

SPIRITUAL LIFE MESSAGE

Song: "Give Me a Clean Heart"
Scripture: Proverbs 4:20-23
Prayer: As led by the Spirit

Meditation
"Your Spiritual Heart?"

February is National American Heart Month, and the color worn by Americans in observance of the month is red. This national observance became official on December 30, 1963 when President Lyndon B. Johnson signed Proclamation 3566—American Heart Month.

There are many types of heart disease. Some types are: cerebrovascular disease; ischemic heart disease; and hypertensive heart disease. As a result of Proclamation 3566 more Americans are taking better care of their physical hearts.

Now, the question is, "Are we, believers in salvation through Jesus Christ, taking proper care of our spiritual hearts? Like the physical heart, our spiritual hearts can also become diseased. These ailments include but are not limited to good deeds performed with evil motives; yielding to the desires of our flesh instead of obeying God's Word; putting the accumulation of earthly treasures above amassing of heavenly treasures; or behaving in a manner that does not honor God.

Both the physical and spiritual heart are central to our well-being.

Just as President Johnson signed a proclamation urging people to take care of their heart health, God inspired several of His servants to write about the well-being of our spiritual hearts. Throughout the Old and New Testaments, we find scripture urging us to have good and clean hearts. God's Word tells us the nature of a good heart, as well as, an evil heart.

As you journey through the month of February, thinking about maintaining or taking actions to improve the condition of your physical heart, don't forget to take the necessary steps to guard and maintain your spiritual heart. In Proverbs 4:23 (NLT), Solomon says, "Guard your heart above all else, for it determines the course of your life."

Prayer: Dear Father in Heaven, please help us to guard our hearts. Allow us to have healthy hearts filled with love for You, everyone created in your image and the world in which we live. Then, Father, let the love in our hearts compel us to share the Good News with everyone we meet. In Jesus' name we pray. Amen.



Louise

Polishing
Your Communication Power

- 1. bi-vocational 2. Dank
3. munificent 4. systole

- a. the phase of the heartbeat when the heart muscle contracts and pumps blood from the chambers into the arteries
b. one who works a second job to supplement the salary the church provides
c. excellent or of very high quality
d. larger or more generous than is usual or necessary

Last Month's Answers

- 1. b 2. a 3.d 4. c