

*“As in water face reflects face, So a man’s heart reveals the man.”(Proverbs 27:19 NKJV)*

The heart in the Bible is a reference to our spiritual heart, 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. **From the Centers for Disease Control (CDC):**  
***Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States.***

***Race and ethnicity also affect your risk. Nearly 44% of African American men and 48% of African American women have some form of CVD. And African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. About 2 in 5 African American adults have high blood pressure, yet fewer than half have the condition under control.***

#### **Plan for Prevention**

- **Eat a healthy diet**
- **Exercise regularly**
- **Maintain a healthy weight**
- **Monitor our blood pressure**
- **Have our cholesterol checked**
- **Don’t smoke**
- **Know our family history of heart disease**

The Lord looks at and searches our hearts. Our words and actions are products of what we are inside. Similarly we should know the condition of our physical hearts.

<http://www.cdc.gov/features/heartmonth/>