



“A PERFECT HEART? WHO? ME?”

Mary Mayko 2010

Matthew 5:48 Amplified Version “You, therefore, must be perfect [growing into complete maturity of godliness in mind and character, having reached the proper height of virtue and integrity] as your heavenly Father is perfect.”

1 John 4:19 Amp “We love Him, because He first loved us.”

Someone recently made a statement that rather shocked me! “You have a *perfect* heart!” “No, if you *really* knew me, you wouldn’t say that! I serve a Perfect God, but the longer I live, the *less perfect* I seem to be, at least in my own eyes!”

Isn’t it interesting, that we often look at others as *not* fighting spiritual battles as we do, or that it is somehow easier for them to walk perfectly before the Lord our God! In all honesty, there is an inner war, of standing on God’s Promises, and not caving in to situations around us! We all must rely on His Holy Spirit to grant us the power and wisdom we need to be an over-comer! Listen to St. John’s message written to the Early Church!

1 John 4:16-17 Amp “And we know [understand, recognize, are conscious of by observation and by experience] and believe [adhere to and put faith in and rely on] the love God cherishes for us. God is love, and he who dwells and continues in love dwells and continues in God, and God dwells and continues in him. In this [union and communion with Him] love is brought to completion and attains *perfection* with us, that we may have confidence for the day of judgment [with assurance and boldness to face Him] because as He is, so are we in this world.” V.19 We love Him, because He first loved us!”

Most of us can quote scriptures that sound like we are totally confident that *we are not* relying *on ourselves* to walk uprightly before God. We learned these verses in church or at home as children. At times, I can quote them in my inner man, and focus on the Lord’s strength to combat the conflicts or urges to just let words and actions *fly* without holding

them in check! But! Sometimes those same verses seem stuck behind a locked door in my spirit and brain somewhere! *Where is that perfect heart now?*

Proverbs 3:1-2 “My son, [Believers!] forget not My law or teaching, but let *your heart* keep my commandments. For length of days and years of a life [worth living] and tranquility [inward and outward and continuing through old age till death] these shall they add to you.” V. 5 “Lean on, trust in, and be confident in the Lord with all your heart and mind, and do not rely on your own insight *or* understanding.” V 26 “For the Lord shall be your confidence, firm and strong, and shall keep your foot from being caught. [in a trap or some hidden danger!]

“The ball is in *your* court” How many times have we heard such statements when we know we must act or make an important decision! This so called “game of live” in reality, is a daily challenge to keep the peace of God ruling in our hearts and minds. The enemy of our soul has sneaky ways to trying to trip us up or discourage us or damage our testimony for the Lord! Instructions from another favorite verse helps to keep us on our toes!

1 Peter 5:8-11 Amp “Be well balanced [temperate, sober of mind] be vigilant *and* cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger] seeking someone to seize upon and devour. Withstand him; be firm in faith [against his onset- rooted, established, strong, immovable, and determined] knowing the same [identical] sufferings are appointed to your brotherhood [the whole body of Christians] throughout the world. And after you have suffered a little while, the God of all grace [who imparts all blessing and favor] who has called you to His [own] eternal glory in Christ *Jesus*, will make you what you ought to be, establish and ground you securely, and strengthen, and settle you. To Him be the dominion [power, authority, rule] forever and ever, Amen [so be it].”

Well, I am not sure about everyone else, but I know I need to review these Promises and Truths pretty often, as circumstances can invade your mind with thoughts that are contrary to God’s Word! Then along comes the challenge! Do we *really believe God and His Word or do we “cave in”*, overcome by what is happening around us!

What about that perfect heart? Well, I believe it is one that will turn toward God and truly trust Him, when life does not make much sense! We don’t really have to fully understand everything to trust Him! The Psalmist in chapter 51 cried out for the Lord to create in him a clean heart! He asked for a renewal of spirit! David was far from what we call perfect, but he did know he could call on God to renew whenever he needed it! Do we?

Philippians 1:6 Amp “And I am convinced and sure of this very thing, that He who began a good work in you will continue until the day of Jesus Christ [right up to the time of His return] developing [that good work] and perfecting and bringing it to full completion in you.”

