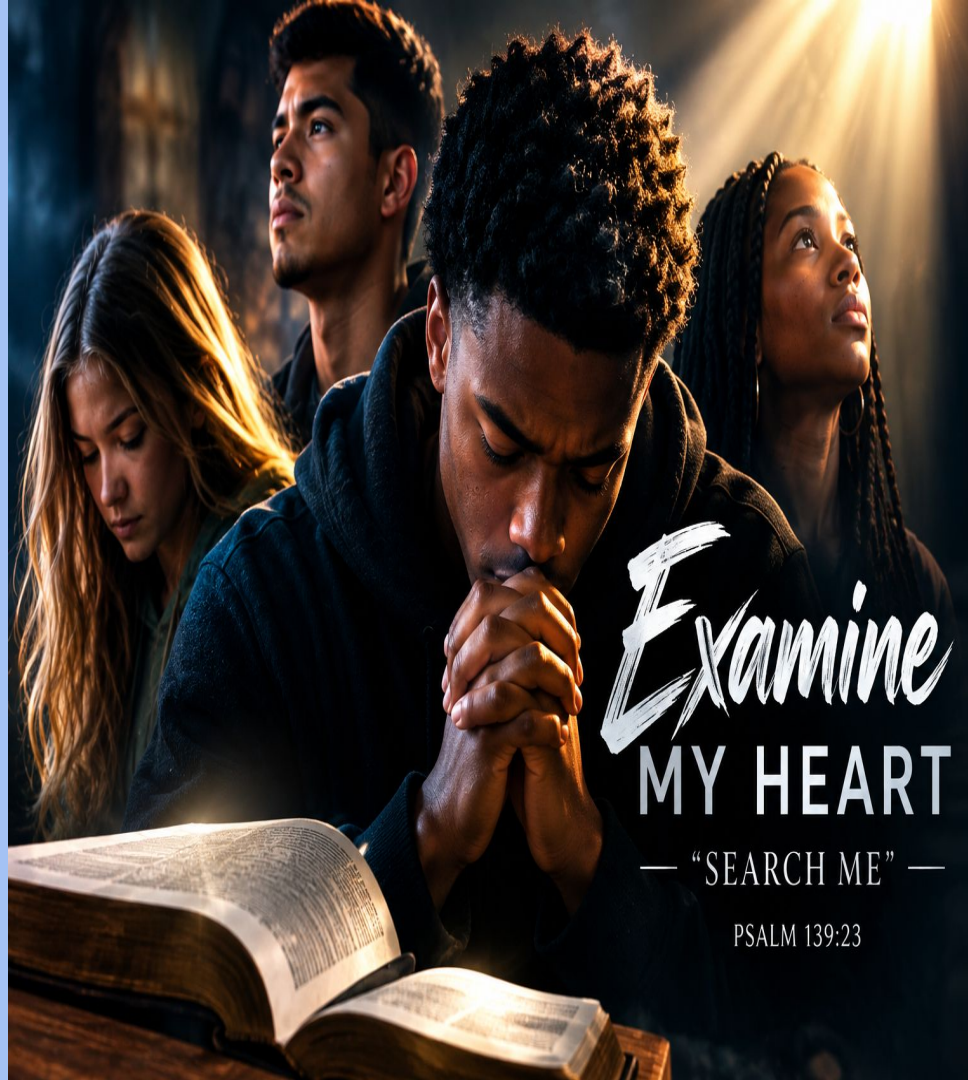


I. EXAMINE MY HEART

“Search me, O God, and know my heart…” — v. 23

Before God changes our behavior, He wants to reveal what is happening in our hearts.

