

# Heart Exam

*Search Me, O God, and know my heart; test me and know my anxious thoughts. Ps. 139:23*

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**What is the condition of your heart?** *Above all else, guard your heart, for it is the wellspring of life. Prov. 4:23*

- Hard** Refusing to let truth penetrate and change us “*Do not harden your hearts as you did at Meribah, as you did that day at Massah in the desert.*” Ps. 95:8.  
“*For this people’s heart has become callused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, and understand with their hearts and turn, and I would heal them.*” Matt. 13:15.
- Love** Deep sacrificial caring for others “*Love the Lord your God with all your heart and with all your soul and with all your strength.*” Deut. 6:5.
- Shallow** Not desiring to deal with strongholds that keep us from intimacy with God. “*Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow.*” Mark 4:5
- Service** Choosing to help others and lighten their load. “*So if you faithfully obey the commands I am giving you today – to love the Lord your God and to serve him with all your heart and with all your soul...*” Deut. 10:12.
- Full of Cares** Busy with many things. “*Other seed fell among thorns, so that they did not bear grain.*” Mark 4:7.
- Wise** Making good decisions. “*I will do what you have asked. I will give you a wise and discerning heart so that there will never have been anyone like you, nor will there ever be.*” I King 3:12.
- Broken** Deep hurts that are often hidden. “*The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.*” Ps. 51:17
- Discerning** Able to analyze motives and intentions. “*I will do what you have asked. I will give you a wise and discerning heart so that there will never have been anyone like you, nor will there ever be.*” I Kings 3:12.
- Wounded** In Pain. “*For I am poor and needy, and my heart is wounded within me.*” Ps. 109:22
- Integrity** Honest dealing with myself and others. “*As for you, if you walk before me in integrity of heart and uprightness, as David your father did, and do all I command and observe my decrees and laws...*” I Kings 9:4.
- Hasty** Do things without thinking or weighing consequences. “*Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.*” Ecc. 5:2
- Committed** Obligating myself to keep my promises or word. “*Although he did not remove the high places, Asa’s heart was fully committed to the Lord all his life.*” I Kings 15:14.
- Deceitful** Misleading or lying. “*The heart is deceitful above all things and beyond cure. Who can understand it?*” Jer. 17:9.
- Responsive** Ready to answer. “*Because your heart was responsive and you humbled yourself before the Lord when you heard what I have spoken against this place and its people, that they would become accursed and laid waste, and because you tore your robes and wept in my presence, I have heard you, declares the Lord.*” II Kings 22:19.

- Troubled** Not feeling safe. *“Now my heart is troubled and what shall I say? ‘Father, save me from this hour’? No, it was for this very reason I came to this hour.” John 12:27.*
- Devoted** Dedicated and loyal. *“His heart was devoted to the ways of the Lord; furthermore, he removed the high places and Asherah poles from Judah.” II Chronicles 17:6.*
- Anguish** Deep sorrow. *“For I wrote you out of great distress and anguish of heart and with many tears, not to grieve you but to let you know the depth of my love for you.” II Cor. 2:4.*
- Pure** Without sin or guilt, unselfish. *“He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.” “Create in me a pure heart, O God, and renew a steadfast spirit within me.” Psalm 24:4; 51:10.*
- Fearful** Worried. *“Say to those with fearful hearts, “Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you. Is. 35:4.*
- Undivided** Single purpose and direction. *“Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart, that I may fear your name.” Psalm 86:11.*
- Foolish** Using poor judgement. *“For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened.” Rom. 1:21.*
- Steadfast** Unchanging and determined. *“My heart is steadfast, O God; I will sing and make music with all my soul.” Psalm 108:1.*
- Discouraged** Losing hope. *“David said to Saul, ‘Let no one lose heart on account of this Philistine; your servant will go and fight him.” I Sam. 71:32.*
- Secure** No Fear. *“His heart is secure, he will have no fear; in the end he will look in triumph on his foes.” Psalm 112:8.*
- Grudging** Resistant, reluctant. *“Give generously to him to him and do so without a grudging heart; then because of this the Lord your God will bless you in all your work and in everything you put your hand to.” Duet. 15:10.*
- Obedient** Doing what God tells me and listening to Him. *“And when you and your children return to the Lord your God and love him with all your heart and with all your soul according to everything I command you today...” Deut. 30:2.*
- Sick** Hope delayed. *“Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.” Prov. 13:12.*
- Free** No captivity. *“I run in the path of your commands, for you have set my heart free.” Psalm 119:32.*
- Anxious** Worried or fearing what is to come. *“So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.” Ecc. 11:10.*
- Peace** Rested, content, not anxious. *“A heart at peace give life to the body, but envy rots the bones.” Prov. 14:30.*
- Doubting** Unable to trust. *“I tell you the truth, if anyone says to this mountain, ‘Go throw yourself into the sea and does not doubt in his heart but believes that what he says will happen, it will be done for him.” Mark 11:23.*

- Happy** Cheerful. *“A happy heart makes the face cheerful, but heartache crushes the spirit.” Proverbs 15:13.*
- Evil** Dwelling on sin and how to hurt others. *“The Lord saw how great man’s wickedness on the earth had become and that every inclination of the thoughts of his heart was only evil all the time.” Gen. 6:5.*
- New** Changed and focused on God, born again. *“Rid yourselves of all the offenses you have committed, and get a new heart and a new spirit. Why will you die, O house of Israel?” Ezekiel 18:31.*
- Hate** Holding enmity toward another. *“Do not hate your brother in your heart. Rebuke your neighbor frankly so you will not share in his guilt.” Lev. 19:17.*
- Gentle** Mild in manner of treating others. *Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Matt. 11:29.*
- Humble** Without pride or pretense in relationships. *“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Matt. 11:29.*
- Forgiving** Pardoning past faults, wrongs, or sin. *“This is now my heavenly Father will treat each of you unless you forgive your brother from your heart.” Matthew 18:35.*
- Noble** Reveals fine character traits. *‘But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.’ Luke 8:15.*
- Good** Kind, desiring to benefit others. *“But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.” Luke 8:15.*
- Sincere** Genuine in relationships. *“Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.” Ephesians 6:5.*
- Encouraged** Built up and ready to face life. *“My purpose is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ.” Col. 2:2.*
- Refreshed** Invigorated renewed. *“I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ.” Philemon 20.*
- Yielded** Submitted and surrendered. *“‘Now then,’ said Joshua, ‘throw away the foreign gods that are among you and yield your hearts to the Lord, the God of Israel.” Jos. 24:23.*
- Joyful** Full of happiness and cheer. *“My servants will sing out of the joy of their hearts, but you will cry out from the anguish of heart and wail in brokenness of spirit.” Isaiah 65:14.*
- Grateful** Thankful. *“Let the word of Christ swell in you richly as you teach and admonish one another with all wisdom and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.” Colossians 3:16.*