

## **Examine Your Heart**

### **Ready:**

“But the Lord said to Samuel, ‘Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.’” --1 Samuel 16:7

### **Set**

We’re all driven by something, whether we’re aware of it or not. Our motivating factors determine the “why” behind the “what.” It’s the same with our faith. If we’re just calling out lip service and saying we believe in God but don’t act like it in our everyday life, something’s off.

Be willing to test the conditions of your heart to find out what makes you tick and why. It’s a way to transform into who God has created us to be. Plus, there are three benefits to examining your heart:

### **Examination Brings Calmness**

When we dig into the “why” behind the “what” and name our motivation out loud, there’s a wave of release that rushes out and we can breathe easy, knowing we’ve let God in on the hidden things of our life. We may be afraid of what we find, but God isn’t. Once we admit where we are, He is the One who can take our misguided motivation and realign us to His purposes.

### **Examination Brings Closeness**

Because God designed us for two-way relationship, that need is felt in our soul when we go over who we are with the One who placed our deep desires and hopes in us. God is always drawing us closer, inviting us to continually assess our hearts because He wants to ultimately shape us into the likeness of Jesus Christ, His Son.

### **Examination Brings Clarity**

Once the mud of our own motivation is cleaned and replaced with the light of Christ, we see things from an eternal perspective. Understanding our place on God’s team allows us to redirect our efforts to encourage and help others. It’s not about us anymore, but rather, what we can bring to God for the greatest impact on our teammates, family and community for His Kingdom.

The more we’re willing to ask ourselves the hard questions, the more we can uncover and have God fill us with His perspective. If integrity is what we’re after, both in athletics and life, then we must constantly be aware of our heart’s desire and adjust it as often as need be to

live out the love of God to a world looking for real motivation.

## Go

- What keeps you from examining the motivations of your heart?
- Where do you need God to give you more of Himself in your life?
- How can God help you understand His motivations for you?

## Workout

John 10:27; John 17:21; Philippians 4:6-7

## Overtime

“Lord, thank You that You don’t want to keep me where I am. Thank You that You are not afraid to go deep in my heart and examine its motivations. Help me to boldly look at why I do what I do and how, and help me transform into the likeness of Your Son, for Your glory. Amen.”

## Bible Reference:

1 Samuel 16:7

John 10:27

John 17:21

Philippians 4:6-7



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/devotional/examine-your-heart>