

What You Must Do to Keep Your Heart Spiritually Healthy

Does your heart have peace? Do you feel pain? Do you feel pleasure? Do you delight in His presence?

Solomon said, “Keep your heart with all diligence, for out of it are the issues of life” (Prov. 4:23).

Life flows from the heart.

Leadership flows from the heart. The Bible says that David was a shepherd who led his people with the integrity of his heart (see Ps. 78:72).

Love comes from the heart: “Jesus said to him, ‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind’” (Matt. 22:37).

The Lord looks at the heart (see Isa. 66:2; Matt. 5:4).

As our physical heart plays an essential role in our lives, our inner heart plays a vital role in our lives, leadership and love. The enemy of our soul attacks our heart. He wants us to have a spiritual heart attack. If our heart becomes a stony heart, it can’t receive anything good. Or if it becomes full of thorns, it chokes the seed of God’s Word. A good heart is a key to fruitfulness and fulfillment.

Jesus is our best example of living a life that’s full and pleasing to God. Jesus was busy but not burned out. He was mistreated by people, yet He wasn’t bitter. Christ’s task was huge, but He lived in a constant state of rest. He shares His secret with us:

“Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls” (Matt.

11:29).

The secret of Jesus' idea of "rest" wasn't going on vacations or taking days off, although those measures are good. It's not His being tied down to disciplined routines but it is His heart. He promises us that if we study His heart, ours will be healthy, and it will bring rest to our whole being. There are many things to learn from Jesus, but one of the most important things is how to have a healthy heart.

–To have a healthy heart, we must have a humble heart.

–To have a healthy heart, we must replace a hurry with holiness.

–To have a healthy heart, we must prioritize peace over pressure.

Once our heart is healthy, burnout will be replaced with holy burning. {eoa}

Vladimir Savchuk is the lead pastor of Hungry Generation Church and author of *Break Free, Single, Ready to Mingle and Fight Back*. He is also a founder of a virtual online school. To download free e-books, sermon series and small group study guides go to .