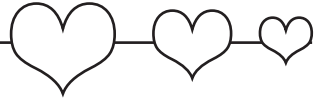


A Cure for the Heart

Marilyn Bawden – USA Western Territory. Adapted for Cedar Springs



Valentine's Day is February 14—the day our thoughts turn toward love, hearts and flowers. On this day no one wants to feel unloved or alone.

February is Heart Month. Heart disease is the number one killer of women in this country. Every year, tens of thousands of people across Canada put their hearts into making a difference to the lives of others by participating in the Heart and Stroke Foundation's largest grassroots fundraising initiative – Heart Month.

Program and Service Ideas

Contact the Heart and Stroke Foundation of Canada for information to request a speaker to come to your group to talk on heart issues. Their website (<http://ww2.heartandstroke.ca/splash/>) offers suggestions for education and involvement on heart issues and also gives suggestions for education and involvement in heart issues. Brochures and leaflets are also available.

Be part of the cure by becoming an advocate. Raise money for the foundation by holding a 'walk-a-thon' or a "Rocking for the Heart Day". Bring rocking chairs to the church and get sponsors to pay for the number of hours volunteers from the Women's Ministries spend rocking. Encourage family and friends to become involved or to come and cheer the participants on.

The heart is not just the centre of our being. The word "heart" is an important part of everyday language.

- Indigestion may also be called *heartburn*.
- A sorrowful condition brought on by disappointment for a romantic partner might be called *heartache*.
- When love is gone, a person might become *heartbroken*.
- If you lack compassion, you are *heartless*.

- To give complete approval is giving it *wholeheartedly*.
- If you are cowardly in nature, one might say you are *faint-hearted*.
- The occurrence of the heart muscle contracting and expanding is called a *heartbeat*.
- To encourage is to *hearten*.
- The centre of a tree is called *heartwood*.
- An instance of heart failure is called a *heart attack*.



Look up the Bible reference to find out what kind of hearts these are.

B	heart (Psalm 34:18)	<i>brokenhearted</i>
P	heart (Psalm 51:10)	<i>pure</i>
D	heart (Proverbs 12:20)	<i>deceitful</i>
H	heart (Ephesians 4:17, 18)	<i>hard</i>
P	heart (Proverbs 17:20)	<i>pervasive</i>
F	heart (Proverbs 15:7)	<i>foolish</i>
J	heart (Psalm 4:7)	<i>joyful</i>
H	heart (Proverbs 15:13)	<i>happy</i>
P	heart (Proverbs 16:5)	<i>proud</i>
R	heart (Proverbs 15:28)	<i>righteous</i>
S	heart (Proverbs 13:12)	<i>sick</i>
D	heart (1 Kings 3:11, 12)	<i>discerning</i>
U	heart (Psalm 7:10)	<i>upright</i>
W	heart (Proverbs 10:8)	<i>wise</i>



Create In Me a Pure Heart

Scripture tells us that David was a man after God's own heart. Chosen by God at a young age to rule over Israel, he was one of the greatest men in the Old Testament (1 Samuel 16). He started his rule as a godly king and the Lord caused the nation of Israel to prosper under his leadership. Unfortunately, sin entered David's life when he lusted after a woman named Bathsheba. When she became pregnant with his son, he arranged for her husband to be killed on the battlefield (2 Samuel 11). Later the child died, which caused David terrible anguish. He suffered from a diseased and broken spiritual heart.



David was confronted with his sin when the prophet Nathan appeared and pointed it out to him (2 Samuel 12). Even though David repented before God and was forgiven, the consequences of the sin remained. His prayer of sorrow and repentance is recorded in Psalm 51. He asked God to “create in him a clean heart and to renew a right spirit within him” (verse 10). David spoke the truth when he stated that a “broken spirit and a contrite heart pleases God” (verse 17).

When we sin, we must sincerely repent and pledge before God to turn from our sin. He honours this kind of prayer. Our God is the Great Physician — the healer of broken and diseased hearts. We must pray sincerely as did David, “*Create in me a pure heart, O God, and renew a steadfast spirit within me*” (Psalm 51:10).

Poem: My Heart Sings

*Today my heart sings, Lord;
Everything within me rejoices.*

*Joy bubbles up in my soul,
Overflows and cascaded
like a stream leaping all barriers;
The joy of knowing You,
The joy of union with You.*

*One with the You, Creator of the world,
and my Creator,
One with You, Saviour of the world,
and my Saviour.
One with You, Spirit of the eternal God,
and my God,
One with You, almighty King of kings
and my Lord and King.*

*Joy, joy at the heart of living,
Joy in doing, joy in being;
Sing for joy, my heart,
For sheer joy, my soul.*

*The joy of loving You,
The joy of following You,
The joy of serving You;
All the way 'long, it is glory.*

*Today my heart sings, Lord;
Everything within me rejoices,
Joy bubbles up in my soul,
Glory . . . Glory!*

Taken from Just a Moment, Lord, Flora Larsson