

“A Healthy Heart is Essential to Healthy Living”

Text: Proverbs 4:23

The King James renders this verse: “Keep thy heart with all diligence: for out of it are the issues of life.”

The Amplified Version renders this verse: “Keep your heart with all vigilance and above all that you guard, for out of it flow the springs of life.”

A few days ago I was watching Channel 7 news featuring a piece on the dangers to the heart of shoveling snow; the reporter was interviewing a local Cardiologist. They demonstrated the impact this task has on the heart and the correct way to shovel. This feature was a reminder to senior citizens that they should be careful in undertaking this task in order to avoid a heart attack, which could be fatal. Just a few days earlier, news stations carried the stories of those who did not follow the wisdom of this advice and the consequent fatalities that followed. Unquestionably, discussions about maintaining the central organ of the body, the heart, are replete with advice about how healthy eating and exercise promotes a Healthy Heart.

The writer in our text today approaches the spiritual aspect of the heart. Yes, the heart is the chief organ of the physical life, but spiritually it is man’s entire mental and moral activity, both the rational and the emotional elements. In other words, scripturally, the heart is used figuratively for the hidden springs of the personal life because the heart is the depository of all wisdom and the source of whatever affects life and character. As I related to you in our message for January, the Word of God is the spiritual food essential to maintenance of a healthy mental and moral foundation. So the writer is admonishing us to guard it with the upmost care, above all things.

1 Samuel 16:7 gives a perspective on how to measure a person. In this passage we see God directing Samuel on the criteria for identifying who he should anoint as King following the failure of Saul. He writes. “But the Lord said unto Samuel, Look not on the countenance, or on the height of his stature; for I have refused him, for the Lord seeth not as a man seeth, for man looketh on the outward appearance, but the Lord looketh on the heart” – KJV.

It is music to the patient’s ears when the Cardiologist advises you that your heart is sound. But as it relates to the Spiritual Heart, Jesus in his Sermon on the Mount said “Blessed are the pure in heart, for they shall see God”—Matthew 5:8.

So my brothers and sisters, by walking with God, talking with God, consuming his word, we are assured of a blessing. No matter what man says in measuring who you are or what you have done, if your heart is right with God, you will survive, you will live abundantly, you will achieve....you will, you will.

Speaking of matters of the heart, HAPPY VALENTINES DAY.



