

Preventive Heart Medicine

Proverbs 4:23

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The wise king Solomon gives us a spiritual checklist to determine our *PULSE*. Today we look at the “heart”, which is not only our most vital physical organ but also our primary spiritual organ. We are interested in how to prevent heart problems physically. But what kind of preventive heart medicine is available for us spiritually?

I. What is the “Heart” Biblically?

Ryrie: “The heart in Scripture is considered the very center and core of life.”

II. Why Warn About the Heart?

1. Out of it spring the issues of life.
2. The heart determines the course of your life.

Matthew 15:¹⁰ ¶ When He had called the multitude to *Himself*, He said to them, "Hear and understand:

¹¹ "Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man."

¹² Then His disciples came and said to Him, "Do You know that the Pharisees were offended when they heard this saying?"

¹³ But He answered and said, "Every plant which My heavenly Father has not planted will be uprooted.

¹⁴ "Let them alone. They are blind leaders of the blind. And if the blind leads the blind, both will fall into a ditch."

¹⁵ Then Peter answered and said to Him, "Explain this parable to us."

¹⁶ So Jesus said, "Are you also still without understanding?"

¹⁷ "Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated?"

¹⁸ "But those things which proceed out of the mouth come from the heart, and they defile a man.

¹⁹ "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

²⁰ "These are *the things* which defile a man, but to eat with unwashed hands does not defile a man."

3. "The heart of the problem is a problem of the heart."

1 Kings 11: 1 ¶ But King Solomon loved many foreign women, as well as the daughter of Pharaoh: women of the Moabites, Ammonites, Edomites, Sidonians, *and* Hittites --

² from the nations of whom the LORD had said to the children of Israel, "You shall not intermarry with them, nor they with you. Surely they will turn away your hearts after their gods." Solomon clung to these in love.

³ And he had seven hundred wives, princesses, and three hundred concubines; and his wives turned away his heart.

⁴ For it was so, when Solomon was old, that his wives turned his heart after other gods; and his heart was not loyal to the LORD his God, as *was* the heart of his father David...⁹ ¶ So the LORD became angry with Solomon, because his heart had turned from the LORD God of Israel, who had appeared to him twice,

III. How Can I Guard My Heart?

1. Eat right.

Philippians 4:⁸ ¶ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy -- meditate on these things.

2. Exercise
3. Emotionally
4. Eliminate

- Stress/Worry

Philippians 4:⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

- Sins unconfessed

Psalms 51:¹⁰ Create in me a clean heart, O God, And renew a steadfast spirit within me.