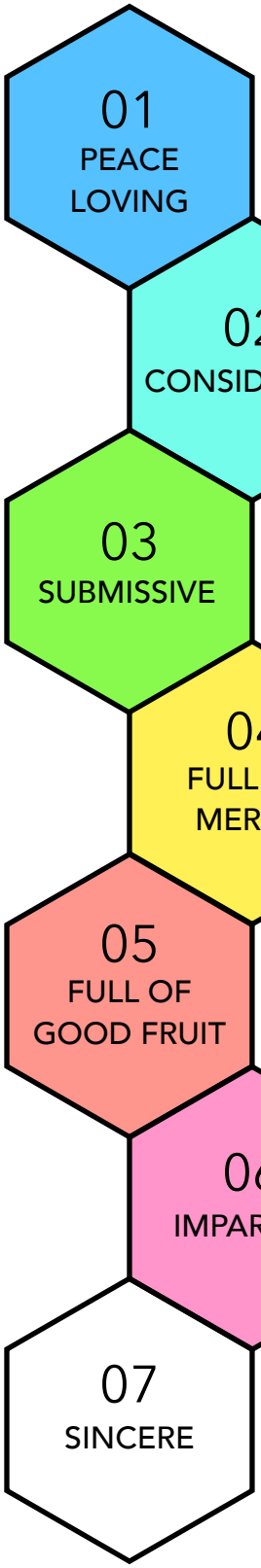
# Heart Check-up [Spiritual EKG]

**Second Corinthians 13:5 instructs us to examine ourselves to see whether we are in the faith; Galatians 6:4 reads, "each one should test their actions… without comparing themselves to someone else". James identifies 7 characteristics of wisdom (wise living) that should reflect the attitude of our hearts. Prayerfully consider the following questions. Each question will challenge you to evaluate your hearts response to living into wisdom for life that comes from our Heavenly Father.**




True wisdom calls us to reconciliation and unites. Are you a promoter of peace in your day? Do you have a sense of wholeness and happiness in your life that is contagious to others?

Do you actively think of the rights and feelings of others? Are you looking out for the interests of others? Are you ready to serve?

Are you compliant, open to reason, willing to yield, ready to obey. Are you ready and willing to see things from another point of view and do it someone else's way?

Are you Compassionate to those in trouble? Have you acted in a tangible was to show love and compassion to someone this week?

Are your actions practical and useful to others in their needs? Is the attitude of your heart full of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control?

Are you unbiased; not favouring one more than another; treating all alike; unprejudiced; equitable; fair; just?

Are you genuine in your love with God and others? Are you open and forthright with God and others?

## REFLECTIONS

*Look at your life (heart) through the lens of James chapter 3:17 and check the rhythms of your day and see how you are doing in each of these areas. Record your thoughts and prayers here:*

*"But the wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."* James 3:17