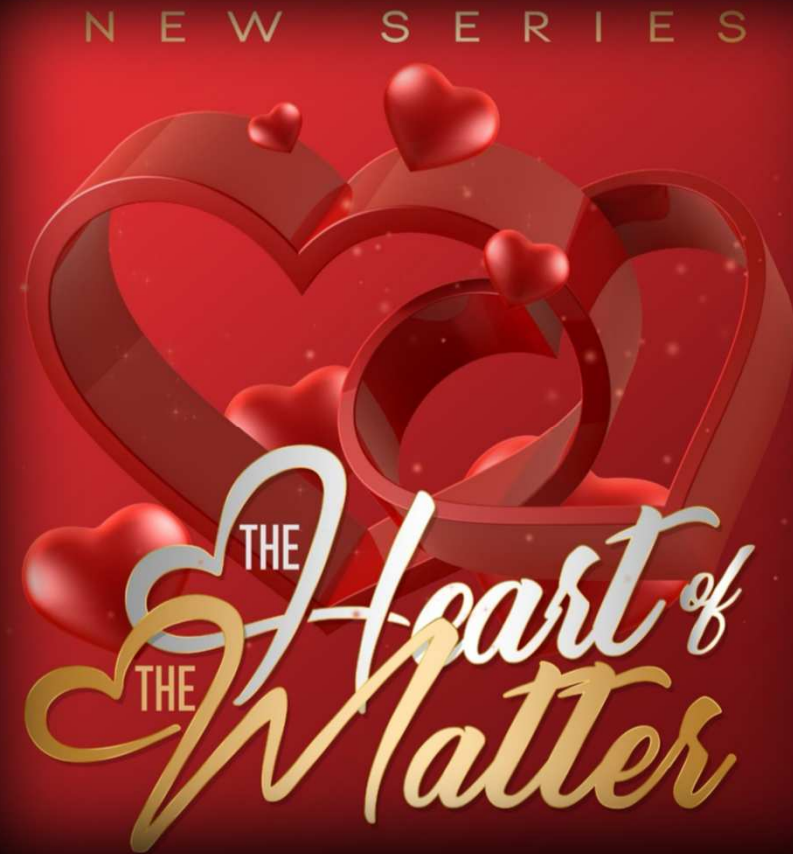


Thanks, Gratitude,
Appreciations, Prayer



Pastor Katie! – House of Judah – 6 February 2022

Scripture:



*Keep Thy
Heart
With All
Diligence*

Keep thy heart with all diligence; for out of it are the issues of life.
Proverbs 4:23

Thought for Today:
*Spiritual Beings Having a
Human Experience
Part Two ~
Guard Your Heart*



The human heart is one of the most important organs responsible for sustaining life.

It is a muscular organ with four chambers.

The size of the heart is the size of about a clenched fist.

The human heart functions throughout a person's lifespan and is one of the most robust and hardest working muscles in the human body.



A heart attack happens when the heart muscle cannot get the oxygen and nutrients it needs to function properly.

It's important to know that every heart attack can be different.

However, most heart attacks start slowly, with mild pain or discomfort of the chest.

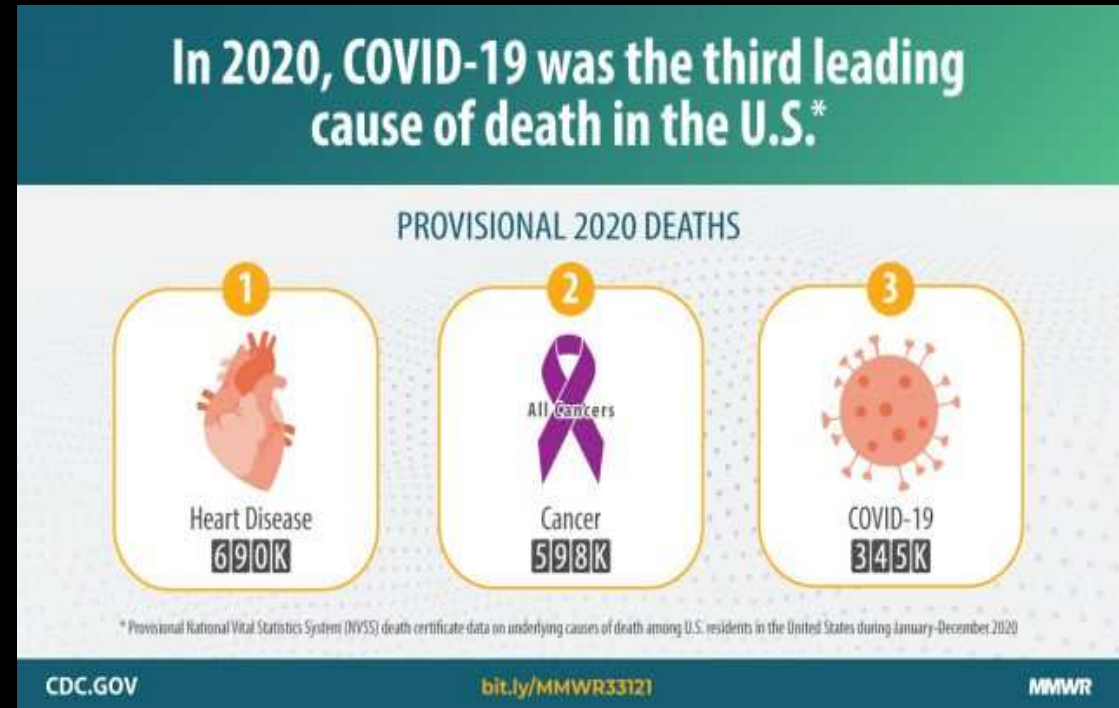


There may also be discomfort in the arms, back, neck, jaw, or stomach. Other symptoms include shortness of breath, nausea, lightheadedness, or breaking out in a cold sweat. This is how it feels when one or more of the arteries that carry blood to your heart are becoming narrowed or blocked.



