

Pleasant View Proclaimer

Pleasant View church of Christ

How Is Your Heart?

October 23, 2016

Issue 285

Your heart is the strongest muscle in your body. That's true. If an athlete's leg or arm muscles contracted as much as the human heart, the athlete would be exhausted in minutes. A healthy heart pumps 72 times per minute, or 40,000,000 times per year! It pumps through 75,000 miles of blood vessels. Every day it pumps enough blood to fill a 4,000 gallon tank. In a given lifetime, the average heart will pump 450,000 tons of blood. Yet, it only weighs 1/2 to 3/4 of a pound. What's even more fascinating about the heart is that it nourishes itself first. Before sending out life-giving blood to every inch of the body, it supplies it-

self with the proper elements for survival.

Do you ever feel like you are on your last breath? Are you overwhelmed? Do people keep demanding your services day in and day out without offering assistance or relief? If so, take a lesson from your heart: Take care of yourself first. If you are going to properly serve others, you cannot allow yourself to be run down, nerve-racked, and tossed-about. Sick people need assistance from healthy people. But you might be thinking that all of this is a form of selfishness. Not so. Jesus assumed you would know how to take care of yourself when He said, "Love your neighbor as you love your-

self." The "temple of the Holy Spirit" needs to be protected.

Rest, a balanced diet, meditation, and reflection do not make a lazy person—they make him or her healthy. If your life is hectic, you may need to schedule these into your day just like any other appointment. If you do, you'll be refreshed, happier, optimistic, and energetic.

How's your heart?

"Watch over your heart with all diligence, for from it flows the springs of life" (Prov. 4:23).

James Hayes

Items of Note:

- Sympathy is extended to Patty Walker on the loss of her brother, Robert Justice. Visitation today from 1:00 to 5:00 at Austin and Bell in Pleasant View.
- Linda Demunbreum is home from knee rehabilitation.
- Haley Rector's address is on the back wall.
- Continue to pray for Dale Garrett, Randy Baker, Addie Farmer, and Mildred Walker.

Building Fund Contribution Next Sunday

Church Cookout Saturday: 4:00 Trunk or Treat Saturday: 6:00

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: Hovis

Pray: Reed

Morning Worship

Wait on the Table: E. Walker

Serve: D. Demonbreum, Simpkins, Trent

Pray: Billingsley

Pleasant View church of Christ
2500 Highway 49 East
P.O. Box 189
Pleasant View, TN 37146

Sunday School: 9:30
A.M. Worship: 10:30
P.M. Worship: 6:00
Wednesday Bible Study: 7:00 pm
Phone: 924-9714

*“We can easily forgive a child who is afraid of
the dark; the real tragedy of life is when men
are afraid of the light.”*

Plato

Galatians 6:10
“So then, while we have
opportunity, let us do good
to all people, and especially
those who are of the
household of faith.”

*“Have no fear of perfection—you’ll never reach
it.”*

Salvador Dali

It’s My Fault

In 1976 Elton John released the hit song, “Sorry Seems To Be The Hardest Word.” He is right. It is hard to tell yourself that you’ve done something wrong, but that is minor when compared to telling someone else you have failed. We do not want to be wrong. We want every word to be gracious, every thought to be pure, and every act to be wholesome. Yet we fail. Some people fail privately; others fail publicly. Then come the moment of truth. Will you say, “I’m sorry,” or will you make excuses for your behavior.

James 5:16: “Confess your sins to one another, and pray for one another that you may be healed.”

I John 1:9: “If we confess our sins,

He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

For some, life beyond confession can be a lonely place. The shame lingers. The failings of the past affect future decisions, future relationships, and future plans. We call this area “guilt.” Often, those living in guilt not only take responsibility for their own actions but also bear the blame for other’s faults. They think no one will ever trust them again. Every morning they wake up, prepare breakfast, and reach back into their past and bring forward sins.

We must pack our bags, grab the kids, and leave the land of guilt. We must migrate to a better place called

forgiveness. We must understand that past failings cannot be forgotten, but they can always be forgiven. We must understand that all people fail, but that does not make us failures. We need to focus on the light instead of the darkness.

God still loves you. God still knows you. God still guides you. Follow His lead.

Psalm 103:12: “As far as the east is from the west, so far has He removed our transgressions from us.”

James Hayes
