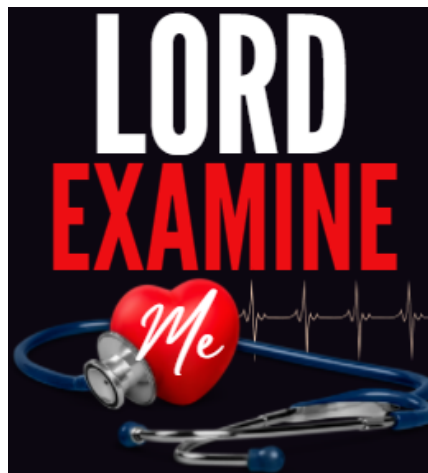


THERE IS DANGER IN BUILDING BEFORE HEALING

# LORD EXAMINE



ENGER LANIER TAYLOR



COPYRIGHT © 2021 Enger Lanier Taylor

This e-book or parts of it may not be reproduced in any form, stored in a retrieval system or transmitted in any form by any means - electronic, mechanical, copied or recorded without permission of the author or the publisher.

Editing and Format: Enger Lanier Taylor for In Due Season Publishing

[www.indueseasonpublishing.com](http://www.indueseasonpublishing.com)

[indueseasonpublishing@gmail.com](mailto:indueseasonpublishing@gmail.com)



**EXAMINE ME,  
GOD, FROM HEAD  
TO FOOT, ORDER  
YOUR BATTERY  
OF TESTS. MAKE  
SURE I'M FIT  
INSIDE AND OUT.**



**PSALM**  
**26:2** MSG

# ***LORD***

# ***EXAMINE ME***

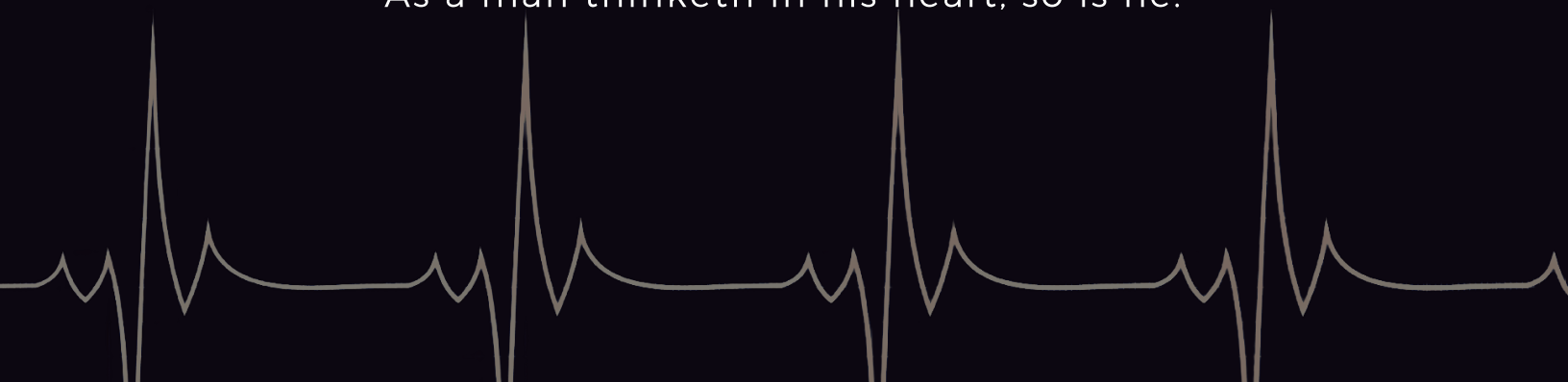
BY: ENGER LANIER TAYLOR

The enemy desires to shake you and disturb you to the point that your trust, hope, and faith in God is shaken. He would love that you would become double-minded. The Greek phrase double-minded is Dipsuchos, which means double souled. The Word says in James 1:8 that a double-minded man is unstable in all of his ways and will receive nothing from the Lord.

The word heart is used more than eight hundred times in the Old Testament. Also, more than two hundred times it deals with our thought life, emotions, and the things that motivate us. Your thought life will control the rest of your life. If you think about sadness, depression, anger, etc., how long do you think that it would take before you start to “act out” what you were thinking?

Proverbs 23:7

As a man thinketh in his heart, so is he.





