



# How's Your Heart?

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Eternally Speaking Now

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Over the past month, I've been surrounded by people dealing with heart issues. I know four right now who are wearing heart monitors. Symptoms have ranged from rapid pulse to erratic heart rate to calcification to inflammation to palpitations to chest pain to drastic variations in blood pressure.

At one point, I texted a prayer request on behalf of one of these people who had been diagnosed with atrial fibrillation. Since that diagnosis is long to type, I wrote its well-known abbreviation instead: *afib*.

As soon as I typed afib, my spirit jumped within me. I knew I was to take note of that word, but I didn't yet know why.

For the following hour, it echoed in my mind: "...afib....afib..."  
Not long thereafter, it suddenly hit me: afib. aFIB. A *FIB!*  
It was like a flashing neon sign announcing,  
**"It's a FIB! It's a *FIB!*"**

Do you realize what a fib is?  
A fib is a lie. It's a falsehood.

No, I'm not saying someone diagnosed with atrial fibrillation is lying, and I'm certainly not saying heart problems aren't real. On the contrary, the symptoms and dis-ease *are* real, can be genuinely life threatening, and should be taken seriously.

What I *am* saying is that God was using the word afib, coupled with all the suffering precious people around me, to recall a timely truth:

Our hearts can easily fall prey to the enemy's lies,  
and those lies in turn affect our hearts.

Let's break that down into two parts.

### **Our hearts readily accept the enemy's lies**

Who is our enemy, and from where do lies come? John 8:44 tells us.

***"He (the devil) was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it."***

Revelation 12:5 also spells it out, leaving no doubt about the name of our foe.

***"So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world; he was cast to the earth, and his angels were cast out with him."***

We live in a world that is fallen. Every hour, lies are thrown at us from all directions. Lies through books, movies, news, advertisements, and social media. They may even be declared over us by loved ones. In fact, they're often repeated by ourselves in our own minds. Merge that with the fact that our hearts are inherently dishonest.

***"The heart is deceitful above all things,  
and desperately wicked; who can know it?"  
Jeremiah 17:9***

It's painfully evident that we are not only easily misled, but also, by nature, easily misleading.

So, what does all this have to do with our hearts? *Everything.*

## Lies impact our hearts

Here are some Scriptures that confirm the undeniable connection between what we believe and the condition of our hearts.

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

***“Keep your heart with all diligence,  
for out of it springs the issues of life.”***  
***Proverbs 4:23***

***“As in water face reflects face, so a man’s heart reveals the man.”***  
***Proverbs 27:19***

The lies we believe establish themselves deep within our souls as toxic foundations that breed negative consequences, which seep out through our thoughts, words, and actions. If our hearts and minds are not realigned with truth, false thinking will eventually negatively affect our health.

Check out the following verses.

***“A sound heart is life to the body,  
but envy is rotteness to the bones.”***  
***Proverbs 14:30***

*Is your heart discontent or envious?*

***“A merry heart does good, like medicine,  
but a broken spirit dries the bones.”***  
***Proverbs 17:22***

*Is your heart crushed or wounded?*

***“A merry heart makes a cheerful countenance,  
but by sorrow of heart the spirit is broken.”***  
***Proverbs 15:13***

*Is your heart’s rhythm downcast or depressed?*

***“Happy is the man who is always reverent,  
but he who hardens his heart will fall into calamity.”***  
***Proverbs 28:14***

*Is your heart apathetic, hardened or unforgiving?*

***“Create in me a clean heart, O God,  
and renew a steadfast spirit within me.”***  
***Psalms 51:10***

*Is your heart full of debris, weighted down by toxins?*

***“Your word I have hidden in my heart,  
that I might not sin against You.”***  
***Psalms 119:11***

*Are you stuck in stubborn sin that won’t cease?*

**“Do not be eager in your spirit to be angry,  
for anger resides in the heart of fools.”**

**Ecclesiastes 7:9**

*Is your heart inflamed with anger?*

**“Hope deferred makes the heart sick,  
but when the desire comes, it is a tree of life.”**

**Proverbs 13:12**

*Has your heart succumbed to hopelessness?*

It's amazing how many Scriptures address the condition of our hearts in relation to our emotions and thoughts, isn't it?

So, how many specific lies present themselves? Here are some examples.

No one loves me.

I have no value.

My life doesn't matter.

God wants to heal others and not me.

I'm a hopeless mom, sister, wife.

Things will never get better.

I'd better work harder, or I won't be accepted.

I'm all alone. There's no hope.

No one cares if I don't show up, so what does it matter?

I did wrong, and there's no way to fix it.

Do any of these sound familiar? *Aren't they terrible?* Do you realize they're all lies?

Sometimes it's hard to identify false thinking,  
as it may have become normal to us over the years.

Have you heard of Silent Afib?

When I learned about it this month,

I was impacted by its parallel to this topic.

Silent Afib is when a person is experiencing atrial fibrillation but isn't aware of it. In like manner, a fib can fester silently within our hearts. For decades. We may be operating from a foundation of untruth at this very moment, all the while unaware.

It's important to remember that the devil's pattern of tricking humanity today is identical to that of his original temptation in the Garden of Eden: speak a partial truth, and finish it with a manipulative lie. (Genesis 3) He'll twist the truth just enough to get us to capitulate, leading us to embrace it as our own voice.

