

# Check Your Pulse

## September 5, 2021

**Do our hearts break for what breaks God's heart?**

**We all want the mind of God but what we need is the heart of God.**

*<sup>13</sup>Everything exposed by the light is made visible, <sup>14</sup>for what makes everything visible is light. Therefore it is said: **Get up, sleeper, and rise up from the dead, and Christ will shine on you.** <sup>15</sup>Pay careful attention, then, to **how you walk** — not as unwise people but as wise — <sup>16</sup>**making the most of the time**, because the days are evil. <sup>17</sup>So don't be foolish, but understand what the Lord's will is. <sup>18</sup>And don't get drunk with wine, which leads to reckless living, but **be filled by the Spirit**: <sup>19</sup>speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord, <sup>20</sup>**giving thanks always** for everything to God the Father in the name of our Lord Jesus Christ, <sup>21</sup>**submitting to one another in the fear of Christ.**" Ephesians 5:13-21 (CSB)*

### 1. GET UP

### 2. PRAY UP

*"Don't worry about anything; instead, **pray about everything.** ... " Philipians 4:6 (NLT)*

"If you had time to post, you had time to pray." - Chris Durso

"One of the greatest uses of Twitter and Facebook will be to prove at the Last Day that prayerlessness was not from a lack of time." - John Piper

### 3. STEP UP

**What does love require of me?**

**You are the answer to someone's prayer.**

**Wake up, end the snooze, and be filled with the Spirit.**

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