

# HEART CHECK-UPS

September 14, 2024

## Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Hebrews 10:19-25

## Memory Verse

<sup>24</sup> We should keep on encouraging each other to be thoughtful and to do helpful things.

<sup>25</sup> Some people have given up the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord's coming is getting closer.

Hebrews 10:24-25



# CASEY'S DAY

written by Ron Vandenburg  
illustrated by Chad Thompson



Do you enjoy going to the dentist? Why or why not?

Emily was nervously sitting in the dentist's waiting room. The last time she visited the dentist, she had a cavity, and the dentist reminded her of the importance of flossing. Emily had worked hard to brush her teeth and floss daily but was still worried. When the dentist looked at her teeth, she said Emily was doing an excellent job keeping them clean! Emily even came home with a new toothbrush!

Going to a dentist to get your teeth checked is similar to going to church to get your heart checked. The songs and sermons remind you of who God is and how he has called you to live. They may point out some bad habits you have been doing or encourage you to develop good daily habits. Just like you may use a

timer to know how long to brush your teeth, God has given us our parents and church family to encourage us to follow him.

As you sit in church or go to Sunday School this week, try to listen for something you can do during the week. The incredible thing about God is that he does not wait to use you until you are older; listen for something you can do and someone you can encourage this week as well!

## Prayer

Dear God, thank you for the people you have placed in my life who correct me when I make bad choices and encourage me to live for you. Amen.

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*written by Philip Vander Windt*

<https://kidscorner.net/devotions/heart-check-ups>

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