

## “MATTERS OF THE HEART”

What is Your Heart Saying? Of all the organs in our body, the heart is the most vital. Why? If it stops, nothing else works – the entire body dies.

There are many issues, in the physical, that can lead to a heart attack or even death. However, in almost all cases, a heart attack just doesn't happen without warning. There are changes and symptoms, whether known or disregarded, that occur prior. Most significantly, and as it relates to this topic, there are BLOCKAGES -- obstructions in the arteries which prevent proper blood flow to and through the heart.

Just as having a physical heart attack, in the spiritual there are many things that can obstruct a proper blood flow or relationship with our Father and cause distance in our relationships with others. The obstruction or “blockage” could even result in spiritual death!

Both Matthew 6:21 and Luke 12:34 state the following: “For where your treasure is, there will your heart be also.” What matters most to your heart? Are there any obstructions blocking the Holy Spirit's flow to and through your heart? Are you experiencing any symptoms that He doesn't have full control or a clear passageway? If the answers to those questions are less than favorable, decide to turn your heart toward Him by doing the following:

- 1) Repent -- Ask God to forgive you, then accept His forgiveness. He wants to have a close relationship with you and will forgive immediately. (1 John 1:9, Rom. 8:1)
- 2) Study and learn God's Word in order to apply it to your life. (2 Timothy 2:15, 1 Thess. 4:11)
- 3) Fast often and Pray daily-- not to make requests of God, only, but to be in His presence and love on Him. This will increase your sensitivity to the leading of the Holy Spirit as well as make you stronger in times of adversity. (Phil. 4:6, Mark 9:29, Matt. 17:21, 1 Thess. 5:17)
- 4) Choose to forgive (Mark 11:25)

Bless you,  
Barbara Sanders