



Fairgrounds Road  
C H U R C H O F C H R I S T

# MESSENGER

“And this is the commandment we have from Him, that the one who loves God should love his brother also.” 1 John 4: 21

Sunday – June 7, 2026

## *Heart to Heart...*

People are concerned about their physical heart these days. Exercise and weight control seem to be bombarding us in the media. Why don't we hear people speak of having a good, sound spiritual heart? Could it be too many are concerned more with the temporal than the eternal? There is more to life than our physical well-being.

Our lives are about our souls, and our souls are tied directly to our hearts. We must make certain that we are walking with the Lord with all our heart. There are those who just follow the Lord strictly out of duty rather than a heart of love. There are six things that indicate we may have spiritual heart disease: (1) **“Let love be without hypocrisy.”** (Romans 12:9) We need to love (sacrifice) for others no matter how you have been treated. To not forgive and forget, that's a heart problem and love is absent. Did Jesus do that for you? (2) **“Abhor what is evil; cling to what is good.”** (Romans 12:9) Evil only leads you away from love and has drastic effects on the heart. When we do not want to depart from evil and evil motives, there is something wrong with our heart. We need to be “glued” (cling) to what the Lord speaks as good extending that good to others. (3) **“Be devoted to one another in brotherly love.”** (Romans 12:10) What is brotherly love? It is a kind affection toward those who have been born of God. We are brothers and sisters because God is our Father. We have been born into His family (the church) and that should lead us to brotherly love. Jesus is not ashamed to call us brethren (Hebrews 2:11). Are you ashamed of His brethren when you have no devotion to them? (4) **“Not lagging behind in diligence, fervent in spirit, serving the Lord.”** (Romans 12:11) Diligence is persistence that is attentive to a task. The opposite is someone just going through the motions. Fervent is extremely hot. A person who is not persistent in the task of serving the Lord and ‘hot’ in their own spirit, they are lagging and something is wrong in their heart. (5) **“Rejoicing in hope, persevering in tribulation, devoted to prayer.”** (Romans 12:12) These are all attitudes of the heart.

One that is serving the Lord with all their heart knows that no matter what comes in life, there is always hope! They remain constant to their purpose (persevere) in serving the Lord and know that prayer is a vital part of the relationship. Are we really devoted to prayer? (6) **“Bless those who persecute you; bless and do not curse.”** (Romans 12:14) When we are hurt by someone, it is easy to attack with our tongues. How many times do we speak to others about how we have been wronged? Is that blessing the other? The mouth reveals the condition of the heart (Matthew 15:18).

God instructs that we never return evil for evil or insult for insult (I Peter 3:9). We go to the doctor for checkups and tests for our physical heart and well-being. When was the last time you sat down and went to God looking at your spiritual heart and well-being? Here's a great start. Think about it!!!

-Brent