

Over the next couple of days, my Mom is having tests for her heart as we have had to find a cardiologist since moving her here in April. Early this morning I picked her up and took her in for day 1 of testing that will end tomorrow about Noon. Something I've noticed about people when then they get to a certain age, a certain physical ability (disability) is that breaking up their routine for something that is important can be a very stressful and difficult process. My Mom is not a morning person, so arriving early today to find her not ready was a little bit frustrating trying to run around the house helping her locate this and that for our 10 minute drive to the medical facility.

On top of that was the concern and confusion over what exactly was going to be done during the procedure, how long would it take, would it hurt, what it will reveal, etc. When we arrive at the facility and we get in the building (late, I might add) we find the computers at the receptionist's desks not working properly, which spelled more delays, which added to the stress and anxiety of the moment... But once we were officially checked-in, it took about 10 minutes for a nurse to come and wheel my Mom off for her test for today. We were very grateful that everything when well, Mom did great and except for the inconvenience, we where on our way by 9:30 this morning...

As I left my Mom's place I reminded her, *"See you tomorrow, same time, same schedule..."* and she just gave me that look – You know, the look!

As I'm driving to the office though it struck me, "Do I, do we approach our "spiritual-heart" tests in the same way?" By that I mean, do we treat it as a nuisance or as a regular part of our spiritual health in Christ? Or perhaps we even put it off? You know, because we don't really want to know the results! And I thought to myself, "I hope not. I hope that I take my spiritual health more seriously than I often do my physical health (which is another thought, for another Wednesday) But seriously, the Bible is pretty clear on the condition of our hearts as it relates to our relationship with Christ...

"Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart..." (Psalm 24:3-4)

"Create in me a pure heart, O God, and renew a steadfast spirit within me." (Psalm 51:10)

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." (Psalm 139:23-24)

"Blessed are the pure in heart, for they will see God." (Matthew 5:8)

"May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones." (1 Thessalonians 3:13)

I hope you're open to God's examinations of your heart. Don't resist, don't hesitate, don't procrastinate but be open – He loves you and only has your best in mind!

Be Strong, Be Courageous, Be Fearless – and remember...

Christ **IS** All!

Pastor Mark