

How Is Your Heart?

Psalm 51:9-19; Proverbs 4:14-23

Someone has said, “The heart of the matter is the matter of the heart!” Nothing is more important than the state of our heart. In the physical realm, heart check-ups can prevent premature death. In the spiritual realm, the state of the heart is even more vital! “Search me, O God, and **know my heart**: try me, and know my thoughts: and see if there be any wicked way in me and lead me in the way everlasting” (*Psalm 139:23-24*). “**Keep thy heart** with all diligence; for out of it are the issues of life” (*Prov. 4:23*). May you allow the Spirit of God to examine your innermost being to determine the true state of your heart. Let’s take the following heart examination by asking these personal questions:



1) Whom does your heart serve? Do you serve Him with whole-hearted (not half-hearted) devotion? “And thou, Solomon my son, know thou the God of thy father, and **serve Him with a perfect heart** and with a willing mind: for the LORD searcheth all hearts...if thou seek Him, He will be found of thee; but if thou forsake Him, He will cast thee off forever” (*1 Chron. 28:9*).

2) What causes your heart to rejoice? What brings joy to your heart? What does your heart delight in? “The statutes of the LORD are right, **rejoicing the heart**: the commandment of the LORD is pure, enlightening the eyes” (*Psalm 19:8*).

3) Is your heart trusting in a great God? “The LORD is my strength and my shield; **my heart trusted in Him**, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise

Him” (*Psalm 28:7*).

4) How clean or pure is your heart? The Lord is eager to restore you to fellowship. “Nothing between my soul and the Saviour!” Are you harboring any unconfessed sin? “**Create in me a clean heart**, O God; and renew a right spirit within me” (*Psalm 51:10*).

5) Is your heart broken and contrite (deeply grieved over sins committed)? “The sacrifices of God are a broken spirit: a **broken and a contrite heart**, O God, thou wilt not despise” (*Psalm 51:17*).

6) How soft is your heart? “Today if ye will hear His voice, **harden not your heart**, as in the provocation, and as in the day of temptation in the wilderness” (*Psalm 95:7-9*). When we respond in the right way to what God says, our heart softens; when we don’t, it hardens.

7) What have you treasured up in your heart? Does God’s Word dwell richly in your heart? “**Thy word have I hid in mine heart**, that I might not sin against thee” (*Psalm 119:11*).

8) What does your heart treasure? What does your heart find most valuable and precious? “But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, **there will your heart be also**” (*Matt. 6:20-21*).

9) What does your heart love more than anything else? Who is the greatest love of your life? Who is your “first love” (*Rev. 2:4*)? “Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (*Matt. 22:37*).

10) What kind of melody is found in your heart? What song does your heart sing? Does it sing the song of fools (*Ecccl. 7:5*) or the praise of the One who is altogether lovely? “Speaking to yourselves in psalms and hymns and spiritual songs, singing and **making melody in your heart** to the Lord” (*Eph. 5:19*).

~George Zeller: www.middletonbiblechurch.org