

# Hearts

**“The heart's memory eliminates the bad and magnifies the good.”**

*Gabriel Garcia Marquez*

God gave us a heart, which pumps blood throughout the body and keeps us alive. The heart pumps about 2.5 million times in the average lifetime of seventy years. That's about 51 million gallons of blood.

It is amazing to think of the many systems of the human body, and how God has made us intricately and wonderfully! We are truly blessed!

The heart is also used to describe our innermost thoughts and desires. In the Bible, the Psalmist writes, “Create in me a clean heart, O God, and renew a steadfast spirit within me.”

So as our heart is, so are we. God is in the process of updating and renewing our hearts day by day. No matter whether our physical heart beats strongly, or we are approaching heart surgery or medication, God keeps our hearts going and growing, when we depend on him for our faith.

The Lord, the Bible says, is close to the brokenhearted, and saves those who are crushed in spirit. When our hearts are sad or angry, God comforts and soothes. When we are happy, God rejoices as our hearts rejoice as well.

We must pray daily that God renews and blesses our hearts. Not just for our own sake, but so that we can lift up the brokenhearted and all those in need. It is who we are as Christians. It is our DNA. It is at the heart of all that we think and do.

We can see some things with our eyes. But some things can only be seen with the heart. “And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye.” — Antoine de Saint-Exupéry, *The Little Prince*

We must pray that we can see deeply enough to get past all the selfishness and pride of the world, and be able to get on with what God wants to do. If we think back to the moment that Jesus was asked what is the greatest commandment, he said, “Love the Lord with all your heart, mind, and soul. And the second is to love your neighbor as yourself.

When we are able to see with our hearts, we can find that our inner faith and our outer action are inexplicably linked. We cannot have one without the other. Whether in the world or in the church, people look at life the same way in many cases. They see the needs that are most

evident, the things which must be changed or continued, and those which must be abandoned as not working or no longer needed.

Steve Jobs, a founder of Apple Computers, which have changed the world, thought about this. He said, "Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."

A Christian who sees with the heart knows this and much more. We do not worship religious phrases or ideals. We worship a God who sent Jesus to lay down his life for us. He loved us (with his heart) so that he gave (from his heart) his only son (truly his own heart) to die (which broke his heart) that whoever believes (hearts transformed) will never perish (our hearts will beat on forever) but have everlasting life (dwelling close to the heart of God).

Perhaps one of the blessings of the heart, which keeps it healthy and growing, is thanksgiving. When we give thanks to God, our hearts are blessed, and other things get better, and we are closer to God and others. A grateful heart is a beginning of greatness. It is an expression of humility. It is a foundation for the development of such virtues as prayer, faith, courage, contentment, happiness, love, and well-being. ~James E. Faust

Corrie Ten Boom, a prisoner who survived a Nazi death camp during World War II, heard her sister Betsy give thanks for the severe infestation of fleas. Why, she thought should we give thanks for these terrible creatures. But she and others soon saw what Betsy saw, that the fleas kept the guards away so they could pray and have bible study, and be free of much of the punishment what would be inflicted otherwise.

It is fitting that we end with words said and believed in many churches just before the sermon from Psalm 19:14. "May these words of my mouth and this meditation of my heart be pleasing in your sight, LORD, my Rock and my Redeemer."

May your heart truly be blessed this day. And may you bless someone else's heart today.