



Heart Health



February has arrived. Known for housing Valentine's Day, February is also known as American Heart Month. We now see hearts almost everywhere we look. Red, pink, large and small, chocolate, foil hearts, sometimes we even see Cheerios in the shape of a heart. Much attention is given to the heart this

month. Hearts are a symbol of both love and life. The heart is extremely important to life. Our physical hearts keep our body alive. Our spiritual hearts are what we commit to Jesus when we ask him to be our Savior. It's vitally important that we keep both of our hearts healthy.

Weighing in at less than 1 pound - (the blue whale has the largest heart-weighing 1,500 pounds) - the physical human heart is amazing. It's the size of a human fist. It beats about 115,000 times a day and pumps 2,000 gallons of blood through the body. The heart can continue beating even when it's disconnected from the body, because it has its own electrical supply. We need a healthy heart to keep us alive. According to The Cleveland Clinic, you control your physical heart health through diet, exercise, and managing stress. And just as important as a healthy human heart is to having a healthy physical body - so is a healthy spiritual heart important to having a healthy spiritual life. Proverbs 4:23 tells us: *Above all else, guard your heart, for everything you do flows from it.* We have to protect our spiritual hearts. We do that by heeding Proverbs 3:5-6: *Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your paths.* According to God, you control your spiritual heart health through a diet of feasting on His Word, exercising your faith in Him, and managing stress by remembering that all of His promises are true-no matter what is happening in the world around you.

God is concerned with both; our physical heart and our spiritual heart. He created them both and wants us to take the very best care of them that we can.

You can be assured that God can be trusted with your heart-care. He installed your physical heart when He, "knit you together in your mother's womb. You are fearfully and wonderfully made," according to Psalm 139:13. And then, when our days on earth are over - no worries - "He's got your spiritual heart for all eternity," according to Psalm 73:26.

But, until then...

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7

Bless your heart,

The Christian Center Staff