- **An EKG looks beneath the surface to examine the heart.**
- **David is asking God, “Look deeper than what people can see.”**
- **We can look right on the outside while something is wrong on the inside.**
- **God knows our motives, attitudes, fears, desires, and intentions.**



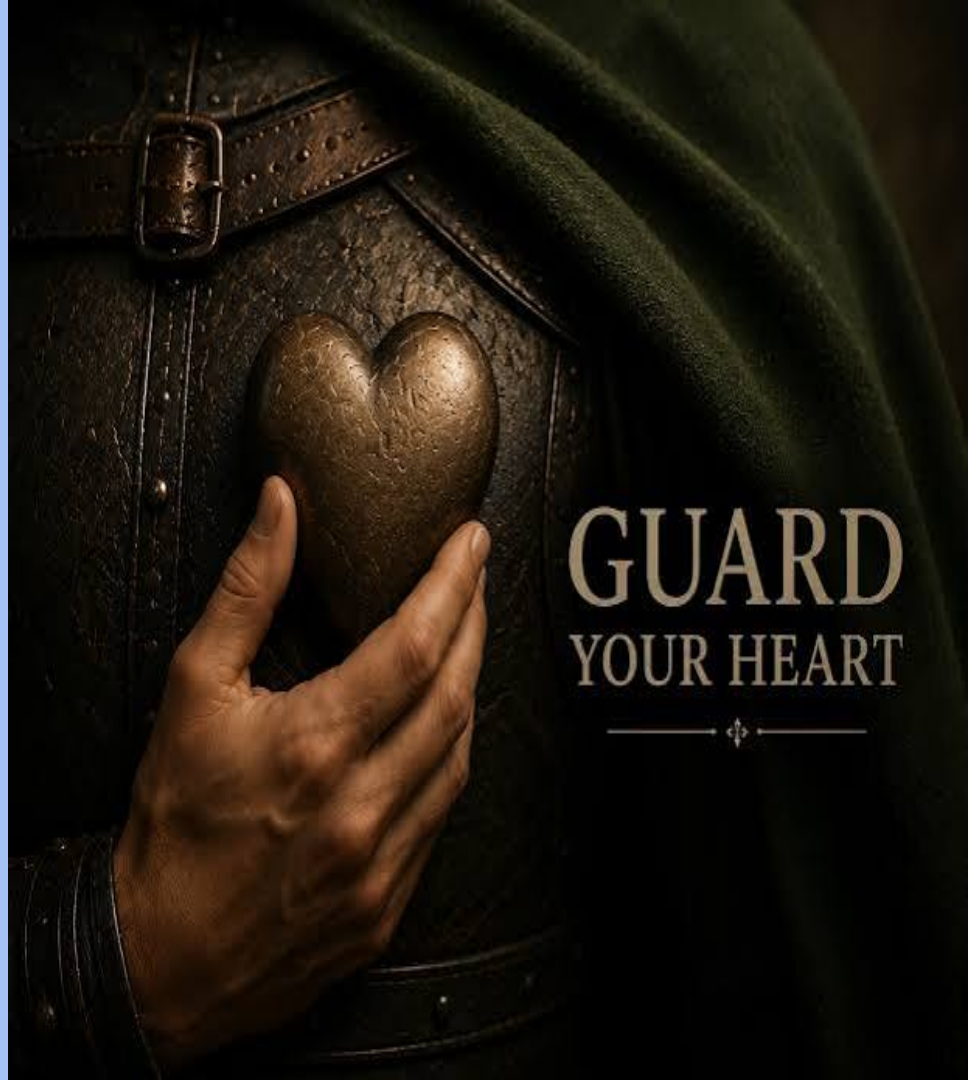
II. KEEP MY HEART

“Test me and know my concerns.” — v. 23

David doesn’t just ask God to examine him—he invites God to test him.

The heart needs to kept safe and guarded because what gets into your heart eventually affects your life.

- **Guard your thoughts.**
- **Guard your attitudes.**
- **Guard what you allow to influence you.**
- **Guard unforgiveness.**
- **Guard pride.**
- **Guard bitterness.**
- **Guard your relationship with God.**



III. GUIDE MY HEART

“See if there is any offensive way in me; lead me in the way everlasting.” — v. 24