For example, it may actually be true that no one in a particular circle of friends cares if you show up to a function or not. *But the conclusion that you are not important is false.* It may be a fact that you indeed left a trail of destruction as a result of poor choices, *but to conclude that your life is no longer worth living is a lie.*

What do we do about this?

Do what we'd do if our heart has complications: call the doctor. See a heart specialist. Not just any physician, though. Go to Dr. Rapha. Yes, visit with Dr. Jesus. Make an appointment with Jehovah-Rapha, "The Lord Who Heals You," and don't let anything jeopardize that appointment. (Exodus 15:6)

*Note: I'm not saying we should never visit a human doctor or take modern medicine. Like most if not all of you, I've done both. I've seen God utilize both to extend lives.*

*While it has its faults, the medical industry has and can be used for good in various ways. That said, the system has changed in the past 4 years, and many medications are experimental without providing full disclosure.*

*Please pray and do diligent research.*

*God's desire is for us to surrender everything to Him and to seek Him first.*

*I address this further in "[Our First Go-To.](#)"*

*That [blog is here](#), and the [podcast is here](#).*

While there are many ways to go to the Lord for medical help, for the sake of this writing, I'll wrap it up in three steps.

### **Step 1. Diagnose the lie**

Ask the Lord what lies you've been believing. (Brace yourself—if you've never done this before, you may have quite an awakening. The first time I did this, I had pages of erred thinking that needed correction.) Receive what the Holy Spirit reveals as a gift—it is His truth that sets us free!

### **Step 2. Treat it with truth**

The only way to eradicate a lie is to squelch it with the truth. God's Word is truth. It is our medicine. Find a Scripture that's the opposite of the lie, and speak it over your heart, mind, body, soul and spirit. If you'd like a starter [list of verses by topic](#), [visit this page](#).

### **Step 3. Prevent further complications**

As with any health issue, it's always best to prevent sickness before having to treat it. So, take God's word as a pill every day. Every hour. You can't overdose on His truth, there are no negative side effects, and it's the best preventative medicine since the fall of man.

***"Do not let them (God's Words) depart from your eyes;  
keep them in the midst of your heart;  
for they are life to those who find them,  
and health to all their flesh."***

***Proverbs 4:21-22***

## CHALLENGE

It's time for a checkup, Bride of Christ. It's time for some heart care, and here is our prescription:

**Speak Scripture every day to keep the heart healthy.**

I'm serious. I'm not being trite. I agree this sounds too easy. I guess it is. Isn't that something to celebrate? God made this simple for us!

***"He sent His word and healed them,  
and delivered them from their destructions."  
Psalm 107:20***

He's given us His Word, and we're to believe it and speak it. Just like we pop a pill with a bit of food and drink, we're to take His Word with His Bread of Life, chasing it down with His glass of Living Water.

I'm going to step out there as your sister in Christ and dare you to live like this. I wouldn't do so if I hadn't taken the same dare years ago. In fact, I am one who once had heart issues. Yup, a few years back, I struggled with heart palpitations. Through that experience, the Lord revealed to me the power of His Word applied to the human heart for healing. And I was healed. Read about it **here in the blog**, or listen to the **podcast, "Heart Palpitations, God's Revelations."**

'Take to heart' God's Word. Trust Him to do His work, as you choose to intentionally refuse lies, despite how convincing they may be.

***"For the word of God is living and powerful,  
and sharper than any two-edged sword,  
piercing even to the division of soul and spirit,  
and of joints and marrow, and is a discerner  
of the thoughts and intents of the heart."  
Hebrews 4:12***

If there's anyone who can handle our hearts, it's the One who created us and knows us better than we know ourselves. When we take Scripture like the power pill it is, we not only come out of the deal with healthier hearts, but we also walk away with...*God's heart.*

***"I will give you a new heart and put a new spirit within you;  
I will take the heart of stone out of your flesh  
and give you a heart of flesh."  
Ezekiel 36:26***

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**Scroll down for a powerful Video Teaching from last month's Ladies' Night. You won't want to miss this! I've also included a teaching that deals with the "Why am I not healed yet?" season of sickness.**

I couldn't help but respond with a dry chuckle when I noticed the words atrial fibrillation also include the words, A TRIAL. It can be a wearisome trial of the soul to wait for God's healing to be made manifest in our bodies. I pray "Out For Delivery" (below) will be an encouragement.



### Simple Strength

Last month, the Lord gave me a vision that turned out to be the message for a women's event at church. It was coupled with a powerful testimony from a dear friend. Watch the video here, and be strengthened, equipped, and motivated to use God's Word in everyday life. If His Word can break the addiction of smoking, could it not set you free as well?

### Out for Delivery

Are you frustrated because you've already been speaking Scripture over your body, yet haven't experienced the manifest healing of Jesus? I understand.

Remember to give God space to bring His healing in His timing and in His way. His plans are always best, even though we may not see that in the moment. Check out this a message that addresses that not-so-fun waiting period that occurs between *not-healed-yet* and *healed*.

[Out for Delivery: Blog](#)

[Out for Delivery: Podcast](#)



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