

Babine

collecting

Bethel

et- ate
more -

Keep thy heart with all diligence
for out of it flow the
issues of life. - Prov. 4:23

GUARD THY HEART
PROV. 4:23

appendix to 1st de lina
issues of life - 1851

"Keep thy heart above all that thou guardest: for out of it are the issues of life." *another translation*

Wilen album 5/25/63

Some time ago there was a film produced by the "American Heart Association" entitled "Guard Thy Heart" It told the story of the heart. It showed that in the human heart was great strength and extreme delicacy. The causes of heart disease were illustrated. The importance of frequent examinations that heart care might be guarded was illustrated.

The film was based on the text we are using to day. The film did more, however, than take a text as a point of departure. (It urged that the good life and the good heart are very closely related. This was accomplished by stressing the relationship of the physical and psychological, the organic and the emotional TO THE ACTION OF THE HEART.

did you get mad cant count

There is a close parallel between frequent examinations of the heart physically and spiritually.

A high powered insurance agent talked an aged and overworked book publisher in to taking out a new insurance policy. The publisher submitted to a physical and then waited in vain for the agent to call him and tell whether or not the policy was granted. So he called the agent. The agent answered in an embarrassed tone and said, "You may have noticed that our doctor made a chart of your body and when he found something wrong at a spot he punched a hole in the paper chart of your body at that point.

"I noticed that all right but where is my chart?" "I am sorry" said the agent, "to tell you but he carried it home with him and put it on his player piano and the tune that came out was Nearer My God to Thee" He, therefore, did not think it wise to issue the policy.

Now I would not discuss this here if physiology alone was involved for I am not competent to do that. However, the film and medical reports stress the fact that there is a close relation between the physical heart and the emotional life. It is the emotional life that religion speaks about. Guarding the heart is not just a matter of cardiographs, diet control, and additional hours of rest, it is also a matter, from a religious standpoint, a matter of better atti-

tudes, less resentment, less jealousy, more control of anger, elimination of fear complexes, and lessening of inner tensions. *Bob Hope - other man - Elvis Presley*
Medical science has almost eliminated many diseases such as typhoid fever, diphtheria, small pox etc. But there are others that are dire threats such as heart disease...and one remedy for heart disease is to have the physical and spiritual in harmony. Here medicine and religion must come together. It is astounding what religion will do in a sick room in calming a person down whose emotions have run into a real, of fear.

Let me stress..guard thy heart by examinations and diet but more by better attitude toward life, people, enemies, and daily problems which you face. GIVE US CLEAN HEARTS O GOD.

Some one said of Jesus:

LIFE NEVER SEEMED TO IRRITATE HIM

PEOPLE DID NOT BORE HIM

DELAYS DID NOT ANGER HIM

CONTROVERSY DID NOT UPSET HIM

OPPOSITION DID NOT UNMAN HIM.

Charles Allen driving in Atlanta. } *and*

If a better attitude toward life is a sound way to guard ones heart, a further step in the same direction is that of controlling more effectively one's emotional life.

You have heard of people dying from heart failure at ball games etc. This happens, of course, because of emotional strain placed on the heart. There is a far greater danger though in piling up resentments against competitors, or some contemporary who annoys us, or some situation that makes our blood pressure rise every time we face it. Running after a bus, which should be guarded against, is not as harmful as the anger that comes if you fail to catch it.

Hidden jealousies, anger aroused by a miss putt at golf, irritation at members of ones own family are the reaction which poison the blood stream, and create conditions which harden ones arteries and shorten the span of life. Why can't we guard our hearts? //

One doctor was quoted as saying: "If you get angry, tell your boss and tell him so, you will probably lose your job."

if you stay angry with him for years, without boiling over at him, you probably damaging your arteries and run up a high blood pressure. Hostility suppressed for years like a boiling volcano which never erupts, is a fundamental cause of malignant high blood pressure for which no physical cause has ever been found."

Christianity has many tests: Creed, Churchmanship, Bible reading and knowledge, and stewardship. But above these perhaps is a controlled emotional life as was Christ. Some one said of Him "Calmness in crisis"

A woman went to her doctor with a severe pain in the small of her back which would pass between her shoulders into her neck. The doctor discovered that the pain, although real to her, was the result of her mental state. He said to her: "Now tell me the real basis of your difficulty"

Very slowly she said: "Well, I think, if just once I could tell my husband where to go, I would be all right."

Such a reaction might help but it will not cure. A better way is to transform ones feelings of antagonism, resentment, jealousy, or fear toward others by seeing in them ~~and in life some good, something to appreciate, and something to be grateful for.~~ In this way one forgets self and gains emotional control.

Pretty Zetty

A further way to guard the heart is to see life as a privilege rather than a problem. So much to do and so little time to do it, high costs and limited means, all of these make undue tensions in life. Acknowledge them we must but to brood over them may be fatal

Bob Hope:

*(putting under your
life's pressure the
power of God -*

THE STORY OF THE MINISTER:

Today my heart beat 103,369 times, my blood traveled 168 million miles, I breathed 23,040 times, I inhaled 133 cubic feet of air, I ate three and a quarter pounds of food, drank 20 pounds of liquid, I perspired 143 pints of sweat, off 850 calories, my heat generated 450 tons of energy, I spoke 1,800 words, moved 750 tons of muscles, I saw 100,000 things, and I expended 7,000,000 brain cells. My hair grew 1/2 inch.

anathema



Bob Hope



We have passed through a depression, a world war, inflation, and five national elections in the last 16 years; yet I am still rich, I am still grateful, I am still happy. All my capacities for the enjoyment of life are still intact. My two million-dollar eyes are just as good as ever; every sunset and landscape is mine if I want it; my million-dollar sense of hearing is unimpaired, and there are my million-dollar stomach and half a million-dollar appetite; no doctor has sentenced me to spinach for the rest of my life; no election has lowered the value of a single friendship; neighbors greet us as usual; business associates still believe in us; our son still hold us in high respect; our daughters still lavish their affection upon us; my wife's welcome at the close of the day is not depreciated in the least; our faith in the goodness of the universe is still unimpaired; the prayers my mother taught me and the faith in God instilled in me by my father remain

*as priceless treasures
no depression, war,
inflation or election
can touch*