

## HOW'S THE HEART?

-Ryan Parsons-

My attention has been directed at the physical heart in the past week. Rarely do we notice its faithful regularity and its life-sustaining power. However, despite our inattention, it ticks along. The heart is not only vital but central to the existence of the physical body. When it is strong, we can climb mountains and run marathons. When it is unhealthy, we can be rendered unable to function in the basic activities of life. Interestingly, the Bible uses words for the English word heart around 1000 times in various forms. This is significant. In biblical terms, the heart is the center of all things spiritual and everything pertaining to human life, including conscience and character, which dictates all our words and actions.

Like the physical heart, bad heart health can severely limit us and ultimately put us in great peril leading to death. Therefore, when a cardiac issue manifests itself, quick intervention is critical.

Ezekiel 36:25–28.

*25 I will sprinkle clean water on you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. 26 And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. 27 And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules. 28 You shall dwell in the land that I gave to your fathers, and you shall be my people, and I will be your God*

Psalm 51:10

*Create in me a clean heart, O God,  
and renew a right spirit within me.*

On the other hand, a healthy heart leads to living in God's favor. What is better than reactively treating heart disease is to take a preventative approach (Philippians 4:7). Seeking heart health proactively prevents the disease from ever taking hold.

Mark 12:28b–30.

*... Which commandment is the most important of all?" 29 Jesus answered "Hear, O Israel: The Lord our God, the Lord is one. 30 And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."*

As you reflect upon God's word, ask yourself: How's the heart? Is it spiritually healthy? Are you proactively seeking to build and maintain that health? Is your heart sick? Where are you turning to get the treatment you need?

Matthew 5:8

*Blessed are the pure in heart, for they shall see God.*

May God lead and bless our lives and give us soft, clean, healthy hearts!