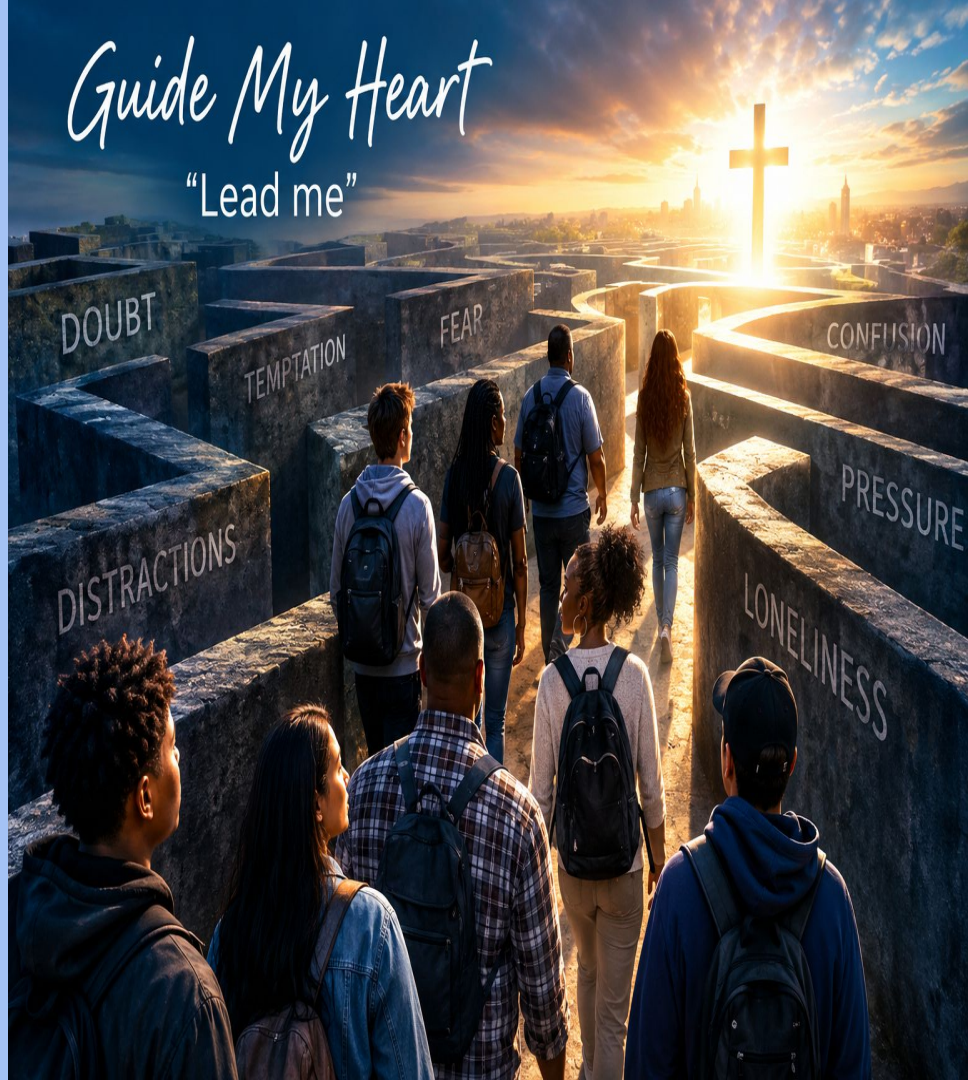
David doesn’t stop with examination. He asks God for direction.

