

HEALING THE HEART

THE SPIRITUAL HEART
AND THE BIBLE

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Scriptural Meditations On the Heart

God wants to have a relationship with you. Just give Him a chance to enter your heart. He waits for you, no matter if your faith is weak. Christ wants to live in you; all he needs is your open heart. He will help you to overcome the obstacles, to forgive your sins, and bring you light.

The following meditations have been assigned to the fifty-two weeks of the year simply to provide substance for meditation on a weekly basis. Week one begins when you wish to begin. The meditations are not meant to coincide with the calendar year. Learning God's word, meditating on their value for you, will promote spiritual growth and create inner peace and closeness to God. Let these words that I have assembled from the Bible enlighten your mind, find a dwelling place in your heart, and change your life.

Week 1:

A Change of Heart

God, with utmost kindness and mercy, invites us to avoid hardness of heart and to be receptive to his life-giving word. Jesus invites us to connect with the Spirit of God within and to follow the path of love and wisdom in the knowledge of God's Gospel. Living in God's presence we find our heart infused with spiritual richness.

Ezekiel 11:19 I will give them a new heart and put a new spirit within them; I will remove the stony heart from their bodies, and replace it with a natural heart, so that they will live according to my statutes.

Colossians 2:2–3 I wish their hearts to be strengthened and themselves to be closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom every treasure of wisdom and knowledge is hidden.

2 Timothy 2:22 So, turn from your youthful passions, and pursue integrity, faith, love and peace, along with those who call on the Lord in purity of heart.

Psalms 51:12 A clean heart create for me, O God, and a steadfast spirit renew within me.

Baruch 2:30–31 They shall have a change of heart; they shall know that I, the Lord, am their God. I will give them hearts, and heedful ears...

Week 2:

A Glad Heart

Joy is the sign of God's presence in our life. Focusing on God we are inspired and guided to do His will and apply His precepts to our life. Cheerfulness is a disposition of our heart to love others as our brothers and sisters, and to live in Jesus' presence.

Psalm 13:6 I trust in your faithfulness. Grant my heart joy in your help.

Psalm 16:8–9 I set the Lord ever before me; with him at my right hand I shall not be disturbed. Therefore my heart is glad and my soul rejoices.

Psalm 19:8 The precepts of the Lord are right, rejoicing the heart
...

Proverbs 15:30 A cheerful glance brings joy to the heart ...

Psalm 40:9 In the written scroll it is prescribed for me. To do your will, O my God, is my delight, And your law is within my heart!

Week 3:

A Listening Heart

When we listen with our heart, we give attention from the deepest part of ourselves, and we respond to the ones we hear with love. As we treasure the Word in our heart, we allow the Lord to be present in our life and to be the light of our existence. God is our rock and our refuge. Let your heart be entirely with God. Serve him with all your heart and soul.

Deuteronomy 11:18 Therefore, take these words of mine into your heart and soul.

Proverbs 4:20–21 My son, to my words be attentive, to my sayings incline your ear; let them not slip out of your sight, keep them within your heart.

Proverbs 22:17 Incline your ear, and hear my words, and apply your heart to my doctrine ...

Proverbs 23:19 Hear my son, and be wise, and guide your heart in the right way.

Sirach 37:13 Then, too, heed your own heart's counsel; for what have you that you can depend on more?

Week 4:

A Merciful God

The heart is the symbol of compassion and love in the Christian world. The forgiveness and kindheartedness of Jesus are an invitation to apply his clemency and tenderness toward our neighbor and toward ourselves. When you do this your heart will rejoice, says the Lord.

2 Maccabees 11:9 Then all of them thanked God for his mercy, and their hearts were filled with such courage ...

Jeremiah 17:10 I, the Lord, alone probe the mind and test the heart, to reward everyone according to his ways, according to the merit of his deeds. They shall be my people and I will be their God, for they shall return to me with their whole heart.

Jeremiah 32:40 I will make with them an eternal covenant, never to cease doing good to them; into their hearts I will put the fear of me, that they may never depart from me.

Ezekiel 3:10 Son of man, he said to me, take into your heart all my words that I speak to you.

Joel 2:13 Rend your hearts, not your garments, and return to the Lord, your God. For gracious and merciful is he, slow to anger, rich in kindness and relenting in punishment.

Week 5:

A Natural Heart

The natural heart listens to the word of God, so nourishing, enlightening and life-giving. The natural heart symbolizes a bridge between the heart of men and the Divine, allowing us to be close to Him and to understand that God is all we need. The natural heart joins us to God's heart.

Ezekiel 11:19

I will give them a new heart and put a new spirit within them; I will remove the stony heart from their bodies, and replace it with a natural heart, so that they will live according to my statutes.

2 Corinthians 1:21–22

God is the one who firmly establishes us along with you in Christ; it is he who anointed us and has sealed us, thereby depositing the first payment, the Spirit, in our hearts.

Ephesians 3:17

May Christ dwell in your hearts through faith, and may charity be the root and foundation of your life.

Ephesians 6:6

Do not render service for appearance only and to please men, but do God's will with your whole heart as slaves of Christ.

Philippians 4:6–7

Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds in Christ Jesus.

Week 6:

Acceptance

Treasure the Word of Christ in your heart. Accept Jesus with unconditional love. He wants us to be Christ-like with heartfelt mercy, humility, kindness, and patience. We need to believe and to surrender. Jesus opens our hearts to the law and grants us peace.

