

Does What You Believe Change How You Live?

A HEART CHECK FOR WELL-WATERED WOMEN

Sadly, we often speak what we know about Jesus or sing along with rich theological truths at church, then live out our days with a lukewarm love for God and act in disobedience to his commands. We fly through life so quickly that we hardly even notice our sin, so there's no chance to stop and repent. Biblical counselor Paul Tripp says, "The gap between the doctrine we say we believe and the way we actually live is a workroom for the enemy."¹ Too often, our orthodoxy (what we know about God and the gospel) doesn't line up with our orthopraxy (how we live our lives). But when we turn to the Bible not just to know God more but to love him more, we experience his power to transform lives. 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.

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!*

¹Paul David Tripp, *Do You Believe?: 12 Historic Doctrines to Change Your Everyday Life* (Wheaton, IL: Crossway, 2021), 17.



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Quiet

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

Consider

- * What circumstances in our world feel particularly dark to you right now?
- * What fears are you currently facing?
- * What desires currently remain unfulfilled?
- * What is your first response when faced with the darkness of our world, your fears, or your unfulfilled desires? How does that response change over time, even if those things don't change?



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- * What circumstances in your life feel particularly difficult right now?
 - * Where do you run to for comfort when faced with difficult circumstances?
 - * When did you last get angry? What were you wanting that you weren't getting?
 - * What are you most likely to fight about with someone close to you?
 - * What is your first response when faced with difficult personal circumstances, the loss of something you love, or the inability to get what you want? How does that response change over time, even if those things don't change?

Confess

1. Confess what truths from God's Word have been difficult for you to believe lately.
2. Confess your weakness and inability to love God by your own strength.
3. Confess your need for God to transform your actions according to what you know to be true.

