Heart Health Check-Up - It's all about your Heart

For each of the items below, mark yourself on a scale of 1 to 10
1 indicating a heart that is completely dead, OR the statement is completely un-true of you,
10 indicating a heart that is fully alive & healthy, OR the statement describes you perfectly!

About my heart…

____ I am convinced that in my humanity it is impossible for me to live a life pleasing to God. I have allowed Him to replace my 'heart of stone' with a heart that is yielded towards Him. The desire of my Heart is to know God and to follow Him.

____ I am aware of God's presence and work in my life daily. I talk with Him often through prayer and consistently take steps to make sure there is no barrier in our relationship.

More Loving

____ I consistently sense and am grateful that God has demonstrated His deep love for me. I am amazed that God would love me so much that He would send His One and only Son to rescue me. There are moments when I am overwhelmed by God's love.

____ I am growing in my love for people. I am deeply concerned about people around me who are disconnected from God. I am making sacrificial commitments of time and money to reach them.

____ I search out opportunities to care for people around me. I ask God to regularly guide me so that the people I work with and live with, feel, sense and know that I genuinely care. I am passionate about living out the instructions of 1 Corinthians 13. My love is more than a feeling, it is leading me to daily action.

More Giving

____ I am generally content with what I have and enjoy looking for opportunities to give to others out of my time, talents and resources. I am consistently putting some portion of what I have 'beyond myself' to be a blessing to others in a practical way.

____ I am a cheerful giver!

More Forgiving

____ I am deeply aware of how much and how many times I offend God and am in awe of how He could choose to love me anyway.

____ When others wrong me, I talk to God about it, choose to let go of the offense, and when appropriate attempt to heal and restore the relationship.

More hateful of sin

____ I know that God is always here to help me and not to condemn, so I regularly ask God to help me see areas of sin in my life so that I can get past them with His help.

____ When I see things happening that harm other people I get upset. I am involved in practical ways to help make a difference for better in my world and across the globe.