

APPS SERIES BY DAVID H. MCKINLEY

EKG

The human heart is an amazing and fascinating piece of machinery. It is divided into two halves and four chambers, and a series of valves and vessels partake in its every function. The average human heart beats between 60-100 times per minute at rest.

You can measure heartbeats by placing fingers on the pulse at your wrist or neck. However, a more precise method of determining pulse involves the use of an electrocardiograph or EKG.

Nothing is a truer reflection of the true well being of your life than the condition of your heart.

What is true physically is also true spiritually. Just as the heart is at the core of all life and life function, so it is with your spiritual life and walk with God. Nothing is more practical and functional than the issues of the heart.

What's the condition of your heart? Are you filled with bitterness and anger or by deceitfulness and sin? Are you full of joy and gratitude?

The EKG "App" helps investigate, examine and analyze the condition of your heart. Why is this examination important?

When God sees you, He sees your heart.

In the Bible, there are more than 700 references to the "heart" and nearly 80 references in the book of Proverbs alone.

>>The Condition of the Heart is Important

In Proverbs, the heart is described as a place of...

Emotion. We are emotional beings. We use the term, *heart*, in association with emotions. For example, we often hear and use the phrase, "I love you from the bottom of my heart."

READ Proverbs 12:25. The picture here is of one who is heavy, burdened and weighed down.

READ Proverbs 15:13.

Emotions can dominate your life and enhance or destroy your relationships. Feelings can be faulty and fickle. Therefore, you must guard your heart from emotional dominance.

1. *Feelings must be controlled by thoughts.* Faulty feelings come from faulty thinking.

2. *Feelings are not a good judge of whether life is good or fair.*

"Emotional experience in the western world has become the primary motivation of values, actions and spiritual beliefs." —James Dobson

3. *Feelings have a great impact on the condition of the body* (i.e., pulse, digestion, sleep, etc.).

READ Proverbs 14:30.

In contrast, we need to pursue emotional health.

READ Proverbs 17:22.

The opposite of corrosive emotions are good and healthy emotions that strengthen, balance and bless our lives and the lives of others. Pray for and pursue emotional health!

Reflection. READ Proverbs 20:5.

The Bible associates thinking with the heart, not just the brain. This association is not because the brain is "skewed" in facts on human anatomy and psychology, but because the heart is the deep core of man.

READ Proverbs 23:7a. Who you are, where you go, what you do and what you become all have to do with your thoughts, motivations and decisions.

Sow a thought, reap an act.

Sow an act, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny.

Direction. READ Proverbs 4:23.

What begins deep within your heart is what flows out of your life. You've heard the phrase, "What's in the well comes up in the bucket!" Nothing just happens; it all starts in the heart. That is why you have to pay attention to your heart.

READ Proverbs 27:19.

The direction of life begins with the direction of the heart. For this reason, Solomon, in his wisdom, reminds us of the importance of heart health: "Keep your heart with all vigilance, for from it flow the springs of life" (Proverbs 4:23 ESV).

Every part of life—feeling, thinking, choosing—is affected by the condition of the heart.

>>The Condition of the Heart is Individual

Being around people whose heart is healthy is not a substitute for the attention and care needed for your own heart.



EKG

Proverbs 4:23

EKG

Apps Series, Part Five

David H. McKinley, Pastor
warrenbaptist.org

Scripture: Proverbs 4:23



Keep your heart with all vigilance, for from it flow the springs of life.



The heart of the wicked is of little worth (Proverbs 10:20 ESV).



WARREN
a way of life!

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EKG >>> CONTINUED

I have always been amazed to see the vast differences in people with heart disease. Genetics, lifestyles and stresses impact each heart differently. You can't see and know the condition of the heart from the outside.

There are different heart conditions described in the Bible, but none are readily apparent to the untrained eye.

Scripture mentions:

"a heart that devises wicked plans" Proverbs 6:14

"deceit is in the heart" Proverbs 12:20

"anxious heart" Proverbs 12:25

"backsliding heart" Proverbs 14:14

"tranquil heart" Proverbs 14:30

"broken heart" Proverbs 15:13

"arrogant heart" Proverbs 16:5

"joyful heart" Proverbs 17:22

"crooked heart" Proverbs 17:20

"intelligent heart" Proverbs 18:15

"pure in heart" Proverbs 22:11

"heavy heart" Proverbs 25:20

"evil heart" Proverbs 26:23

"glad heart" Proverbs 27:9

"hard heart" Proverbs 28:14

Scripture also warns about:

"double heart" Psalm 12:2

"unbelieving heart" Hebrews 3:12

"cold heart" Matthew 24:12

"unclean heart" Psalm 51:10

There are many conditions listed because there are many conditions prevalent in the lives of people.

>>>The Condition of the Heart is Intentional

Based on Proverbs 4:23, there is an implied admonition for *you* to "keep your heart with all vigilance...." There is a need for *you* to pay attention here.

Vigilance means *paying attention*. This is similar to the way a dog reacts when a stranger nears the house or threatens the owner.

God wants you to pay attention to the issues of the heart. Why? The heart is what God sees. The heart

involves who you are, how you live and where you are headed.

You can't hide from God's sight. God sees both the motivation and the action.

"The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually" (Genesis 6:5 ESV).

You won't escape God's loving eyes. In pain and brokenness, the Lord sees, He knows and He cares. "The LORD is near to the brokenhearted and saves the crushed in spirit" (Psalm 34:18 ESV).

You don't need to fear God's quality of vision. God sees the desire of your heart, even if you never see the work of your hands. "But the Lord said to David my father, 'Whereas it was in your heart to build a house for my name, you did well that it was in your heart'" (1 Kings 8:18 ESV).

God is looking for people with hearts for Him. "For the eyes of the Lord run to and from throughout the whole earth, to give strong support to those whose heart is blameless toward him" (2 Chron. 16:9a ESV).

On Sept. 24, 2009, I will mark 35 years since my call to ministry. I was 15 years old at the time and a sophomore in high school. Today, I know I am not going to live long enough or have enough time, money and energy to do all that I would hope or dream to do in life or for Christ. But this I know, God knows my heart. He knows your heart, too, and of your desire to serve and live for Him.

"Who can say I have made my heart pure; I am clean from my sin?" (Proverbs 20:9 ESV). Do you need the surgical hand of the living God to work in your heart today? Alone, you can't make your heart right before God, but God can give you a new heart and direct your heart toward Him by grace.

"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me; and lead me in the way everlasting" (Psalm 139:23-24 ESV).