

The Best Way for a Believer to Live Heart Healthy

Our bodies are truly amazing. Artists have tried to capture the beauty of the human body for years.

The human body puzzles doctors and scientists, and every day they discover more truth about the human body. The human brain designed by God and placed in our head is far beyond medical comprehension. God designed a remarkable pump and placed it in man's chest. It is called the heart. There is no machine on Earth that works as hard as the human heart.

Reading articles on the internet, I found that on average, a healthy heart weighs 11 ounces and pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day! A healthy heart allows you to enjoy the life that God has given you.

On the other hand, an unhealthy heart causes disease in our body, which brings pain and suffering. Our activities are limited in our daily lives, and much time has to be given to care for the needs of the body. An unhealthy heart leads to death, the death of dreams and visions and the purpose that God has put in your spirit, which is also known as your spiritual heart. Your spiritual heart is the center core of your body, which is the temple of the Holy Spirit when you are born again.

In all this, the Bible simply says, *"I will praise you, for You made me with fear and wonder; marvelous are Your works, and You know me completely"* (Ps. 139:14). The body is God's masterpiece.

More and more, the world is becoming "conscious" of the need to care for the human body so that we can live healthy and longer, which is good. As believers in Christ Jesus, we need

to praise and worship God for His marvelous creation.

God made man, an intellectual, moral and physical Earth creature with spiritual responsibility and integrity. Man was created to express God's own nature of love, to receive His love and share His love. Man did not evolve or arrive on Earth by accident, but as we read, he is fearfully and wonderfully made for a purpose.

With the knowledge of this magnificent masterpiece, the body, created in the image of God, why do we continue to abuse it? Every place we look we see information about taking care of our body. We hear about the damage done to our body from addictions that are destroying our bodies—food, alcohol, tobacco, pornography and so forth. Why can't we stop?

It is evident that we cannot break these strongholds by our own power. Addiction is a spiritual problem that can only be broken by the power of the Holy Spirit.

As a child of God, how long will the out-of-shape believer look in the mirror and say, "I must do something about this body"? How long will we depend on a drink to deaden the pain of hurt and think we can get away with looking at pornography and never be caught? How long will we ignore all the information about the effect of being overweight? When will we as a child of God start taking responsibility for our actions?

It is a heart problem, not our physical hearts, but our spiritual hearts. Proverbs 4:23 tells us, "Keep your heart with all diligence, for out of it are the issues of life." Above all else, guard your heart, for it affects everything you do!

What is in our spiritual hearts affects every area of your life! Are we full of bitterness, hate, jealousy or unforgiveness? These are some of the issues of life that cause addictions. We are looking for a way of escape instead of

facing the truth and taking responsibility for our actions.

A healthy physical heart comes from a healthy spiritual heart. Lack of care for our physical hearts comes from a lack of care of our spiritual heart. That is the heart of the matter!

“The spirit of a man will sustain his infirmity, but a wounded spirit [heart] who can bear?” (Prov. 18:14). “He who has no rule over his own spirit [heart] is like a city that is broken down and without walls” (Prov. 25:28). A city without walls has no protection against attacks of the enemy. You do have an enemy and he has one goal: to steal, kill and destroy. You, child of God, have a big God and He desires to give you abundant life (John 10:10).

The truth is that you have received everything from God you are going to receive from Him in your spirit, your spiritual heart, when you are born again. The Christian life isn't about “getting” from God; it is a process of renewing your mind and learning to release what you already have received.

At one time in my life, the only abundance I was walking in was fat cells! I faced the truth that the answer was not in a diet book but in the Person of Jesus Christ. The power to change the desire of your heart to bring transformation is in the One who created you!

To keep a healthy heart in our bodies, our spirits have to be healthy. The body is a real photograph of our mind and heart. It reflects what is in us. Have you had a heart check-up lately? Are you tired of walking around the same old mountain? All you have to do is say, “Lord, I need Your help. Forgive me for trying to control my life without You.”

Forgiveness is the key to a healthy lifestyle, and thanksgiving for what God has done and is doing in your life is the foundation to build a healthy lifestyle! {eo}

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