Heart Health

Heart disease is the leading cause of death in the United States. Our heart pumps at a rate of around 70 beats per minute. Though weighing only 8-10 ounces on average, a healthy heart pumps 2000 gallons of blood through 60,000 miles of blood vessels each day. Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that’s equivalent to driving to the moon and back.

Over the course of your lifetime, your heart will pump more than ten million barrels of blood. Without a properly functioning heart, you cannot live. Over $444-billion is spent each year to treat heart disease – not including the money spent on diet and exercise to prevent it.

It is no wonder that when we talk about the spiritual and emotional sides of ourselves, we refer to them as our heart. We spend a lot of money, time, and effort on the health of our physical hearts. We should do even more for our spiritual hearts. “Keep your heart with all diligence, for from it flows the spring of life” (Proverbs 4:23). This is not talking about the physical heart!

So, this week, let us all give our hearts a checkup. Let us slow down and look at our lives, do our desires, passions, and activities reflect those of Christ?

Is your heart healthy? Does it belong to God? If not, seek help and get busy doing something about it!

--Luke Bower (Abilene, TX) via Old Paths (adapted)