

# The daily **HEART** check

A 5-Minute Habit to  
Tend the Soil of Your  
Soul



*"Speak, Lord, for your servant is listening."*

*This isn't a law; it's a lifeline.*

*A simple, daily habit to help you pause, connect with God, and let His Word take root in your life. It takes just 5-10 minutes.*

## Step 1



### **PAUSE** (1 Minute)

Find a quiet spot. Sit still. Take three deep breaths.

In your heart, say: "God, I am here with You right now."

This is you stepping off the hard path and into a soft, present space with Him.

## Step 2



### **READ** (2-3 Minutes)

Open your Bible or app. Read a small portion—a Psalm or a Gospel story.

Read slowly. Then ask one question:

*"God, what is one thing You are saying to me in this?"*

It might be a promise, an instruction, or a reminder of His love. Write it down.

## Step 3



### **PRAY** (2 Minutes)

Talk to God about what you read. Start with the posture of Samuel:

*"Speak, Lord, I'm listening."*

Then keep it simple:

- "Thank You for..." (if it was a promise)
- "Help me to..." (if it was an instruction)
- "I'm sorry for..." (if it revealed something to confess)

## Step 4



### **LIVE** (One Opportunity)

This is where faith takes root.

Ask:

*"What is one small way I can live this out today?"*

Examples:

- If you read about peace → Choose not to panic in one stressful moment.
  - If you read about kindness → Send one encouraging text.
- This is the seed producing fruit in your day.

## TRY IT NOW: A Quick Start Guide

Let's practice with Psalm 23:1.

- **PAUSE:** Be quiet for 15 seconds. Breathe. Say, "God, I'm here."
- **READ:** "The LORD is my shepherd; I shall not want."
- **PRAY:** "Thank You for being my shepherd. Help me to trust Your provision today."
- **LIVE:** Today, when worry comes, remind yourself: "The Lord is my shepherd. I have what I need."

### Simple Starter Prayer

"Heavenly Father, here I am. I pause to be with You. Open my heart to hear Your voice in Your Word today. Speak, Lord, for Your servant is listening. Amen."

### The "Soil of the Heart" Prayer

(A reflective prayer based on the Parable of the Sower)

"Father, as I come to Your Word, I ask You to tend the soil of my heart. Plow up any hardness. Remove the rocks of shallow faith. Uproot the thorns of worry and distraction. Make my heart soft, deep, and ready to receive Your seed today. Let it take root and bear fruit for Your glory. Amen."



Your Spiritual Soil is a Daily Choice.  
Do this in the morning to set your day,  
or at night to reflect.