



# Antidotes for Healing the Human Body



## *The Heart*

The heart is the pump for all the blood in the body. The power of God keeps our hearts beating and our blood flowing so that we can have a healthy body and mind. We should be thankful every day for the small, unobvious wonders that His life provides for us on a daily basis. We should do everything possible to take care of the bodies that He dwells in, naturally and spiritually.

The heart is the seat of love and affection, the place where we feel God's love. Our heart has the capacity to love without receiving anything in return. This is love in its most selfless form. It is the love that Jesus had for His Father and His fellow man. This kind of love puts God first and gives us the faith to withstand rejection and abuse without succumbing to the hatred of human nature. When we guard the affections of our hearts with a love for truth, we add years to our lives. Hardening our hearts to situations in life because of anger or fear creates blockages that affect the health of our hearts and minds, but if the eye of our hearts remains on God and seeks to resolve angers and fears, our whole body is filled with light and becomes radiant with life-giving energies.

Heart problems in general reflect a love that we have placed before God, or the refusal to make our hearts right with God. Within our hearts is where deep-seated, unresolved emotions lodge. When these emotions are not addressed, their built-up pressure can lead to imaginary fears, producing unnecessary stress on the heart.

Unresolved emotions must be expressed in order for us to receive clarity about how we think and feel. This can be done by talking with God, a trustworthy friend, or a counselor. It can also be done by writing in a journal to get your feelings on paper. Find a quiet spot and go within and talk to God. Be open to His thoughts and inspirations. His answers might surprise you. As the scriptures say,

“There is a friend that sticketh closer  
than a brother.”<sup>1</sup>



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## Antidotes for Heart Problems

“Commune with your own heart upon your bed, and be still.”<sup>ii</sup>

“Peace I leave with you, my peace I give unto you.... Let not your heart be troubled, neither let it be afraid.”<sup>iii</sup>

God’s voice provides us with internal peace and comfort, which gives us an assurance to help us overcome our fears.

“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”<sup>iv</sup>

“I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.”<sup>v</sup>

When our hearts are inundated by stress, God can unveil our minds to perceive things from a higher perspective.

“Ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you. A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.”<sup>vi</sup>

When we obey God’s voice within, His Spirit removes our hardness and energizes our hearts.

Laughter eliminates stress on the heart. See the bright side of everything. Humor is the elixir of life.

“A merry heart doeth good like a medicine.”<sup>vii</sup>

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<sup>i</sup> Proverbs 18:24b.

<sup>ii</sup> Psalm 4:4b.

<sup>iii</sup> John 14:27a, c.

<sup>iv</sup> Psalm 27:14.

<sup>v</sup> Psalm 61:2b.

<sup>vi</sup> Ezekiel 36:25b–27.

<sup>vii</sup> Proverbs 17:22a.