

Heart Palpitations & God's Revelations

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About two months ago, I started having **heart** palpitations.
Intense? Yup. Disconcerting? Very.

I've learned that our bodies often 'speak' issues of the **heart**,
so the first thing I did was pray through Philippians 4:6–7.

*"Be anxious for nothing,
but in everything by prayer and supplication,
with thanksgiving,
let your requests be made known to God;
and the peace of God, which surpasses all understanding,
will guard your **hearts** and minds through Christ Jesus."*

The palpitations didn't go away.

I more fervently prayed, asking the Lord if I had missed something. For two weeks I continued to seek God regarding fear, stress, and anxiety, sprinkled with my fair share of Google searches on what could cause these symptoms. He met me as I sought Him, but...

The palpitations continued.

In the midst of all this, one afternoon, a question shot through my soul:

"Has your heart been broken?"

What an inquiry. At first thought, nothing came to mind. I've gone through a ton of emotional healing and forgiveness over the years with Christ, and I didn't want to come up with something just for the sake of coming up with it.

So, I asked the Holy Spirit to reveal to me any heart break.

He prompted me to make a list of all the people and circumstances that have left me broken hearted-- both resolved and unresolved issues.

After I made that list, He led me through a beautiful process of confession, forgiveness, and repentance. I cannot encourage you enough to do this-- *before your heart 'tells' you through a physical problem.* I had no idea I was carrying around heart break!

Surely while we still have this sinful nature,
there are unresolved layers of hurt and unforgiveness.
Praise God for His kindness that leads us to repentance.

While I celebrated with deep gratitude all the freedom Jesus had given me in this, interestingly, those stubborn palpitations continued.

I took the next step and finally went to the doctor. As the nurse checked my vitals and ran preliminary tests, one of the results came back with the number "66.6." Under normal circumstances, I admit this could have possibly made me uneasy. But, as God would have it, **the very night before**, my husband and I had watched a sermon online about how the Lord uses symbols throughout Scripture. The pastor had taught on the word 'beast' from Genesis to Revelation, reminding us of how it refers to our enemy, satan, and his kingdom.

So, at the doctor's office, when that number--
666, the mark of the beast--
popped up in front of my face, I was filled with a
resolute and confident knowledge from God that this entire
heart palpitation ordeal was **from the enemy**.
God was using it to **get my attention**.
The Holy Spirit was about to teach me more,
and I got excited!

That same day, after they checked my vitals, I was sent to the nurse for a **blood** draw. As has been all my life, she had a terrible time finding a vein in my arm. In fact, she didn't. So, she ended up taking **10 vials of blood** from my **right hand**.

When I got home from the doctor's office, I couldn't wait to revisit the Scripture about the number **666**. God's word **warns us** in Revelation 13:16 that the mark of the beast will **be received** on people's forehead or...**right hand**.

Revelation 13 also reveals that the beast's job--
satan's determination-- is to blaspheme in 3 ways:
he blasphemes God's name,
God's tabernacle, and
"those who dwell in heaven."

To make it absolutely clear that this was from the Lord,
the Holy Spirit **continued to surround me** with the words
right hand for the next few days:

- The evening of my doctor's appointment, after sharing all this with a friend, she informed me that she had just read Isaiah 41:13.

*"For I, the Lord your God, will hold your **right hand**,
saying to you, 'Fear not, I will help you.'*

- The following day, a woman completely unaware of all the Lord had shown me, texted me an encouraging message, and, out of the blue (led by the Spirit), quoted Psalm 16:8.

*"I have set the Lord always before me;
Because He is at my **right hand** I shall not be moved."*

- The next morning in my daily Bible reading, the 'Psalm for the day' happened to be chapter 108, verses 5-6.

*"Be exalted, O God, above the heavens,
and Your glory above all the earth;
That Your beloved may be delivered,
save with Your **right hand**, and hear me."*

What does all this mean?

Great question. I asked the Lord as well. For weeks.

As I waited for clarity regarding this writing, it seems the Holy Spirit kept putting together a series of 'sentences,' if you will, that sum up the revelation He wanted me to share for today.

Here it is:

The **enemy is exposed.**

Pay **attention!**

The devil is working day and night to
tear down God's name and character,
ruin your testimony of Christ, and
rip apart the Church and our relationship together with believers.

Don't 'receive his mark!'

Reject his lies.

Refuse to agree with anything the 'blasphemer' stands for.

*What thoughts are you letting into your **heart?***

Set Jesus before you in those secret places of the **heart.**

Do not fear! He is holding you. He is helping you.

He holds your **right hand**--

If He is at your **right hand**, you will not be moved!

You're His **beloved.**

He **hears** you.

He **saves** you.

He **delivers** you.

CHALLENGE

On my way to the doctor on the day the Lord exposed **666**, I texted a dear friend and sister in Christ with a request to pray for me. From that

point forward, she lived through an experience nearly identical to all I've shared, including lots of 'right hand' sightings ;) and her own **666 revelation!**

I truly believe this is a timely word from the Lord to His **bride**.

These **revelations** are **for all of us**.

Please don't miss it.

And...are you curious about the heart palpitations?

As I returned to the doctor for a diagnosis, he greeted me with a handshake and a (dry) smile, announcing, (drum roll, please...)

"Congratulations! You're post-menopausal."

How about that?

I endured a lot, but I wholeheartedly say it was worth it. **Why?** Because through it, Jesus provided a savory **taste** of the **glory** that our suffering will one day reveal.

*"For I consider that the sufferings of this present time are not worthy to be compared with the **glory** which shall be revealed in us." Romans 8:18*

And the palpitations?

They stopped.

God showed me the stronghold the **blasphemer** had on me and my thoughts. I had gotten trapped into words of **self-accusation and self-condemnation, agreeing** with the enemy's **lies**.

So, I **repeatedly** took those thoughts captive to the obedience of Christ, and ta-da! **Palpitations gone.**

When they return (infrequently--maybe once or twice a week), I know right away to ask **what I was thinking** just before they hit. I

confess any agreements with the enemy, speak God's word again, and **cast down my accuser** -- leaving my **heart** at peace. Praise God.

With that, I'll leave you with one of my all-time favorite verses:
Revelation 12:10-11.

"Then I heard a **loud voice** saying in heaven,
"Now **salvation, and strength, and the kingdom of our God,**
and the **power of His Christ** have come,
for the **accuser of our brethren,**
who **accused them before our God day and night,**
has been cast down.

And they **overcame** him by the **blood of the Lamb** and by the **word of their testimony,** and they **did not love their lives** to the death."

Amen.

The very day I finished this writing, before 'clicking send,' our family took a Sabbath day in Indiana. As we passed through a town, I saw this.



Amazing timing, eh? God-timing, I'd say.

Let's refuse the enemy and walk in the Lord's healing and peace!

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