An examination is what a physician does when you go in for a physical to determine what may be harming you physically that you know nothing about. Have you ever been surprised when you went to the doctor for what you thought was just a normal, routine visit only to later realize that something was wrong with your body? If that was the case, I am sure that what came next was that you were instructed to undergo a battery of tests, bloodwork and your vital signs were monitored closely. Depending on what the potential diagnosis was, you may have been admitted into the hospital for further observation.

You may be exhibiting troubling or unusual symptoms which require further investigation. The doctor is always look for clues of what is going on in the blood. Typically, what is revealed through bloodwork can not be found without going into hidden areas (your veins) of the body. An accurate diagnosis can never be found only by an external evaluation. In other words, you may look good on the outside, but you may not realize that your arteries are clogged and you are at a high risk of having a heart attack. Frequent check ups are absolutely necessary.

The care and attention that we have for our natural body is a partial mirror of what we need to do spiritually. Our relationship with our Heavenly Father can not be ignored. It is through study of His Word, prayer, fasting and worship that we are inclined to understand and come face to face with inconsistencies in our walk with God. If how we respond to certain situations and/or people does not line up with His Word then we clearly need to recalibrate our hearts. The truth is that oftentimes we do not understand what is inside of us until we are faced with pain, suffering and opposition. The Word of God is a flashlight that will shine into every dark area and reveal what needs to be removed.

### **Jeremiah 17:9-10 MSG**

*"The heart is hopelessly dark and deceitful,  
a puzzle that no one can figure out.  
But I, God, search the heart  
and examine the mind.  
I get to the heart of the human.  
I get to the root of things.  
I treat them as they really are,  
not as they pretend to be."*



I absolutely love potatoes and particular kinds of ice cream. I like them fried, baked, boiled and I have probably tried almost every flavor of Lays Potato Chips. Most people would not believe that, but it is true. I really did not think about the frequency that I ate these foods until I had some bloodwork and my cholesterol levels were much higher than the year before. I immediately understood that I had to stop eating them EVERY SINGLE DAY ... not just a few... I could easily sit and eat the whole bag and it was not unusual for me to eat a half gallon of my favorite ice cream in 2-3 days. However, I would have never gotten those results if I had not gone to the doctor and had the bloodwork. I looked fine; my weight had not changed at all and I did not feel bad. Nevertheless, if I had continued on that same path, I could have been putting myself at risk.

There are natural symptoms of heart failure. In some cases, the heart muscle may become damaged and weakened, and the ventricles stretch (dilate) to the point that the heart cannot pump blood efficiently throughout the body. There are conditions that can damage or weaken the heart that are present without one even knowing it such as,

MYOCARDITIS- Inflammation of the heart muscle commonly caused by a virus including COVID-19

ABNORMAL HEART RHYTHMS - heart beats too fast

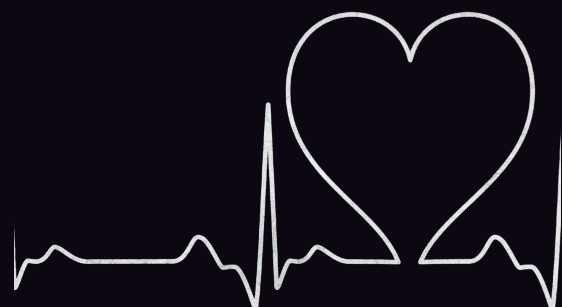
CONGENITAL HEART DEFECTS - defects from birth

CARDIOMYOPATHY - heart muscle damage

An unhealthy heart is a threat to every other organ in the body. The heart circulates blood to EVERY organ, so when it is unwell, the other organs do not receive the required benefit. If your heart is not functioning properly, the organs which are dependent on the blood that flows through the heart can not receive what it needs.

