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*DAILY HEART CHECKS*

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# DAY 001

# GENESIS 1-3

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*Chapter Summaries*  
*Heart Check Convictions*  
*& Prayer*

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**with Kanoe Gibson**

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# Chapter Summaries

## DAY 001 | GENESIS 1-3

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In the book of Genesis, chapters 1 to 3 narrate the creation of the world and the story of Adam and Eve.

### *Genesis 1*

Chapter one begins by describing how God created the heavens and the earth in six days. On the first day, God separates light from darkness. On the second day, He creates the sky and separates it from the waters. On the third day, God gathers the waters and creates dry land, along with vegetation. On the fourth day, He creates the sun, moon, and stars to govern day and night. On the fifth day, God fills the waters and skies with various creatures, including fish and birds. On the sixth day, God creates land animals and finally, He creates humans in His own image, both male and female. God blesses them and gives them dominion over all other living creatures.

### *Genesis 2*

Chapter two provides a more detailed account of the creation of man and woman. It explains how God forms Adam from the dust of the ground and breathes life into him, making him a living being. God places Adam in the Garden of Eden and gives him the responsibility to cultivate and care for it. God then commands Adam not to eat the fruit from the tree of the knowledge of good and evil, warning of the consequences if he disobeys.

### *Genesis 3*

Chapter three introduces the serpent, who tempts Eve to eat the forbidden fruit. Eve succumbs to temptation and eats the fruit, and she also gives some to Adam, who eats it as well. As a result, their eyes are opened, and they realize they are naked. They feel shame and try to cover themselves. When God discovers their disobedience, He confronts them. Adam blames Eve, and Eve blames the serpent. God then pronounces consequences for their actions: the serpent will crawl on its belly, Eve will experience pain in childbirth, and Adam will toil in labor to earn a living. God also banishes them from the Garden of Eden, placing cherubim to guard the way back to the tree of life.

In summary, Genesis chapters 1 to 3 depict the creation of the world, the formation of Adam and Eve, their temptation and subsequent disobedience, and the consequences they face as a result.

# Heart Checks

## DAY 001 | GENESIS 1-3

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### GENESIS 1

#### LIGHTS ON | Gen 1:3-5

Notice the first thing God does amid all this chaos—He simply turns on the light, which immediately separates the light from darkness. So I don't know how you're starting your year. But I have a feeling that God wants to turn on the light in some dark corners of your life. Maybe He needs to separate you from something. And it isn't a bad thing. Let it happen because where the light is, darkness can't exist. So first HEART CHECK of the year.

♥ *What areas of your life do the lights need to be turned on?*

### GENESIS 1

#### SEEING GOOD | Gen. 1

We end the first chapter with God declaring that everything He had created thus far was good. Heart Check.

♥ *When you look around, can you still see God's goodness in the world?*

Do me a favor. Look around, right where you are, and list three things that you see that are good. And make it a habit to look for good. Because when you look for something, that is what you will be focused on. And I'd rather have a heart and a set of eyes that is focused on the good things in life so that my thoughts and actions will follow. Some would call this the art or practice of gratitude. So let's make that a resolution for this year. Look for the good in the world.

### GENESIS 2

#### SABBATH | Gen. 2:1-3

This subject of the Sabbath day and whether or not we are still called to observe it is a point of contention for many believers. For one, it is a commandment later given by God and Jesus himself still observes it. Again, it's because God created it for our good. It is not intended to be a burden. But we will also later see scripture that tells us that Jesus is Lord of the Sabbath and because He came to fulfill the Law, we can rest spiritually in Him. Colossians 2:6 also says that as believers, we are not to be judged by whether or not we keep the Sabbath day. That's what the

Word says. For me personally, I encourage taking a Sabbath, as God clearly commanded it for a reason. And you will find that it is actually pretty life-changing when you truly devote just one day out of the week to get proper rest. Heart Check.

♥ *Do you take a day of rest? If so, have you found that it has been beneficial? If not, what is keeping you from doing so?*

## GENESIS 2

### MARRIAGE GIFT | Gen. 2:21-25

Because God created marriage for the purpose of fulfilling His eternal purpose, the enemy is going to do everything he can to try to destroy marriages. If he can break down marriages, he knows that he can also begin to break down society—and we see that happening today. So keep this in mind next time you begin to feel a little irked with your spouse. Because they aren't your enemy—Satan is. We could break out in 52 sermons about marriage from this one single chapter. But I think the main thing to walk away with is this—marriage is a gift from God and so is your spouse. They are not a thorn in your side or a pain in your rear. Heart check for married couples.

♥ *Do you see your spouse as a gift or treasure from God?*

Remember, where your treasure is, there your heart will be also. So if we can get back to seeing them as a treasure, our heart or feelings will follow suit.

## GENESIS 3

### BLAME GAME | Gen. 3:11-13

God knew the answers to these questions, but He was giving them an opportunity to own up to what they had done. But instead, they start pointing fingers and saying he made it, she made me do it. The thing is, we can't go back and change what we've already done, but what we can do is get right with God about it. But that will never happen if we're playing the blame game. Heart Check.

♥ *Are you able to openly confess your shortcomings without shifting the blame to others? Are you able to take responsibility for what you have done?*

The interesting twist here is that Eve was deceived—the bible says so. But when Adam blames Eve, it is unjust, because he knew what he was doing. And he had the commandment straight from God. So he ultimately bears the responsibility for the fall, as written in the Word.

# Prayer

## DAY 001 | GENESIS 1-3

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***Heavenly Father, our Sovereign Creator, we recognize your goodness in all that you've done and in all that you are.***

Thank you for the plan you've had from the beginning of time as we know it to fulfill an eternal purpose. What a privilege it is to be a part of that. Thank you for bringing light into every dark area of our lives.

I pray that if there is anything that needs to be exposed, that you will turn on the light. We know and recognize that we are made in your image, and so we want to make sure we are upholding that, sharing who you are, and especially doing so with the fruit of the Spirit dwelling within, expressing itself through love.

May we hear the call today to be fruitful and multiply, not just physically but spiritually as well—help us to be people who are helping to fill the earth with more of You. May we have eyes that are set on looking for good so that our thoughts and actions will follow suit.

I pray that we will take authority today so that we will be good stewards of all that you have given to us. And this includes stewarding our own health and bodies by getting proper rest. I pray for all married couples and even for our future spouses, that they will be the ones you have chosen for us to become one with. Not to lord over, fight with, or demean, but to live in unity with mutual respect and honor, fully trusting that we have been given distinct gifts to be able to complement one another in the most perfect way, just as you have intended it.

We also know that full satisfaction can't be met by another person, but only through you Jesus. So I pray we will honor even more the marriage covenant between us as the church or the bride and you as our groom.

Thank you for allowing us to see such meticulous and personal care you had when creating the world and everything in it, and we know that it will once again be restored. Now that we endure the hardships of life due to the fall and sin nature, I pray that more than ever, we will live our lives fighting for restoration of your original plan. Thank you for always pursuing us, despite our sins and for granting so much mercy to us when we don't deserve it.

You are the promise keeper, and as we stand here on day 1, we look forward to day 365, when we see your full redemptive plan laid out. May we remain faithful so that we can see it come to pass.

***We love you. In Jesus' name. Amen. ❤️***