



# HEART EXAM

## WITH THE GREAT HEART SURGEON

Quiet Time Devotions

OUR SPIRITUAL LIFE REVOLVES AROUND THE SPIRITUAL MUSCLE THAT THE BIBLE REFERS TO AS "THE HEART." GOD IS QUITE CONCERNED OVER THE HEALTH OF OUR HEART. PROVERBS 4:23 SAYS "KEEP (GUARD) YOUR HEART WITH ALL DILIGENCE; FOR OUT OF IT ARE THE ISSUES OF LIFE." THE HEART REPRESENTS MAN'S TRUE CHARACTER, AND INCLUDES OUR MIND, WILL AND EMOTIONS. WE ARE TO GUARD OUR HEARTS SO THAT THEY STAY SPIRITUALLY HEALTHY.

1. Begin your "heart exam" by consulting the great Heart Specialist, the only One who truly "knows man's heart" (Proverbs 21:2). Prayerfully write out Psalms 139:23-24.
2. You can choose to actually allow God to do His heart surgery today with His two-edged sword of the Word. Read Hebrews 4:12 and take a moment to open your heart to your loving Surgeon to do His work during this quiet time.
3. The following scriptures expose areas of possible heart problems--weakness, inconsistency or disease. Read and summarize each verse. Consider its application to you and prayerfully ponder each question. Proverbs 17:3 reminds us that "l...the Lord tries the heart." Some of these scriptures will not apply to your heart today; some may require a moment of confession. But there may be other areas which require special attention from your loving Surgeon. Take time with these areas to allow God to do His work.
  - a. Romans 10:9-10

Salvation requires a choice and a commitment. Have you made this commitment in your life?

b. Deuteronomy 5:29

Is obedience an area where you struggle? Do you resist changes God desires to make in your life?

c. Matthew 6:19-21

Where is your treasure? Does your heart long for worldly treasures? Is your heart focused on worldly popularity, possessions or promotion?

d. Matthew 22:37-38

Do you put the Lord first in your life? Do other people or things monopolize your affections?

e. Proverbs 16:5a

Does your heart suffer from the disease of pride? Are you critical and judgmental of others and their sins? Does your heart say "I can do it myself" or "I know what is best for me?"

f. Hebrews 13:9b; Ephesians 2:8-9

Is your heart established in grace? Or are you trusting in your good works? The enemy is constantly trying to convince us that God's love and acceptance is something we earn by what we do (or don't do). When our hearts are not established in grace, the enemy can gain a foothold by making guilt and condemnation our constant companions.

g. Ephesians 6:5-6

Are you serving God with a divided heart? Are you more concerned about what others think than about what God thinks? Do you resist God-ordained authorities in your life (parent/husband/employer)?

h. Hebrews 3:12-13

Is there an area where you have been resisting God and refusing to acknowledge your sin? Are there areas where you just can't believe God is going to work? Perhaps, deep in your heart, do you doubt His ability to change a person or circumstance in your life?

i. Romans 2:3-5

Have you neglected confession and repentance as a part of your walk with the Lord? Are there areas in your life where you recognize hypocrisy?

j. Proverbs 19:3b

Do you complain about your lot in life, the place where God has you presently?  
Have you murmured in your heart against the Lord's will for your life right now  
(married/single, poor/rich, etc.)?

k. Matthew 12:34b-35; Matthew 15:18-20a

Has your heart been defiled by what you have taken in recently (books, TV, movies,  
internet) or by things you have said (vulgarity, dirty jokes, profanity, lies)? "Blessed  
are the pure in heart, for they shall see God" (Matthew 5:8).

4. If this devotion has been hard for you as the Holy Spirit, through the Word, has  
exposed your heart, be glad. "Now no surgery (chastening) for the present seems to  
be joyous, but painful (grievous); nevertheless, afterward it yields the peaceable fruit  
of righteousness unto them which are exercised thereby" (Hebrews 12:11). When we  
recognize our need, Jesus is right there to meet our need. We all fall short in these  
areas. Thank God that because of Christ's work on the cross, we possess His  
righteousness (II Corinthians 5:21). If God has quickened an area to you, take time  
now to repent, and allow His surgery on your heart. "If we confess our sin, He is  
faithful and just to forgive us our sin, and cleanse us from all unrighteousness."  
Read Psalms 51:10 and write it as a prayer below.