

Whole Man Ministries Health Focus February 2014

Above all else, guard your heart, for everything you do flows from it. (Proverbs 4:23 NIV)

There are numerous Scriptures regarding the heart. "Love the Lord with all thine heart, Blessed are the pure in heart, Trust in the Lord with all thine heart, The Lord looks upon the heart..."

The heart in the Bible is a reference to our spiritual heart, our soul, our inner being. A healthy spiritual heart trusts and has faith in God. A healthy spiritual heart is obedient to God and has reverence for all His creations.

We are His creation and He created us in a way that can only be considered miraculous and divine. Every organ has its own unique responsibility. However, our physical heart may be the most vital of all. It pumps blood which carries all the materials we need for our bodies to function. If you fall sick or are in an accident, your pulse is checked and if the heart is still beating you are considered alive.

February is National Heart Health Awareness Month. Heart disease is the leading cause of death for men and women in the U.S. Every year, 1 in 4 deaths is caused by heart disease. We all can make healthy changes to lower our risk of developing heart disease by:

Thanking the Lord for creating us.

Loving the bodies God gave us.

Glorifying God in body and spirit.

Realizing our physical heart affects our spiritual heart.

So we need to **Pray** daily for help and strength to:

Eat a healthy diet, Exercise regularly, Maintain a healthy weight, Monitor our blood pressure , Have our cholesterol checked, Know our family history of heart disease.

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (III John 1:2 NIV)