Colossians 2:2–3 I wish their hearts to be strengthened and themselves to be closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom every treasure of wisdom and knowledge is hidden.

Colossians 3:15 Christ’s peace must reign in your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

Colossians 3:16 Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns and inspired songs.

1 Timothy 1:5 What we are aiming at is the love that springs from a pure heart, a good conscience, and a sincere faith.

Hebrews 4:12 Indeed God’s word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart.

Week 7:

Anxiety

We become anxious when our attention is far from God. As we draw close to him and abandon ourselves with faith, we will feel His love and protection. If we cannot add a moment to our life span, says the Lord, why be anxious about the rest? For God is merciful and he will never abandon us.

Proverbs 12:25 Anxiety in a man's heart depresses it, but a kindly word makes it glad.

Isaiah 35:4 Say to those whose hearts are frightened: Be strong, fear not! Here is your God...he comes to save you.

Jeremiah 32:40 I will make with them an eternal covenant, never to cease doing good to them; into their hearts I will put the fear of me, that they may never depart from me.

John 14:1 Do not let your hearts be troubled. Have faith in God and faith in me.

Philippians 4:6-7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds in Christ Jesus.

Week 8:

Bring a Contribution to the Lord

Everything starts with God and finds purpose in Him. We have been given natural gifts and talents to be of service to others, fulfilling God's plans. May Jesus dwell in our hearts, and may charity be the foundation of our life. Let us be generous with God and humanity as we are all His children, united by a common destiny.

Exodus 35:5

Everyone, as his heart prompts him, shall bring a contribution to the Lord...

Colossians 3:12

Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience.

Colossians 2:2-3

I wish their hearts to be strengthened and themselves to be closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom every treasure of wisdom and knowledge is hidden.

2 Thessalonians 2:16–17

May our Lord Jesus Christ himself, may God our Father who loved us and in his mercy gave us eternal consolation and hope, console our hearts and strengthen them for every good work and word.

Ephesians 6:6

Do not render service for appearance only and to please men, but do God's will with your whole heart as slaves of Christ.

Week 9:

Christ's Peace

As Jesus is the center of our life, and we live according to His Word, we discover the greatest gift: the peace and serenity that is given to those who put their trust in Him—a serenity seated in our heart and grounded in the eternal love of God.

Philippians 4:7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds in Christ Jesus.

Colossians 3:1 Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated.

Colossians 3:15 Christ's peace must reign in your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

Deuteronomy 4:29 Yet there too you shall seek the Lord, your God; and you shall indeed find him when you search after him with your whole heart and your whole soul.

Jeremiah 24:7–8 I will give them a heart with which to understand that I am the Lord. They shall be my people and I will be their God, for they shall return to me with their whole heart.

Week 10:

Fear of the Lord

The beginning of wisdom is fear of the Lord. God reminds us to trust and love him in humility. Our thirst for the Divine is life-giving. As we draw close to God we discover a fortress of safety, an island of peace, a center in our spiritual universe.

1 Samuel 12:24 But you must fear the Lord and worship him faithfully with your whole heart; keep in mind the great things he has done among you.

2 Chronicles 19:9 You shall act faithfully and wholeheartedly in the fear of the Lord.

Psalms 86:11 Teach me, O Lord, your way that I may walk in your truth; direct my heart that it may fear your name.

Sirach 2:17 Those who fear the Lord prepare their hearts and humble themselves before him.

Philippians 4:6–7 Dismiss all anxiety from your minds. Present your needs to God in every form of prayer and in petitions full of gratitude. Then God's own peace, which is beyond all understanding, will stand guard over your hearts and minds in Christ Jesus.

Week 11:

Focusing on God

When we focus on God we are at peace. Self-centeredness diverts our attention. Our life is an opportunity to get closer to God, to know him. Our search for the Divine is an inner drive of our Spirit; seeking closeness to God is an intimacy that nourishes our heart and soul. Jesus invites us to open our heart to him, with humility and gratitude.

Deuteronomy 4:29 Yet there too you shall seek the Lord, your God; and you shall indeed find him when you search after him with whole your heart and your whole soul.

Deuteronomy 30:2 Return to the Lord, your God, and heed his voice with all your heart and all your soul.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

Colossians 3:15 Christ's peace must reign in your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands, you sinners; purify your hearts.

Week 12:

God Knows the Secrets of the Heart

The heart represents our inner core, the essence of who we are; it is where our fondest memories, sentiments and intentions reside. The heart is the source of meaning and values, the center of our consciousness. The heart fashioned by God is the eye that guides us in our life.

Psalm 44:22 For he knows the secrets of the heart.

Psalm 139:23 Probe me, O God, and know my heart; try me and know my thoughts.

Jeremiah 12:3 You, O Lord, know me, you see me, you have found that at heart I am with you.

Jeremiah 17:10 I, the Lord, alone probe the mind and test the heart, To reward everyone according to his ways, according to the merit of his deeds.

Luke 16:15 You justify yourselves in the eyes of men, but God reads your hearts. What man thinks important, God holds in contempt.

Week 13:

God Looks into the Heart

Within our heart resides the truth of who we are. Our heart symbolizes the whole person, our conscience, our higher meaning. The content of our heart reveals the dispositions of our will and our life plans.

