

How You Can Avoid Spiritual Heart Disease

Defining “heart”—biblically speaking, “heart” is both the pump for your blood and the center of your soul or immaterial being. Just as your physical heart gives life to your physical body, your spiritual heart gives life to your spiritual body.

- “Keep your heart with all diligence, for out of it are the issues of life” (Prov. 4:23).
- “Men’s hearts failing them from fear and the expectation of those things which are coming on the earth” (Luke 21:26, NKJV).
- How to remove fear: “Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God. And the peace of God, which surpasses all understanding, will protect your hearts and minds through Christ Jesus” (Phil. 4:6-7, MEV).
- Live with an attitude of playfulness: “A merry heart does good like a medicine” (Prov. 17:22a).

13 Stressors (Emotional, Physical, Spiritual) That Contribute to Heart Issues

Stressors on the Heart: Every level of separation between God and man, or any lack of complete obedience to His commands, puts a level of stress on the heart. Stress contributes greatly to heart disease.

Stressors

Fear: Men’s hearts failing them because of harboring fearful thoughts.

Anger: “Do not let the sun go down on your anger” (Eph. 4:26).

Unforgiveness: toward self, others, God, circumstances, evil

people.

Dead works: Striving on my own to accomplish (Heb. 6:1,2). Sitting on the front edge of my chair ready to jump into action at all times. Type A personality leans this way. Satan's lie "I can" says life is about my efforts and my knowledge.

Unconfessed sin: God's hand is not so short that it cannot save, but your sins have made a separation between you and your God (Isa. 59:1,2).

Unhealthy diet: Daniel would not defile himself with the king's rich food.

Toxic planet: 100,000 more chemicals in the environment now than 100 years ago.

Inflammation from bacterial and emotional roots.

Demonization: Jesus cast out the spirits with a word and healed all who were sick (Mark 1:39).

Brokenheartedness: Areas in your heart that are broken off from the core you and are operating separate from God.

Generational sins and curses: These are passed down three to four generations (Ex. 34:7).

Lack of care of God's temple: I am the temple God dwells in.

Misplaced hope: Hope deferred makes the heart sick (Prov. 13:12).

Causes

Believing I must cope with life's pressures myself, and that my "resources" will prevail.

Over 90% of those in the "lifelong anger club" die of clogged arteries.

Hurts and failures in life result in hopelessness that God is nowhere to be found. Evil rules.

Not drawing continuously on the Holy Spirit's gifts, manifestations and fruit which are easily, readily available to all, but instead trusting in my abilities and tools and telling God, "I got this."

Going your own way rather than God's way. Arguing and making bargains with God because we want what we want and think it is better than what He has said.

Eating rich food, processed or refined, sugar-coated foods or GMO foods.

These chemicals fill the air, water and food, and they can stockpile in our bodies.

Some of this inflammation is generational.

Ask the Spirit to show you any curses sent upon you or demons you have picked up through life's traumas.

A broken area is a part within that is trying to handle an area of life without drawing upon the power of the Spirit.

Ask the Spirit to show you any curses coming down through the family line.

I don't take the time to care for my body, for example, through rest and exercise.

Placing your hope in anything (even one of His promises) rather than in God Himself.

Solutions

Faith: Believe God loves me and is in control, working all things out for good.

Love: Be merciful, compassionate and judge not.

Forgive everything against everyone, and your prayers will be answered (Mark 11:25).

“Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded” (James 4:8). Prayer: Lord, what are Your thoughts concerning this situation?

“Let us draw near with a *sincere heart* in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water” (Heb. 10:22, NASB).

Eat organic fruits and vegetables and high-quality proteins. Take 20 minutes to enjoy and taste the foods you are eating.

Do cleanses regularly, breathe clean air, use non-toxic cleansers, drink pure water.

Find the root cause of the **inflammation** and remove it.

Forgive the person, honor and bless them and command the curse to halt in Jesus’ name and the demons to leave.

Asking Jesus to **heal the broken areas**, knitting me back together and enlightening me with His Spirit (Isa. 61:1).

Forgive the person, **honor and bless them** and command the curses to halt at the cross of Christ.

Come apart and rest a while (Mark 6:31). Exercise; celebrate!

Hope in God (Ps. 42:11), and the God of hope shall fill you with all joy and peace (Rom. 15:13).

God’s Picture of Stress-free Living Is Abiding in Christ

“I am the vine, you are the branches. He who remains in Me, and I in him, bears much fruit. For without Me you can do nothing” (John 15:5). Abiding is characterized by: living present tense, tuned to your heart, receiving wisdom,

revelation, love and power from God and extending it out to others. (The EmWave2 device can help one quickly learn this posture.)

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