



A Healthy Heart.

“As a man thinks in his heart, so is he...” Proverbs 23:7a

Your meditation – that which you constantly focus your mind upon ultimately produces who and what you will be! Therefore set your mind and your thoughts on that which will produce and reveal the Kingdom of God in your life. “This book of the law shall not depart out of your mouth, but you shall meditate therein day and night, that you may observe to do according to all that is written therein; for then you shall make your way prosperous, and then you shall have good success.” (Joshua 1:8 also see Philippians 4:8).

“Let not your heart envy sinners, but fear the Lord all the day long.” Proverbs 23:17

Sin is full of temptations, isn't it? Why envy those who hate God Who happens to be your Father?! Why day dream about that which hurts His heart and your life? Be wise, my son, side step such thoughts and allow the fear of the Lord to keep you safe from the destruction that follows sin and the way of sinners.

“My son, give me your heart, and let your eyes observe My ways.” Proverbs 23:26

When a person “falls in love” they entrust their heart to another. Why not then “give your heart to the Lord.” Allow Him to hold your affections and passions, your hopes and longings! He can be trusted to always, always, always do you good! Trust Him. Hold tight to Him. Above all else, cling to Him!

What have you been thinking in your heart? Would you be embarrassed if your friends could read your mind? What do you spend the majority of your time meditating upon? Do you need a good “brain washing?”

“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is.” (Romans 12:2 NLT).

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