1 Samuel 16:7 Not as man sees does God see, because man sees the appearance but the Lord looks into the heart.

1 Kings 8:39 You who alone know the hearts of all men, render to each one of them according to his conduct; knowing their hearts, so treat them ...

1 Chronicles 28:9 As for you, Solomon, my son, know the God of your father and serve him with a perfect heart and a willing soul, for the Lord searches all hearts and understands all the mind's thoughts.

Psalms 20:5 May he grant you what is in your heart and fulfill your every plan.

Psalms 44:22 For he knows the secrets of the heart.

Week 14:

**God's Main Interest
Is What's in Your Heart**

Within our heart God resides. We come to know God in our hearts, not in our heads. God reveals himself through Jesus and the Holy Spirit. Let your heart be the center of your life, the guiding light, the source of eternal love.

1 Kings 8:39 You who alone know the hearts of all men, render to each one of them according to his conduct; knowing their hearts, so treat them ...

Wisdom 1:6 Because God is the witness of his inmost self and the sure observer of his heart ...

Sirach 42:18 He plumbs the depths and penetrates the heart; their innermost being he understands.

1 Corinthians 4:5 He will bring to light what is hidden in darkness and manifest the intentions of hearts. At that time everyone will receive his praise from God.

Revelation 2:23 Thus shall all the churches come to know that I am the searcher of hearts and minds, and that I will give each of you what your conduct deserves.

Week 15:

God Rejects Negativity

God guides us to avoid sinful ways and draws us in closeness to him. Be on guard always. Whenever you experience negative attitudes, such as hatred or hostility, go within your heart and ask for direction to a positive outlook on life. Be humble, kind, patient, and loving.

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| <i>Job 36:5</i> | Behold, God rejects the obstinate in heart ... |
| <i>Psalm 101:4</i> | A crooked heart shall be far from me; evil I will not know. |
| <i>Psalm 101:5</i> | The man of haughty eyes and puffed-up heart I will not endure. |
| <i>Proverbs 17:20</i> | He who is perverse in heart finds no good, and a double-tongued man falls into trouble. |
| <i>Sirach 10:12</i> | The beginning of pride is man's stubbornness in withdrawing his heart from his Maker ... |

Week 16:

Gratefulness

We have been fashioned in the image of God. Our life with our health and prosperity are a gift from our Creator. What can we do to deserve his infinite love? Let us fill our hearts with sincere thanks and worship our Lord wholeheartedly.

2 Maccabees 11:9 Then all of them thanked God for his mercy, and their hearts were filled with such courage ...

Psalm 86:12 I will give thanks to you, O Lord my God, with all my heart and I will glorify your name forever.

Psalm 16:8-9 I set the Lord ever before me; with him at my right hand I shall not be disturbed. Therefore my heart is glad and my soul rejoices.

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Psalm 138:1 I will give thanks to you, O Lord, with all my heart, for you have heard the words of my mouth; in the presence of the angels I will sing your praise.

Week 17:

Harden Not Your Heart

God is love. Let your heart be open to the Word. Allow the Word to descend from your mind to your heart. Pray each day. Let the Sacred Heart be the center of your life, the source of vital energy, the fountain of eternal love.

Hebrews 4:7 “Today if you should hear his voice, harden not your hearts.”

Deuteronomy 8:11–14 Be careful not to forget the Lord, your God, by neglecting his commandments and decrees and statutes which I enjoin on you today: lest ... you then become haughty of heart and unmindful of the Lord, your God ...

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

Psalms 80:13 So I gave them up to the hardness of their hearts; they walked according to their own counsels.

Proverbs 7:24–25 So now, O children, listen to me, be attentive to the words of my mouth! Let not your heart turn to her ways, go not astray in her paths ...

Proverbs 23:19 Hear my son, and be wise, and guide your heart in the right way.

Week 18:

Keep God's Words within Your Heart

God exhorts you to listen to the Word and to treasure it in your heart. Let the wisdom of the Gospel shape your life.

Obedying God's commandments will grant you peace and happiness.

Proverbs 4:20–21 My son, to my words be attentive, to my sayings incline your ear; Let them not slip out of your sight, keep them within your heart.

Proverbs 7:2–3 Keep my commands and live, my teachings as the apple of your eye; Bind them on your fingers, write them on the tablet of your heart.

Proverbs 23:12 Apply your heart to instruction, and your ears to words of knowledge.

Jeremiah 15:16 When I found your words, I devoured them; they became my joy and the happiness of my heart ...

Job 22:22 Receive instructions from his mouth, and lay up his words in your heart.

Week 19:

Look within Your Heart

The heart is the center of your spirit, of your intimate thoughts, of your ethical life. Discover its fountain of wisdom, and knowledge. Let your heart guide your life. The Spirit of God within draws you close to Jesus' love.

Deuteronomy 30:1 When all these things which I have set before you, the blessings and the curses, are fulfilled in you ... you ponder them in your heart ...

Tobit 13:6 When you turn back to him with all your heart, to do what is right before him, Then he will turn back to you, and no longer hide his face from you.

Matthew 6:21 Remember, where your treasure is, your heart will be also.

Luke 6:45 A good person out of the store of goodness in his heart produces good, but an evil person out of a store of evil produces evil; for from the fullness of the heart the mouth speaks.

Acts 2:26–27 My heart has been glad and my tongue has rejoiced, my body will live on in hope, for you will not abandon my soul to the nether world.

