

Should I know the signs of

A HEART ATTACK?

Absolutely!

The signs MAY INCLUDE:

- Pain and or pressure in the chest
- Pain spreading to shoulders, arms, or neck
- Feeling faint or out of breath
- Nausea /sweating or Shortness of breath

If you experience any of these symptoms,
Seek emergency medical attention.

“FOR GOD SO LOVED THE WORLD, THAT HE GAVE HIS ONLY BEGOTTEN SON, THAT WHOSOEVER BELIEVETH IN HIM SHOULD NOT PERISH, BUT HAVE EVERLASTING LIFE .” John 3:16

Jesus said unto her, “I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live.”
John 11:25.



Heaven----Saints reward

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Hell----sinners judgment

Revelation 20:14,15.

“And whosoever was not found written in the Book of Life was cast into the lake of fire.”

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How Well Do You Know



Your Heart?

HOW WELL DO YOU KNOW YOUR HEART?

Some time ago, I developed heart problems and since then have had two stents put in my arteries. My doctor recommended that I do cardiac rehabilitation. While at rehab, I met other men who had had other types of heart surgeries. This experience prompted me to write this article, "How Well Do You Know YourHeart?"

Your heart beats (contracts and expands) about 100,000 times a day. It pumps about 2,000 gallons of blood through 60,000 miles of veins in that same 24 hours. Your heart is stimulated by an internal electrical impulse called the sinus node.

The sinus node controls the opening and closing of the valves that send the blood supply throughout your body. It also tells your heart to keep ticking. Your heart depends on oxygen and nutrition in the blood to keep it strong and to give your body strength and energy to maintain proper cholesterol level.

The cholesterol levels are determined by food, drugs, alcohol, smoking, exercise and inherited genes, etc. Your total cholesterol count should be at 200 mg. or less. Part of the cholesterol count is good HDL. For men, it should be between 40 and 50 mg. For women, between 50 and 60 mg. By keeping your HDL high, you allow it to act as a blood purifier. Your bad cholesterol, LDL, must be kept at 100 mg. or below if you have heart disease or 130 mg. or below if you do not have heart disease. The triglycerides should be 150 mg. or less, and your glucose (sugar) between 70 and 108 mg.

Your blood pressure should be between 110 and 135 over 70 to 84. If your blood pressure is consistently over 140 and higher, you may have a restricted artery. You need to see your family physician. When all of the above get out of balance, it can lead to heart trouble such as atrial fibrillation (a serious irregular heartbeat), having stents placed in your arteries, bypass surgery, a heart attack, heart replacement, or in some cases, even death.

The cause for this can be from eating too much food that is high in saturated fat and sugar. Smoking and lack of exercise also can contribute to heart trouble. Another cause may be having heart disease in your family. You may be a healthy person and not know that you have heart disease. Heart disease is not limited to the young or old, so please check with your family and your physician to see if you are at risk. (Source: www.americanheart.org or phone 1-800-242-8721)

Now I would like to talk with you about your spiritual heart which consists of your innermost thoughts, feeling, soul, and mind.

We use the phrases "My heart cries for you," "Have a heart," "A broken heart," and "You need to get your heart right." In the Bible, the heart is mentioned many times. Jeremiah 17:9- 10 makes an astonishing statement: ***"The heart is deceitful above all things, and desperately wicked; who can know it? I the LORD search the heart."*** Our heart is wicked because of sin in our lives. You ask, "How did I get this sin?"

In 1 Corinthians 15:22, we read ***"For in Adam all die, even so in Christ shall all be made alive."*** You see, we inherit our sin nature from Adam. He disobeyed God as well as lied to Him. But God has wondrously made a way for our hearts to be made clean. He sent His Son to die on the cross just to pay for our sin and cleanse our hearts.

Because of Christ's death, our sins can be forgiven and our heart made clean. When our physical heart stops, that's the end of our earthly stay, but if you have had your heart cleansed, then you will go to heaven. Colossians 1:14 "In whom we have redemption through His blood, even the forgiveness of sins." Have you asked God to cleanse your heart?

Proverbs 4:23, you will find the answer for both your physical and spiritual heart: ***"Keep thy heart with all diligence: for out of it are the issues of life."*** Jesus says in Rev.3:20 ***"Behold, I stand at the (heart's) door and knock: if any man hear my voice and OPEN the door, I will COME IN to him and will sup with him and he with me."***

Will you let Him in? To ask Him to come into your heart, simply pray this prayer. Lord, Jesus, I know that I am a sinner. If I had died before I trusted in You, I would not have gone to heaven. I pray that You will forgive my sins. Come into my heart, and be my Savior today. In Jesus' name. Amen.

When Jesus comes into your heart, you will know it. Romans 8:16 ***"The spirit itself beareth witness with our spirit, that we are the children of God."*** *You will never regret this decision.*