Let’s let God do His good work in us! It will make for a *happy heart in us!*

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THE HEART HEALER

Mary Mayko 2010

Isaiah 61:1 KJV “The spirit of the Lord God is upon me; because the LORD hath anointed me to preach good tidings to the meek; he hath sent me to bind up the **brokenhearted**, to proclaim liberty to the captives, and the opening of prison to them that are bound.”

February! Valentines Day! At one time this was such a wonderful time of renewing and refreshing a couple’s love one for the other! The excitement of “What will my Sweetheart give me this year?” gave a special time of bonding and binding together! Sweet memories fill one’s mind and heart, then suddenly, the inner sounds of a heart breaking into pieces!

How could this be happening? “My Sweetheart and I enjoyed many years of joys and sorrows that made the two of us as one!” How many times have I heard this sad statement! One of them either has or is fading into a world where they can no longer have the fellowship and friendship that once made them an outstanding couple! People had admired the beauty of their union! Now that has disappeared!

The personality sometimes changes dramatically, either withdrawn or unruly in public places. People stare, and the spouse feels embarrassed, frustrated or tries to explain but to no avail! One that once had only kind words now becomes harsh and accusing, a fear starts to control their live. How can the other one handle the heart break of losing this precious soul into their darkness? Some day they won’t even know your name!

How could something like this happen to people whose whole life has been dedicated to the LORD and His work? Doesn’t God see and know what both of them are going through? Of course He does! Could He stop it? The Word says nothing is impossible with God! But He does not!

“LORD, heal the broken hearted, and help them with the daily necessity of repeating the same things over and over again! Fill their hearts to overflowing with Your Presence as they realize this stranger that now lives with them, is a soul that needs their assurance daily that God really does love them!”

Although this is a life changing and heart breaking experience, people learn to cope with it, and as a result, the love of Christ shines through their tears as rainbows of hope! They daily do whatever they can to help the one they love! Some day the LORD will explain it all to them. In the meantime, they walk forward with faith in their heart that God will not allow more than they can stand but will make a way through the problems. He sometimes sends answers that are not recognized or accepted! The peace He would give is forfeited because of anger and resentment or dwelling in the brokenhearted stage!

“LORD, Bind up the wounds and set them free from the captivity of sadness, anger or any other area that keeps them locked in this prison of pain! Free their spirits to accept and embrace You as the Great Heart Healer!”

The circumstances do not always change, but God is able to make His grace abound toward those who turn to Him in the time of need. He is able to help bring hearts to look fully and freely to Him for the spiritual strength to bless this precious soul who seems to drift further and further away from reality. Psalm 9:9-10 “The LORD also will be a refuge for the oppressed, a refuge in times of trouble. And they that know thy name will put their trust in Thee: for Thou, LORD, hast not forsaken them that seek Thee.”

Memorize a few key verses that you can rehearse quietly in your spirit to help you keep your peace in the storms of hurting hearts and allow kindness to flow through your words. “Psalm 19:14 “Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.”

“SWEETHEART!”

Mary Mayko 2009

I watched with sadness and feeling so helpless
As you drifted slowly away from awareness.
We had so many plans and great expectations
But now we live daily with *more and more* limitations.

Once we were young lovers, an exciting new life,
Yet today, I saw you struggling with confusion and strife.
We never dreamed our later years would be this way
For now it's so hard for you to recall whatever I say.

Once we were great partners, successful and so glad!
Now your behavior has returned to that of a young lad [or lass]
*It is so difficult to know you'll never be the same,
And someday, you won't even remember my name!*

Growing older in age, yet more and more like a tot,
I'll tell you the same things every day that you forgot.
I grieve over our lives, your losses as well as mine,
But still in loving care I say, You're doing just fine!

Sometimes anger rises and it's hard to hold my peace
Because the problems grow, and never seem to cease!
At times I wonder how much more I can really take
Yet with God's help, *my strength is renewed for both our sakes!*

Dedicated to all those who struggle daily with the heart break of their loved ones' fading memories of a once wonderful life! May God's grace sustain you!

FEBRUARY! THE HEART MONTH!

Rev. J. Kehl Golding

“I should have taken care of my heart,
what was I thinking of?”