Week 20:

Rejoice

Joy is the sign of God's presence. Let Jesus dwell in your heart, infused by his unending love. Follow him faithfully, keep his commandments and serve him wholeheartedly.

1 Chronicles 16:10 Glory in his holy name; rejoice, O hearts that seek the Lord!

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Psalm 138:1 I will give thanks to you, O Lord, with all my heart, for you have heard the words of my mouth; in the presence of the angels I will sing your praise.

Proverbs 23:15 My son, if your heart be wise, my own heart also will rejoice ...

Ecclesiastes 11:9 Rejoice, O young man, while you are young and let your heart be glad in the days of your youth. Follow the ways of your heart the vision of your eyes ...

Week 21:

Return to the Lord

God calls you to have an intimate relationship with you. His infinite love within you is a sign of God's mercy and compassion. Let your heart be open to His Word.

Deuteronomy 30:2 Return to the Lord, your God, and heed his voice with all your heart and all your soul ...

Joel 2:13 Rend your hearts, not your garments, and return to the Lord, your God. For gracious and merciful is he, slow to anger, rich in kindness and relenting in punishment.

Romans 5:5 And this hope will not leave us disappointed, because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us.

Romans 15:6 May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the Spirit of Christ Jesus so that with one heart and voice you may glorify God, the Father of our Lord Jesus Christ.

Ephesians 5:19–20 Sing praise to the Lord with all your hearts. Give thanks to God the Father always and for everything in the name of our Lord Jesus Christ.

Week 22:

Thankfulness

How can you manifest your gratefulness to Jesus? Show your appreciation for your life, family, and wealth? Be full of gratitude, as the joy of living expresses itself in the experience of thankfulness. Present your grace and love to God in every form of prayer.

Joshua 23:14 So now acknowledge with your whole heart and soul that no one of the promises the Lord, your God, made to you has remained unfulfilled.

2 Kings 20:2 O Lord, remember how faithfully and wholeheartedly I conducted myself in your presence, doing what was pleasing to you!

2 Maccabees 1:3 May he give to all of you a heart to worship him and to do his will readily and generously.

Psalm 13:6 I trust in your faithfulness. Grant my heart joy in your help, that I may sing of the Lord, "How good our God has been to me."

2 Thessalonians 2:16-17 May our Lord Jesus Christ himself, may God our Father who loved us and in his mercy gave us eternal consolation and hope, console our hearts and strengthen them for every good work and word.

Week 23:

The Lord Searches the Heart

Within your heart resides the truth about yourself, your wholeness, your essence. God understands your innermost being, and He will reward you according to your deeds.

Jeremiah 17:10 I, the Lord, alone probe the mind and test the heart, To reward everyone according to his ways, according to the merit of his deeds.

Sirach 42:18 He plumbs the depths and penetrates the heart; their innermost being he understands.

Colossians 3:12 Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience.

1 Corinthians 4:5 He will bring to light what is hidden in darkness and manifest the intentions of hearts. At that time everyone will receive his praise from God.

Revelation 2:23 Thus shall all the churches come to know that I am the searcher of hearts and minds, and that I will give each of you what your conduct deserves.

Week 24:

Walking in the Light of the Lord

Have faith in God. The Bible says: “You, Lord, give perfect peace to those who keep their purpose firm and put their trust in you.” Let Jesus be the center of your life, the source of your vital energy, the fortress of your safety. Let Jesus’ word fill your heart.

Ephesians 3:17

May Christ dwell in your hearts through faith, and may charity be the root and foundation of your life.

Colossians 2:2–3

I wish their hearts to be strengthened and themselves to be closely united in love, enriched with full assurance by their knowledge of the mystery of God—namely Christ—in whom every treasure of wisdom and knowledge is hidden.

Colossians 3:16

Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns and inspired songs.

2 Thessalonians 2:16–17

May our Lord Jesus Christ himself, may God our Father who loved us and in his mercy gave us eternal consolation and hope, console our hearts and strengthen them for every good work and word.

1 Timothy 1:5

The aim of this instruction is love from a pure heart, a good conscience, and a sincere faith.

Week 25:

Wisdom

The Sacred Word says: “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Let these words be the light of your life and the source of your wisdom.

Sirach 14:21 Happy the man who meditates on wisdom, and reflects on knowledge; Who ponders her ways in his heart, and understands her paths.

Sirach 50:27 Wise instruction, appropriate proverbs, I have written in this book, I Jesus, son of Eleazar, son of Sirach, as they gushed forth from my heart’s understanding.

Jeremiah 24:7–8 I will give them a heart with which to understand that I am the Lord. They shall be my people and I will be their God, for they shall return to me with their whole heart.

Heb 4:12 Indeed, God’s word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart.

Sir 50:27 *Wise instruction, appropriate proverbs, I have written in this book, I, Jesus, son of Eleazar, son of Sirach, as they gushed forth from my heart’s understanding.*

Week 26:

Wholeheartedness

The Bible says, “Love means living the way God commanded us to live. As you have heard from the beginning, his command is this: Live a life of love.” Open your heart to God’s Word, be humble, be generous toward the needy, be Christ-like in everything you do.

2 Chronicles 16:9 The eyes of the Lord roam over the whole earth, to encourage those who are devoted to him wholeheartedly.

Colossians 3:12 Because you are God’s chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience.

2 Thessalonians 2:16–17 May our Lord Jesus Christ himself, may God our Father who loved us and in his mercy gave us eternal consolation and hope, console our hearts and strengthen them for every good work and word.