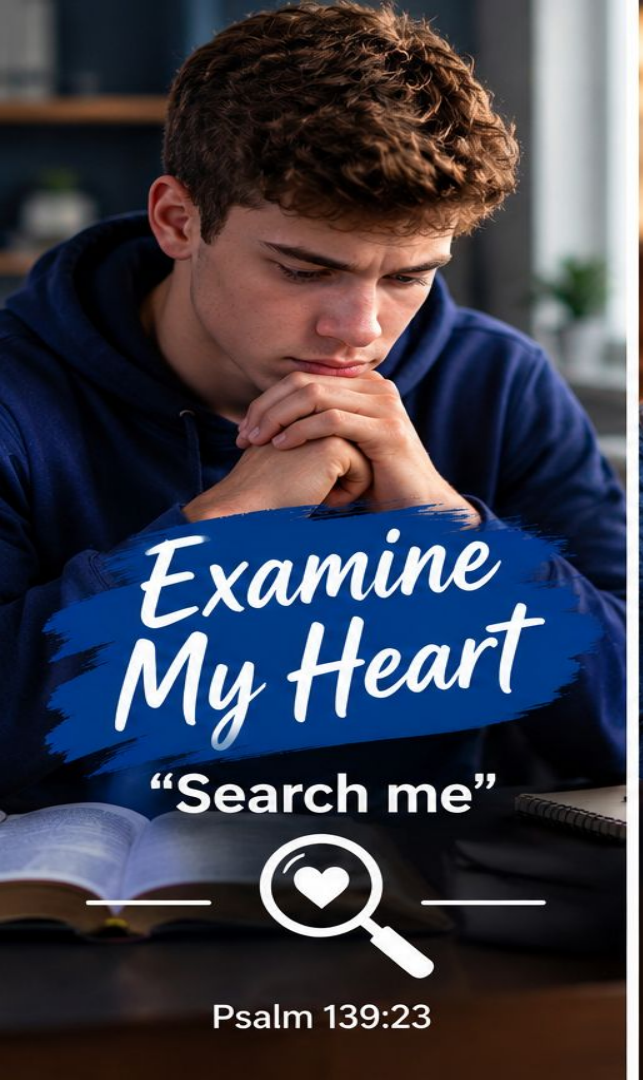
“God, if You find something wrong in me, don’t just show it to me—guide me out of it.”

This is where the Spiritual EKG becomes powerful:

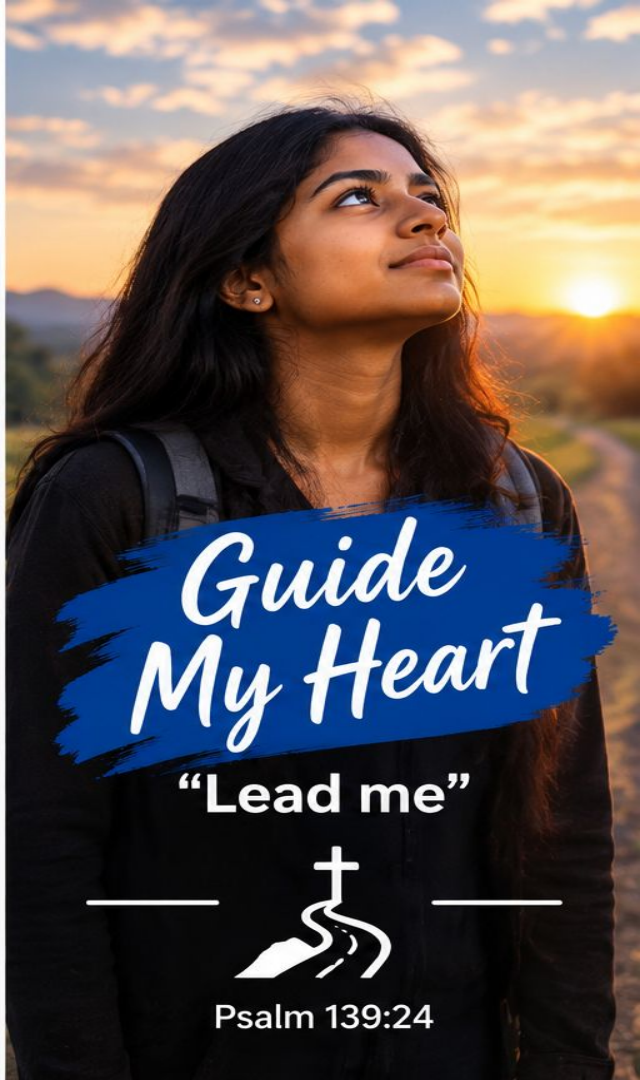
Examine me → Keep my heart → Guide my heart

God reveals it.
God helps us deal with it.
God guides us toward a better way.




Examine My Heart
“Search me”
Psalm 139:23


Keep My Heart
“Test me”
Psalm 139:23


Guide My Heart
“Lead me”
Psalm 139:24