

Heart + Health

November 26, 2014

Most of the time our heart works well and we rarely pause to think about it. Each day our hearts beat about 100,000 times. It sends 2,000 gallons of blood surging through the veins of our bodies, nourishing our organs and tissues. Although it is no bigger than our fist, it keeps blood flowing through 60,000 miles of blood vessels. It is the controlling force of our lives. When it fails, life ends.

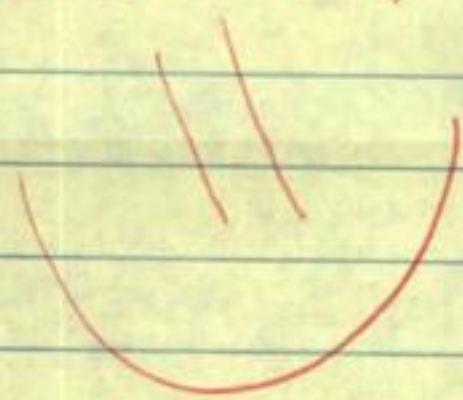
The heart, in Scripture, is the center of our emotions, rational and irrational thoughts, our wills and desires. In Scripture, the heart is the seat of the entire personality.

And the heart, as described in Scripture, can be our most fundamental problem. What we store, keep or hide in our hearts is what we become and who we really are.

So, as long as we keep our mouths shut, we can deceive others. But, that doesn't seem to be possible. In the blink of an eye or a moment in time, we let our guard down and our true self becomes exposed to the world.

Solomon wrote that "The tongue of a righteous is choice silver, but the heart of the wicked is of little value. Jesus said, "How can you who are evil say anything good? For the mouth speaks what the heart is full of."

We hear amazing stories about surgeons who are skilled at heart transplants. But a heart transplant does not correct the problem of evil. Only Christ can correct that problem. So, He doesn't transplant hearts, He transforms hearts. And when that happens, lives change. I'm changed! My heart has been transformed!



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