1 Peter 1:22 By obedience to the truth you have purified yourselves for a genuine love of your brothers; therefore, love one another constantly from the heart.

1 John 2:24 As for you, let what you heard from the beginning remain in your hearts. If what you heard from the beginning does remain in your hearts, then you in turn will remain in the Son and in the Father.

Week 27:

The Way to Happiness

“Give yourselves to God. Surrender your whole being to Him to be used for righteous purposes,” says the Bible. Follow Jesus with all your heart; this is the way to contentment—focusing on God, living in His presence, and serving others with your talents.

Acts 2:26–27 My heart has been glad and my tongue has rejoiced, my body will live on in hope, for you will not abandon my soul to the nether world.

Romans 5:5 And this hope will not leave us disappointed, because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us.

Romans 15:6 May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the Spirit of Christ Jesus so that with one heart and voice you may glorify God, the Father of our Lord Jesus Christ.

2 Thessalonians 3:5 May the Lord rule your hearts, in the love of God, and the constancy of Christ.

1John 3:19–20 This is our way of knowing we are committed to the truth and are at peace before him no matter what our consciences may charge us with; for God is greater than our hearts and all is known to him..

Week 28:

The Spiritual Heart

We all have a physical heart and a spiritual one, and the healing of the physical heart is intertwined with the spiritual heart. The spiritual heart is a sparkle of the Divine Heart of God. Be attuned to your spiritual heart. It can be your light, and lead you to the love of God within.

1 Kings 3:9 Give your servant, therefore, an understanding heart to judge your people and to distinguish right from wrong.

Psalms 51:19 My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, you will not spurn. .

Acts 15:8 God who reads the hearts of men showed his approval by granting the Holy Spirit to them just as he did to us.

Romans 5:5 And this hope will not leave us disappointed, because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us.

Romans 8:27 He who searches hearts knows what the Spirit means, for the Spirit intercedes for the saints as God himself wills.

Week 29:

The Secrets of the Heart

Our heart represents the whole person. Within it are deposited our values, our desires, our spirit. God, the observer of our life, knows all. His never-ending compassion accompanies us all the days of our life. Our heart is the fountain of love that bridges us to God.

Psalm 44:22 For he knows the secrets of the heart.

Ecclesiastes 3:11 He has made everything appropriate to its time, and has put the timeless into their hearts, without men's ever discovering, from beginning to end, the work which God has done.

Wisdom 1:6 Because God is the witness of his inmost self and the sure observer of his heart ...

Jeremiah 12:20 But you, O Lord of hosts, O just Judge, searcher of mind and heart, Let me witness the vengeance you take on them.

Jeremiah 20:12 O Lord of hosts, you who test the just, who probe mind and heart ...

Week 30:

Taking Action

To believe in God and to practice His word needs to be implemented by action. What are you doing with the gifts and talents Jesus gave you? How much do you give of yourself? Love one another constantly from the heart; develop a deep sense of interconnectedness; be of service to others as spiritual missionaries guided by mercy.

Colossians 3:1 Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated at God's right hand.

1 Thessalonians 5:14 We urge you, brothers, admonish the idle, cheer the fainthearted, support the weak, be patient with all.

1 Peter 1:22 By obedience to the truth you have purified yourselves for a genuine love of your brothers; therefore, love one another constantly from the heart.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands, you sinners; purify your hearts ...

2 Timothy 2:22 So, turn from your youthful passions, and pursue integrity, faith, love and peace, along with those who call on the Lord in purity of heart.

Week 31:

Surrender to God

To surrender to God is to let Jesus direct our life. To have trust in Jesus, be filled with His presence and accept with faith the unknown. To relinquish to Jesus means that we recognize that God is all there is; and we realize that doing His will and obeying His words leads to inner peace, freedom, and a fulfilled life.

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Proverbs 3:5 Trust in the Lord with all your heart, on your own intelligence rely not.

Proverbs 23:26 My son, give me your heart, and let your eyes keep my ways.

Tobit 13:6 When you turn back to him with all your heart, to do what is right before him, Then he will turn back to you, and no longer hide his face from you.

Jeremiah 29:12–13 When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me with you says the Lord, and I will change your lot.

Week 32:

The Signs of a Good Heart

The quality most often identified with the heart is love. The love for Jesus brings joy to the heart. A good heart seeks the Lord, is nourished by His Word, and applies Jesus' teaching to his daily life serving the needy with mercy and kindness.

Psalm 138:1

I will give thanks to you, O Lord, with all my heart, for you have heard the words of my mouth; in the presence of the angels I will sing your praise..

Proverbs 15:15

Every day is miserable for the depressed but the lighthearted man has a continual feast.

Proverbs 17:22

A joyful heart is the health of the body, but a depressed spirit dries up the bones.

2 Thessalonians 2:16–17

May our Lord Jesus Christ himself, may God our Father who loved us and in his mercy gave us eternal consolation and hope, console our hearts and strengthen them for every good work and word.

2 Thessalonians 3:5

May the Lord rule your hearts, in the love of God, and the constancy of Christ.

Week 33:

Seeking the Lord

Each of us seeks an atonement, an awareness more profound, a cosmic sense of wholeness. The search for God is the dominant motivator in our life. When we find God, our life is infused with spiritual richness and Christ's peace reigns in our hearts.