Average daily deaths in the United States from COVID-19 (June 2021) and other leading causes (2021)

1. Heart Disease	2,101
2. Cancer	1,614
3. Accidents	474
4. Stroke	451
5. Chronic lower respiratory disease	377
6. Alzheimer disease	351
7. COVID-19	342
8. Diabetes	285
9. Other diseases of the respiratory system	182
10. Renal failure	148

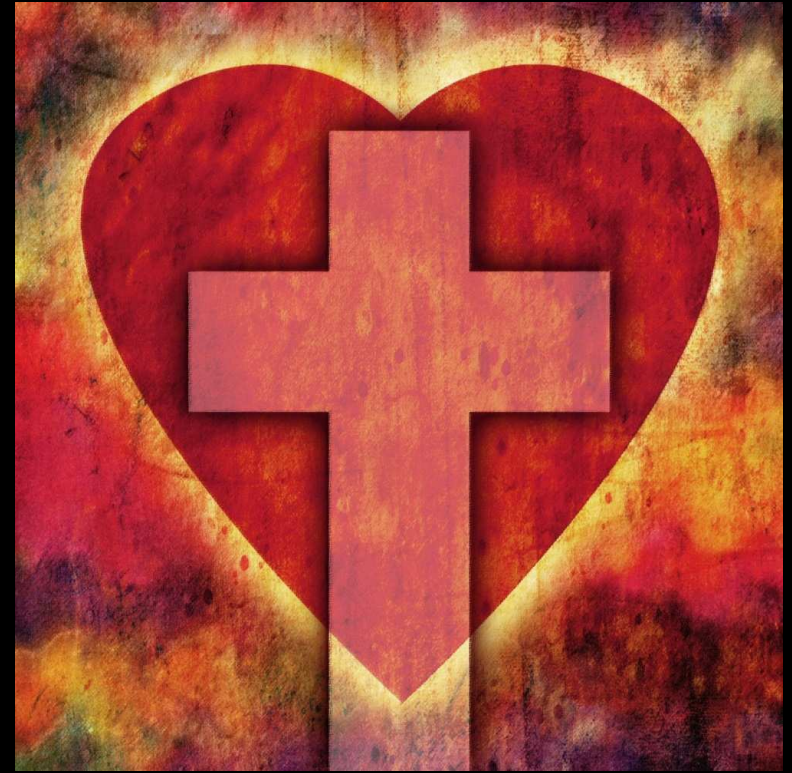


In the United States, one person dies every 36 seconds from cardiovascular disease. About 659,000 people in the United States die from heart disease each year — that's 1 in every 4 deaths.



To help prevent heart disease, you can:

- Eat healthy.
- Get active.
- Get sleep/rest body.
- Stay at a healthy weight.
- Quit smoking and avoid second hand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage stress.



Jul 8, 2021

The Strong's Exhaustive Concordance of the Bible, is a listing of primary words contained in the King James Version of the Bible. While the brain is not mentioned once, the heart is cited 826 times.



Guard your heart
above all else,

for it determines
the course of your life.

Proverbs 4:23

NewCREEa ions.org



KEEP THY HEART WITH ALL
DILIGENCE;
FOR OUT OF IT ARE THE
ISSUES OF LIFE.

Proverbs 4:23

*Above all else,
watch over your heart;
diligently guard it
because from a sincere
and pure heart come the good
and noble things of life.*

Proverbs 4:23

KEEP WATCH OVER YOUR
HEART
IT'S WHERE LIFE
STARTS
PROV 4:23

Ways we guard our hearts:
We ARE Spiritual Beings having
a human experience!



BE IMPECCABLE WITH YOUR WORD.

Speak with integrity.

Say only what you mean.

Avoid using the Word to speak against
yourself or to gossip about others.

Use the power of your Word
in the direction of truth and love.

- Don Miguel Ruiz

Simple Reminders
SIMPLEREMINDERS.COM

DON'T TAKE ANYTHING PERSONALLY.

Nothing others do is because of you.

What others say and do is
a projection of their own reality,
their own dream.

When you are immune to
the opinions and actions of others,
you won't be the victim of
needless suffering.

- Don Miguel Ruiz

Simple Reminders
SIMPLEREMINDERS.COM

THE FOUR AGREEMENTS

BY
Don Miguel Ruiz

Don't make ASSUMPTIONS.

Find the courage to ask questions
and to express what you really want.
Communicate with others as clearly
as you can to avoid misunderstandings,
sadness and drama.

With just this one agreement,
you can completely transform your life.

- Don Miguel Ruiz

Simple Reminders
SIMPLEREMINDERS.COM


ALWAYS DO YOUR BEST.

Your best is going to change
from moment to moment;
it will be different when you are
healthy as opposed to sick.

Under any circumstance,
simply do your best,
and you will avoid self-judgment,
self-abuse, and regret.

- Don Miguel Ruiz

Simple Reminders
SIMPLEREMINDERS.COM



**Forgiveness
is a Gift to
Your Heart**


Pastor Katie! – House of Judah – 6 February 2022



Spiritual Beings having a human experience:

Remember our Baptism, for it washes and cleanses, purges and perfects, renews and restores, heals and completes us.

The Waters are the Ultimate Exchange of our humanity for Christ's Divine Spirit which empowers us to guard our hearts.



May your heart be full of
celebration and praise to the One
whose mercies are over you,
whose hand is upon you,
whose favor is with you,
and whose presence is within you.

-Roy Lessin, meetmeinthemeadow.com

Photo by Marina Bromley