

Where Is Your Treasure?

A Heart Check for Well-Watered Women

What is a heart check? Life is busy, so we often hop from one task or distraction to the next, never stopping to consider the deeper motives behind our actions. A heart check is an intentional time of fellowship with God where you honestly consider the state of your heart, confess where you've fallen short, and ask God for help to grow in godliness.

What is an idol? Anything we fear, treasure, or desire more than God.

How do we identify idols? Our actions—especially our responses to other people and unexpected circumstances—reveal what we fear, treasure, and desire most.

HOW CAN I PREPARE FOR A HEART CHECK?

1. **Remove distractions.** Put your phone in another room, shut the door if possible, and ask God to help you focus as you consider these heart check questions.
2. **Humble your heart by remembering who God is by meditating on Isaiah 40:28.**

*Have you not known? Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.*

3. **Pray for wisdom and discernment using Psalm 139:23–24.**

*Search me, O God, and know my heart!
Try me and know my thoughts!
And see if there be any grievous way in me,
and lead me in the way everlasting!*



Quiet

Complete the three steps to prepare for a heart check from the previous page.

Consider

First, answer these questions based on your experiences in the last week or two. After identifying a possible idol in your life, consider how it may have been present in past seasons.

- * Where do you run to for comfort when faced with particularly difficult circumstances?
- * What fears are you currently facing?
- * What desires currently remain unfulfilled?
- * What makes you sad?
- * What makes you happy?
- * When did you last get angry? What were you wanting that you weren't getting?
- * What distracts you from your tasks?
- * What do you avoid doing out of fear?
- * What are you most likely to fight about with someone close to you?
- * What do you have currently that you would be most upset to lose?



Confess

1. Confess the idol that has caused you not to love God with all your heart, soul, and mind.
2. Confess your weakness and inability to love God by your own strength.
3. Confess your need for God to transform the desires of your heart.