1 Timothy 1:5 What we are aiming at is the love that springs from a pure heart, a good conscience, and a sincere faith.

2 Timothy 2:22 So, turn from your youthful passions, and pursue integrity, faith, love and peace, along with those who call on the Lord in purity of heart.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

2 Peter 1:19 Keep your attention closely fixed on it, as you would on a lamp shining in the dark place until the first streaks of dawn appear and the morning star rises in your hearts.

1 John 2:24 As for you, let what you heard from the beginning remain in your hearts. If what you heard from the beginning does remain in your hearts, then you in turn will remain in the Son and in the Father.

Week 34:

Remembering God's Words

We hold the memory of God's Word in our heart. God asks us to listen to the Word and to take action, to make it part of our heart and soul. It is gratifying to memorize the words of Jesus and to repeat them like positive affirmations, spiritually nourishing and uplifting.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

Hebrews 4:12 Indeed God's word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart.

Hebrews 13:9 It is good to have our hearts strengthened by the grace of God and not by foods which are useless.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands, you sinners; purify your hearts.

1 Peter 3:4 Your adornment is rather the hidden character of the heart, expressed in the unfading beauty of a calm and gentle disposition. This is precious in God's eyes.

Week 35:

My Son, Give Me Your Heart

When Jesus looks for your heart, he is looking for all of you; the heart represents the whole person. Within your heart is the essence of who you are, your spiritual and ethical life. Jesus wants your awareness, your faith, and your unconditional love because you are God's chosen one.

Colossians 3:15 Christ's peace must reign in your hearts, since as members of one body you have been called to that peace. Dedicate yourselves to thankfulness.

Matthew 22:37 You shall love the Lord your God with your whole heart, with your soul, and with all your mind.

1 Timothy 1:5 What we are aiming at is the love that springs from a pure heart, a good conscience, and a sincere faith.

Hebrews 12:5-6 My sons, do not disdain the discipline of the Lord nor lose heart when he reproves you; For whom the Lord loves, he disciplines.

James 4:8 Draw close to God, and God will draw close to you. Cleanse your hands, you sinners; purify your hearts.

Week 36:

Love

Our hearts are full of love, the love of the Divine. Our mission in life is to be of service to others, to be spiritual missionaries guided by our heart. God always calls us back to his everlasting love. The depth of our love for God is reflected by how much we are aware of God's passionate love for us.

Deuteronomy 13:4 For the Lord, your God, is testing you to learn whether you really love him with all your heart and with all your soul.

Deuteronomy 30:6 The Lord, your God, will circumcise your hearts and the hearts of your descendants, that you may love the Lord, your God, with all your heart and all your soul, and so you may live.

Song of Songs 3:4 I had hardly left them when I found him whom my heart loves.

Isaiah 54:10 Though the mountains leave their place and the hills be shaken, My love shall never leave you nor my covenant of peace be shaken ...

1 Peter 1:22 By obedience to the truth you have purified yourselves for a genuine love of your brothers; therefore, love one another constantly from the heart.

Week 37:

Letting God Find You

Spend time with God. Become friendly with Him. Silently seek His presence and open the deep recesses of your heart. Be nourished by his love and compassion. Surrender yourself to Him and obey his guidance. Let Jesus dwell in your heart.

Psalms 27:14

Wait for the Lord with courage; be stouthearted, and wait for the Lord.

Proverbs 3:5

Trust in the Lord with all your heart; on your own intelligence rely not.

Jeremiah 29:12–13

When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me with you says the Lord, and I will change your lot.

Ezekiel 22:14

Can your heart remain firm, will your hands be strong, in the days when I deal with you?

Joel 2:13

Rend your hearts, not your garments, and return to the Lord, your God. For gracious and merciful is he, slow to anger, rich in kindness and relenting in punishment.

Week 38:

Knowing God's Words

Knowing God's words means applying them to everyday life. Let them be your light, your wisdom, and your guidance. Let them descend from your mind to your heart as if God is talking directly to you. Repeat them frequently to inspire you to worship your Creator.

Deuteronomy 5:39 This is why you must know, and fix in your heart, that the Lord is God in the heavens above and on the earth below, and that there is no other.

Deuteronomy 11:18 Therefore, take these words of mine into your heart and soul.

Proverbs 22: 17 Incline your ear, and hear my words, and apply your heart to my doctrine ...

Romans 10:8 What is it he does say? "The word is near you, on your lips and in your heart."

Romans 2:15 They show that the demands of the law are written in their hearts.

Week 39:

I Am with the Lord

The Spirit of God is within you. God is closer to you than your breath. Living life in the presence of the Lord is heart-warming and leads to inner peace, fulfillment, and freedom. Jesus has promised: my love shall never leave you, I will never abandon you.

Psalm 16:8–9 I set the Lord ever before me; with him at my right hand I shall not be disturbed. Therefore my heart is glad and my soul rejoices.

Psalm 27:8 Of you my heart speaks; you my glance seeks, your presence, O Lord, I seek.

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

Psalm 61:3-4 From the earth's end I call to you as my heart grows faint. You will set me high upon a rock; you will give me rest, for you are my refuge.

Week 40:

Humility

Humility is a quality of Jesus. He is the supreme example of submissiveness. He reminds you that power and material things are not the most important in life. Rather to strive for spiritual growth and the ability to love.

Daniel 3:87 Holy men of humble heart bless the Lord; praise and exalt him above all forever.