### **Psalm 66:18**

*"If I had ignored my sins, the Lord would not have listened to me."*



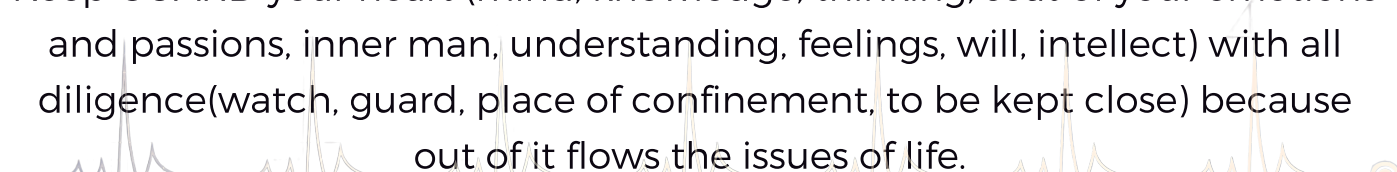
Think about how often we have ignored our own sin and expected, pleaded, desired, and begged God for this, that and the other thing hoping that we would receive what we have asked for. But after a while we find ourselves asking "Where Is it?" The real question that we should be asking is, "Can I be trusted with what I am praying for?" Sin separates you from God. So, repent and begin again.

I have said that one of the most challenging things to do is deal with one's self or THE MAN or WOMAN in the mirror. We seem to have a panoramic view of life and everyone else's circumstances and how they should or should not handle or deal with certain things. It is so much easier to point out the shortcomings of others. However, what we really need to be focusing our attention on is WHAT IN THE WORLD is going on with me. Yes, your friends, family members, children and the like may have their own issues. Do not be distracted by others dysfunction when your attention should be on your own heart. I understand no one wants to see and be able to identify all of that ugliness that is within. However, you must deal with what has been dealing with you.

Putting up walls to protect my heart from being hurt again seemed like a normal self-defense mechanism, even though I often didn't even realize I was doing it. But I've now realized those walls were actually doing more harm than good. All the invisible walls I'd worked so hard to erect were reaping zero benefits in my life. Trying to protect yourself will never work out. God is your defense and His desire is that you allow Him to heal every broken and shattered place in your heart. You need to be whole so that those that are assigned to your life will be able to receive what they need.

### **Proverbs 4:23 (KJV)**

Keep GUARD your heart (mind, knowledge, thinking, seat of your emotions and passions, inner man, understanding, feelings, will, intellect) with all diligence(watch, guard, place of confinement, to be kept close) because out of it flows the issues of life.



Your heart is valuable. Therefore, Don't be careless with it. The Word of God would have never told us to GUARD (protect; keep it close) something that is worthless or has no value. We don't guard worthless things.

The United States Bullion Depository (FORT KNOX) is surrounded by a steel fence. The building is made of hardcore concrete lined with granite and is reinforced by steel. It is known as the most heavily guarded place on the planet and no one is allowed to visit. Even with all of that security, our hearts are more valuable than any of it.

From your heart is the source of everything that we do. In a lot of cases, the condition of your heart is easily identifiable. Our words directly parallel or is a true indication of what our heart is saying. If you want to know what is in your heart, just listen to what escapes your mouth. "Out of the abundance of the heart the mouth speaks;" THE MOUTH SPEAKS WHAT THE HEART IS FULL OF (Matthew 12:34). I once read that country people say, "What's down in the well comes up in the bucket."

### **James 3:8-10 (The Voice)**

But no man has ever demonstrated the ability to tame his own tongue! It is a spring of restless evil, brimming with toxic poisons. Ironically this same tongue can be both an instrument of blessing to our Lord and Father and a weapon that hurls curses upon others who are created in God's own image. One mouth streams forth both blessings and curses. My brothers and sisters, this is not how it should be.

Your tongue (words) can be a blessing or a weapon. So, for undealt with bitterness, pain, abandonment, hatred, and all other negative matters of the heart, it will surface in your relationships with your family, friends, ministry, career, business... in EVERYTHING..... SO, before you BUILD anything, make sure that the foundation is stable and that your heart is clean. You MUST allow God to heal it before you build anything or it could all come crashing down.



*Enger Vanier Taylor*





HEART CHECK  
CHALLENGE<sup>®</sup>

## MEET THE AUTHOR

*Enger Vanier Taylor*

Enger is the founder of Heart Check Challenge<sup>®</sup> and the President and CEO of In Due Season Publishing<sup>®</sup>. She not only enjoys helping new and seasoned authors with their projects, but she enjoys helping them creating marketing materials, including videos that will help them promote their upcoming events.



[IG.COM/ENGERTAYLOR](https://www.instagram.com/enger_taylor)



[HTTPS://WWW.FACEBOOK.COM/ENGERTAYLOR](https://www.facebook.com/enger.taylor)



[WWW.INDUESEASONPUBLISHING.COM](http://WWW.INDUESEASONPUBLISHING.COM)