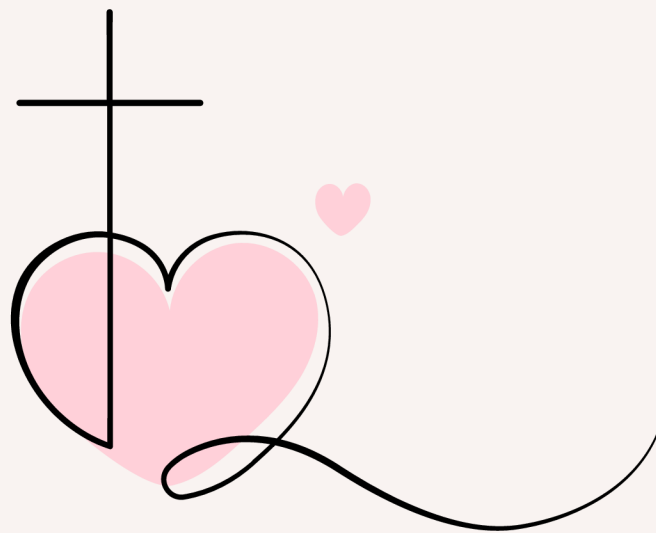


Spiritual Check-In: How's Your Heart?



JOURNALING WORKBOOK



NEW LIFE PASTORAL COUNSELING | DR ANGELA CHESTER

Welcome!

I'm so glad you're here.

This gentle guide was created with you in mind—a sacred pause in the midst of your busy life. Whether you're feeling overwhelmed, disconnected, or simply in need of a heart reset, this check-in is a space for honesty, healing, and hope.

Inside, you'll find reflection prompts, scriptures, and quiet encouragement to help you reconnect with God and tend to your emotional and spiritual wellness.

Take your time. Breathe deep. Let this be a moment of soul care.

Dr. Angela



ABOUT ME

I'm a pastoral counselor, writer, and speaker with a heart for helping others find healing and hope through faith. For over 20 years, I've walked alongside individuals and families as they navigate life's challenges with courage and grace.

My approach blends biblical wisdom with emotional wellness tools that nurture the whole person. It's my joy to create spaces—like this one—where your heart feels seen, supported, and strengthened.

SPIRITUAL CHECK-IN: HOW'S YOUR HEART?

We often ask others how they're doing — but when was the last time you paused to check in with yourself?

Life moves fast. Responsibilities pile up. And in the midst of pouring into everyone else, we can forget to ask one simple, sacred question: How's my heart?

This isn't just about your feelings. It's about your soul. It's about noticing what's beneath the surface — the unspoken weariness, quiet joys, buried griefs, and sacred hopes.

Here's a gentle invitation to reflect and realign.

Why This Matters

Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it."

When your heart is overwhelmed, neglected, or numb, it shows up in every part of life — your relationships, your faith, your decisions. But when you check in with your heart regularly, you create space for healing, truth, and connection with God.

This practice isn't selfish — it's soul stewardship.



A GUIDED HEART CHECK-IN

Begin by taking two deep breaths. On your third breath, pause briefly at the top before exhaling slowly. Let your body relax as you breathe out.

Now, read the prompt. Allow each question to become a quiet space—an open invitation to meet with God. Write what you received as a “God download.”

If you feel uncertain, anxious, or unsettled at any point, take another moment to pause. Breathe deeply, and ask the Holy Spirit to join you. Invite Him to help you explore your emotions with compassion and clarity.

Have you felt spiritually connected or distant?

JOURNALING PROMPTS

What has been weighing on your heart lately?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

JOURNALING PROMPTS

Is there any unspoken grief, disappointment, or fear you've been carrying silently?

JOURNALING PROMPTS

Where have you noticed God's presence recently – even in small ways?

JOURNALING PROMPTS

What do you need more of right now – rest, grace, encouragement, direction?

WHAT'S NEXT?

You don't have to have all the answers. Sometimes, the most powerful thing you can do is simply notice and name what's there.

A Simple Prayer

God, I come to You honestly today. You know what I'm holding, even when I can't explain it. Help me to be still. Show me what's happening beneath the surface of my life. Heal what's hurting, renew what's dry, and remind me that I'm not alone in any of it.

Create in me a clean heart, O God, and renew a steadfast spirit within me. Amen.



Gentle Next Steps

- Take 10 minutes this week to journal your thoughts or talk with a trusted friend or counselor.
- Meditate on the Word; Psalm 139 — a reminder that God sees and knows your innermost being.
- Practice stillness or silence as a form of listening prayer.

Your heart matters. Make space for it. Let God meet you there.





WANNA LEARN MORE?

Want to go deeper in your journey?

Explore the blog, schedule a session, or grab one of our free resources created just for you.



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