Colossians 3:12 Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience.

Daniel 3:39 But with contrite heart and humble spirit let us be received ...

Matthew 5:8 Blest are the single-hearted for they shall see God.

Matthew 11:29 Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Your souls will find rest, for my yoke is easy and my burden light.

Week 41:

Heart Intelligence

The Spirit of God resides in our heart, and it is the bridge to communicate with Him. The wisdom and the intelligence of the heart are our guide and the pathway to self-knowledge—in our heart we discover our life goals and our mission in life.

Psalm 49:4 My mouth shall speak wisdom; prudence shall be the utterance of my heart.

Proverbs 2:10 For wisdom will enter your heart, knowledge will please your soul.

Ecclesiastes 8:5–6 He who keeps the commandment experiences no evil and the wise man's heart knows times and judgments; for there is a time and a judgment for everything.

Sirach 14:21 Happy the man who meditates on wisdom, and reflects on knowledge; Who ponders her ways in his heart, and understand her paths.

Jeremiah 24:7–8 I will give them a heart with which to understand that I am the Lord. They shall be my people and I will be their God, for they shall return to me with their whole heart.

Week 42:

God's Heart

Be Christ-like: worship God and trust in his love. You are a spiritual being, created in the image of God.

My home is within you, says the Lord.

In the eyes of God you are invaluable.

Job 9:4 God is wise in heart and mighty in strength; who has withstood him and remained unscathed?

Psalms 37:18 The Lord watches over the lives of the wholehearted; their inheritance lasts forever.

Proverbs 22:11 The Lord loves the pure of heart; the man of winning speech has the king for his friend.

Proverbs 23:15 My son, if your heart be wise, my own heart also will rejoice...

Proverbs 23:26 My son, give me your heart, and let your eyes keep my ways.

Week 43:

**God Is Our Help
and Our Salvation**

When we focus on God and we become centered in Jesus, the Lord's help is constant and our life is directed toward salvation. Venerate the Lord in your heart. Be obedient to the truth, and the grace of God will assist you to transcend your challenges and sense a higher meaning.

Job 23:12 From the commands of his lips I have not departed; the words of his mouth I have treasured in my heart.

Psalms 19:15 Let the words of my mouth and the thought of my heart find favor before you, O Lord my rock and my redeemer.

Psalms 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Psalms 61:3 From the earth's end I call to you as my heart grows faint. You will set me high upon a rock; you will give me rest, for you are my refuge.

Proverbs 7:24-2 So now, O children, listen to me, be attentive to the words of my mouth! Let not your heart turn to her ways, go not astray in her paths.

Week 44:

God as a source of joy

Intimacy with God is the path to fulfillment. Joy is the sign of God's presence in your life. With happiness in your heart your life is embedded in spiritual richness. Joy leads to love for humanity and mutual interconnectedness.

Sirach 50:23

May he grant you joy of heart and may peace abide among you.

Isaiah 66:13–14

As a mother comforts her son, so I will comfort you. When you see this, your heart shall rejoice and your bodies flourish like the grass.

Jeremiah 15:16

When I found your words, I devoured them; they became my joy and the happiness of my heart ...

1 Chronicles 16:10

Glory in his holy name; rejoice, O hearts that seek the Lord!

Ephesians 5:19–20

Sing praise to the Lord with all your hearts. Give thanks to God the Father always and for everything in the name of our Lord Jesus Christ.

Week 45:

Faithfulness

Finding God in the midst of suffering, surrendering to the unknown future, and looking at life through the eyes of God, are signs of accepting the will of God.

Believe that the Divine always knows what is best for you. Jesus is with you in everything you do.

Deuteronomy 13:4 For the Lord your God, is testing you to learn whether you really love him with all your heart and with all your soul.

Joshua 22:5 Moses, the servant of the Lord, enjoined upon you: love the Lord your God; follow him faithfully; keep his commandments; remain loyal to him; and serve him with your whole heart and soul.

Joshua 23:14 So now acknowledge with your whole heart and soul that no one of the promises the Lord, your God, made to you has remained unfulfilled.

1 Chronicles 22:19 Therefore, devote your hearts and souls to seeking the Lord your God.

1 Chronicles 28:9 As for you, Solomon, my son, know the God of your father and serve him with a perfect heart and a willing soul, for the Lord searches all hearts and understand all the mind's thoughts.

Week 46:

Emotions of the Heart

The heart is the source of your feelings and emotions. Does your life have a path, and does that path have a heart? The passionate love of Jesus for you echoes in your heart. Let Jesus fountain of love fill your heart.

Psalm 28:7 The Lord is my strength, and my shield. In him my heart trusts, and I find help; then my heart exults and with my song I give him thanks.

Psalm 61:3 From the earth's end I call to you as my heart grows faint. You will set me high upon a rock; you will give me rest, for you are my refuge.

Daniel 13:35 Through her tears she looked up to heaven, for she trusted in the Lord wholeheartedly.

Joel 2:12 Yet even now says the Lord, return to me with your whole heart, with fasting and weeping, and mourning..

Luke 24:32 They said to one another, "Were not our hearts burning inside us as he talked to us on the road and explained the Scriptures to us?"

Week 47:

Belief

Belief is hope in things not seen. What you believe shapes your life. God has created you in His image.

You are a beloved child of God.

Trust the Lord wholeheartedly: believe, and you will be with him for eternity.

