

Why Is Our Heart As Important To Our Spiritual Life As It Is To Our Physical Life?

Proverbs 4:23 [Amplified Bible] *“Keep your heart with all vigilance and above all guard it for out of it flows the springs of life.”*

Why do we find such a statement within the wisdom of God?

Recorded in His ‘**Handbook for Life**’, the Holy Bible.

Romans 1:20 [Message Bible] *“... The basic reality of God is plain enough. Open your eyes and there it is! By taking a long and thoughtful look at what was created, people have always been able to see what their [physical] eyes as such cannot see.”*

God has given us a physical creation to understand in measure His spiritual realm and His thoughts and desires.

Our physical heart is the driving force of our lives, our physical health in fact our life itself is dependent on its function.

Mark 12:30 [Recovery Version] *“And you shall love the Lord your God **from** your whole heart and **from** your whole soul and **from** your whole mind and **from** your whole strength.”*

Jeremiah 17:9 [NIV] *“The heart is deceitful above all things and beyond cure. Who can understand it?”*

The heart or driving force of our lives deceives us in every aspect of our lives before conversion. We of our own strength cannot change this fact, because we are totally unaware of the situation.

Romans 10:10 [NIV] *“For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”*

It is a changed driving force for our life that is the beginning of our conversion.

Acts 2:37 [NIV] *“When the people heard this, they were cut to the heart and said to Peter and the other apostles, “Brothers, what shall we do?”*

The pain of death that they realised they had caused to Jesus Christ the Messiah, [Saviour] they have been looking for, caused a cutting pain in their heart. They knew that a change had to take place in the direction of their lives.

From such a change in heart started the process of conversion that would involve their whole being.

Mark 12:30 [NIV] *“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”*

Heart – this is the starting point.

Soul

Genesis 2:7 [King James] *“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”*

It is the implanting of the breath [Hebrew spirit] of God into the human made of dust that caused him to become a soul.

Job 32:8 [NIV] *“But it is the spirit in a man, the breath of the Almighty, that gives him understanding.”*

1 Corinthians 2:11 [NIV] *“For who among men knows the thoughts of a man except the man’s spirit within him? In the same way no-one knows the thoughts of God except the Spirit of God.”*

When the Holy Spirit joins the spirit in us, then our understanding of God’s spiritual truths begins.

Mind – the mind then understands the purpose of life and prompts the body to certain changed acts.

Strength – our physical body through which our heart, soul and mind will live this new way of life.

Ephesians 2:8 [NIV] *“For it is by grace you have been saved, through faith, and this not from yourselves, it is the gift of God.”*

God’s purpose for our very calling and conversion.

Matthew 5:13-16 [NIV] *“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. “You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.”*

The example we are to give to others that they may have the opportunity to know their Creator God.

Now we can see how important it is to keep or protect and to guard our spiritual hearts.