Thus laments a heart attack survivor on a TV commercial. He further states: “Now, I eat right, exercise, and get enough sleep. I should have done this years ago.”

All these suggestions, plus reducing stress levels, are strongly recommended by medical doctors, *and THE WORD OF GOD!* We are all familiar with Jeremiah 17:9 “The heart is deceitful above all things and desperately wicked: and who can know it?”

But what about Hebrews 3:12? The author is addressing Believers, and writes: “Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.”

Can a Believer have *heart disease? An evil heart? Real heart problems?*

Yes, according to this Scripture verse, a heart of unbelief because we DEPART from the living God in believing He will do whatever His Word Promises to do!

Let’s examine some areas of our life. Have you ever worried about money? What will we eat? Wear? How will we pay for the home? Where will we live? **Read afresh what Jesus spoke in Matthew 6:31-32** “Be not therefore ANXIOUS [worrying, concerned] saying: what shall we eat? Or what shall we drink? Or wherewithal shall we be clothed? For after all these things do the Gentiles seek: for your Heavenly Father knoweth that ye have need of all these things.”

Diagnosis: Worry, insecurity, fear- all equal a state or condition of UNBELIEF! “God can’t handle this! TOO BIG FOR HIM!” What about the **deadly disease of BITTERNESS?** *Bitterness in a Believer? Never!!* It is addressed in several places. Allow me to share a few, and the serious consequences of it.

In Ephesians 4:30-32 Paul tells us it grieves the Holy Spirit when it is in our life, and we are to get rid of it! “Let all bitterness and wrath, and anger, and clamor, and evil speaking be put away from you, with ALL malice.” Along with jealousy and envy these are all the faces of hatred, and the result is bitterness! None of them should be part of a Believer’s heart.



In Acts chapter 8 we see how serious this can be. When the Apostles took the Gospel down to Samaria, Simon saw the power of the Holy Ghost and wanted this gift! [vss.15-25] But his heart was *not* right with God, and Peter was quick to tell him so, saying: “For I perceive that thou art in the gall of *Bitterness, And in the Bond of iniquity.*” [*sin*]

What about the unending killing condition of un-forgiveness?

Have you ever prayed the Lord’s Prayer? Each and every time you do, you say: “And *forgive* us our debts [trespasses –sins] as we *forgive* our debtors.” [those who have sinned against us] If you refuse to forgive those that have hurt you, you are praying to God- don’t forgive me for I will NOT forgive them! That is serious!! Forgiveness or un-forgiveness is a matter of choice, but can lead to serious heart problems. This is particularly true if it involves a mate. If not forgiveness it will lead to a life of misery or divorce.

In Malachi 2:14-16 God tells us very clearly He hates divorce. He hates our “putting away” a mate. He is opposed to it, it is due to the hardness of our heart. [Matthew 19:3-9] Each wanting his own way. All suffer, especially the children. If we decide to stay together, but not forgive, there is not love, joy and peace- always doubt and strife, for the lack of trust. Let me say here, trust and forgiveness are two different emotions. You can forgive your spouse, but not really trust them because of their “track record”! God does not tell us to trust someone who has broken trust, because that is *their problem-* ours is to forgive them for *our heart’s sake!!*

Then there is a heart condition that sneaks up on a Believer! We can see the **symptoms** clearly! Self-righteousness, haughtiness, conceit, arrogance, self-confidence [I can do it] self-ambition- [God hasn’t said this is His Will, but I want it!] **All symptoms of pride!** Jesus sums up this heart trouble in Mark 7:18-23.

“And He saith unto them, are ye so without understanding also? Do ye not perceive that whatsoever thing from without entereth into man, it cannot defile him; because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And He said, that which cometh out of the man, that defileth the man. For from within, out of the heart of men; proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness. All these evil things come from within, and defile the man.”

This Month, take spiritual stock of your heart, seek God, have a different New Year, a fresh approach to Lent, and real meaning of the season. He has promised to meet your needs of the heart! “Cast away from you all your transgressions; and make you A NEW HEART and A NEW SPIRIT.” Ezekiel 18:31

God bless you as you walk close to Him!

Rev. J Kehl Golding