Let his passionate love for you dwell in your heart.

Jeremiah 29:12–13 When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me says the Lord, and I will change your lot.

Ezekiel 3:10 Son of man, he said to me, take into your heart all my words that I speak to you; hear them well.

Matthew 5:8 Blest are the single-hearted for they shall see God.

Mark 4:20 But those sown on good soil are the ones who listen to the word, take it to heart, and yield at thirty and sixty and a hundred fold.

1John 3:19–20 This is our way of knowing we are committed to the truth and are at peace before him no matter what our consciences may charge us with; for God is greater than our hearts and all is known to him.

Week 48:

Awareness of God's Presence

Practicing God's presence means listening to His inner voice, seeing Jesus in every person you meet, living a Jesus-centered life, with a purpose to serve. Every moment of absorption in prayer is an enriching experience that imparts a spiritual dimension to the meaning of your life.

Psalm 16:8–9 I set the Lord ever before me; with him at my right hand I shall not be disturbed. Therefore my heart is glad and my soul rejoices...

Psalm 27:8 Of you my heart speaks; you my glance seeks, your presence, O Lord, I seek.

Psalm 62:9 Trust in him at all times, O my people! Pour your hearts before him; God is our refuge!

Psalm 86:12 I will give thanks to you, O Lord my God, with all my heart and I will glorify your name forever.

Proverbs 4:20–21 My son, to my words be attentive, to my sayings incline your ear; Let them not slip out of your sight, keep them within your heart.

Week 49:

Appreciation

Wake up and be grateful! Gratefulness has been defined as being alive to the fullest. The loving God gives you LIFE! Be full of appreciation, as the joy of existence is expressed in the experience of thankfulness. Jesus' heart embraces you with never-ending love.

Numbers 15:39 Remind you to keep all the commandments of the Lord, without going wantonly astray after the desires of your hearts and eyes.

Joshua 23:14 So now acknowledge with your whole heart and soul that no one of the promises the Lord, your God, made to you has remained unfulfilled.

2 Maccabees 11:9 Then all of them thanked God for his mercy, and their hearts were filled with such courage ...

Psalms 9:2 I will give thanks to you, O Lord, with all my heart ...

Ephesians 5:19–20 Sing praise to the Lord with all your hearts. Give thanks to God the Father always and for everything in the name of our Lord Jesus Christ.

Week 50:

Trusting God

The foundation of our faith is trusting and surrendering to God. The Bible says: love your God with all your heart, with all your soul, with all your mind, and with all your strength. Live in God's presence. See Jesus in everyone you meet.

Psalm 62:9 Trust in him at all times, O my people! Pour your hearts before him; God is our refuge!

Jeremiah 29:12–13 When you call me, when you go to pray to me, I will listen to you. When you look for me, you will find me. Yes, when you seek me with all your heart, you will find me with you says the Lord...

Jeremiah 32:40 I will make with them an eternal covenant, never to cease doing good to them; into their hearts I will put the fear of me, that they may never depart from me.

Matthew 5:8 Blest are the single-hearted for they shall see God.

Romans 5:5 And this hope will not leave us disappointed, because the love of God has been poured out in our hearts through the Holy Spirit who has been given to us.

Week 51:

Meditation

Meditation is a spiritual practice that allows you to discover the silence within.

In awe you are in touch with the Spirit of God and hear his life changing Word.

Meditation is a pathway to intimacy with God, and inner peace.

Sirach 50:28 Happy the man who meditates upon these things, wise the man who takes them to heart!

Deuteronomy 30:1 When all these things which I have set before you, the blessings and the curses, are fulfilled in you ... you ponder them in your heart ...

1 Samuel 12:24 But you must fear the Lord and worship him faithfully with your whole heart, keep in mind the great things he has done among you.

1 Corinthians 4:5 He will bring to light what is hidden in darkness and manifest the intentions of hearts. At that time everyone will receive his praise from God.

2 Corinthians 1: 21-22 God is the one who firmly establishes us along with you in Christ; it is he who anointed us and has sealed us, thereby depositing the first payment, the Spirit, in our hearts.

Week 52:

Have No Fear

When your attention is away from God, you experience fear: the remedy is trust in God's eternal love. Have faith in the promise that your loving Father will never abandon you. Realize that right where you are, God is. Live in the Lord's presence and love Him wholeheartedly.

Deuteronomy 1:21 Do not fear or lose heart.

2 Chronicles 19:9 You shall act faithfully and wholeheartedly in the fear of the Lord.

Judith 10:16 When you stand before him, have no fear in your heart;

Isaiah 35:4 Say to those whose hearts are frightened: Be strong, fear not! Here is your God ... he comes to save you.

John 14:1 Do not let your hearts be troubled. Have faith in God and faith in me.

*Concluding Prayer***Through the Eyes of God**

I leave you with the words of a prayer/poem
that came to me as I was meditating:

When you see through the eyes of God,
You see only beauty and perfection around you.

When you see through the eyes of God,
Other people become you.

When you see through the eyes of God,
You accept yourself, all of yourself,
And discover the purpose of life:
To become all that you are.

Then, only then, you are free, you are pure
love,
Seeing through the eyes of God.

I hope that my words touched your heart, drawing you closer to God, and
lending you inner peace. My mission would be so accomplished and I thank
you.

<<<<<————>>>>>

Invitation to correspond with the Author

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www.BrunoCortismd.com