

Physical Heart Check Up

 I eat my fruits and veggies often.

 I don't eat a ton of junk food.

 I get some exercise.

 I drink plenty of water.

 I usually get enough sleep.

5

4

3

2

1

Spiritual Heart Check up

Romans 10:9

Romans 10:9: That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Romans 5:8

Romans 5:8: But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

Romans 6:23

Romans 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Romans 3:23

Romans 3:23: For all have sinned and fall short of the glory of God.