**Heart Matters**

**For the Lord does not see as mortals see;**

**they look on the outward appearance,**

**but the Lord looks on the heart.**

***(1 Samuel 16:7)***

**Create in me a clean heart, O God,**

**and put a new and right spirit within me.**

**(*Psalm 51:10)***

**A cheerful heart is a good medicine,**

**but a downcast spirit dries up the bones.**

**(*Proverbs 17:22)***

**Just as water reflects the face,**

**so one human heart reflects another.**

***(Proverbs 27:19)***

**All my words that I shall speak to you receive in your heart.**

***(Ezekiel 3:10)***

**And I will give them one heart,**

**and I will put a new spirit within you.**

***(Ezekiel 11:19)***

**A new heart I will give you,**

**and a new spirit I will put within you.**

***(Ezekiel 36:26)***

**Blessed are the pure of heart, for they will see God.**

***(St. Matthew 5:8)***

**For where your treasure is, there your heart will be also.**

***(St. Luke 12:34)***

Let anyone who is thirsty come to me,

and let the one who believes in me drink.

**As the scripture has said,**

**“Out of the believer’s heart shall flow rivers of living water.”**

***(St. John 7:37-38)***

**And this is the right way for me to think of you all,**

**for I have you in my heart**

**because through all my imprisonment**

**and my defense and confirmation of the truth of the Gospel,**

**you have been partakers with me of grace.**

***(Philippians 1:7)***

**Let the peace of God rule in your hearts.**

***(Colossians 3:15)***

**Whatever you do, work it with all your heart.**

***(Colossians 3:23)***

Comfort your hearts and strengthen them

in every good work and word.

***(2 Thessalonians 2:17)***

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**Dolly says to the other children: “We came from Mommy's tummy. But Joseph is adopted, so he came from his mommy's heart.” *(Bil Keane, in The Family Circus comic strip)***

**Pictures of the congregational families were posted in the welcome center of the church, illustrating very well that the family of God is composed of people from different races and nationalities. All who believe in Christ are members of the family of God. While the school children were looking at these photos, they noticed the difference in people, even among those in the same family. "Why?" they asked one another. One young boy whose skin color was different from the other members of his family explained, "Because I'm adopted." "I was adopted too," said a little girl. "What does that mean to be adopted?" asked another. "It means," replied the child, "that you grew in your mom's tummy, but I grew in her heart!" What a beautiful definition of adoption! *(John R. Sternberg, in Portals of Prayer)***

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**The head bone is connected to the heart bone -- don't let them come apart. *(Alan Alda, actor)***

**The heart itself is but a small vessel, yet dragons are there, and there are also lions; there are poisonous beasts and all the treasures of evil. But there too is God, the angels, the life and the kingdom, the light and the Apostles, the heavenly cities and the treasures of grace – all things are there. *(Pseudo-Macarius)***

**The wicked at heart probably know something. *(Woody Allen)***

**Heart arteries are arranged in a sort of crown or corona. That’s why they’re called “coronary.” *(L. M. Boyd)***

**They used to say that two things are bad for the heart: running up stairs and running down people. Well, the doctors now tell us that running up stairs is good exercise. But running down people is still as bad as ever, and it's not good for teamwork and morale, either. Especially when you do it in front of others. *(Bits & Pieces)***

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**Of all the earthly music, that which reaches farthest into heaven is the beating of a truly loving heart. *(Henry Ward Beecher)***

**No man can judge whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He is rich according to what he is, not what he has. *(Henry Ward Beecher)***

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**How do you mend a broken heart? With ticker tape. *(National Federation of the Blind, in Wit & Witticism, p. 20)***

**Another friend of mine, a cardiologist, once said to me that the most popular surgery in this country, coronary bypass surgery, is probably a metaphor. The problem with our culture is that we have bypassed the heart, especially in men. And we keep acting that out, over and over again, in the operating room. (Dr. Rachel Naomi Remen, in The Healing Process)**

**Cardiologist: A doctor who makes a living the heart way. (Shelby Friedman)**

**There are many things in life that will catch your eye, but only a few will catch your heart . . . pursue those. *(Land Title Insurance Company calendar)***

**The heart of another is a dark forest, always, no matter how close it has been to one’s own. *(Willa Cather)***

**If my heart can become pure and simple, like that of a child, I think there probably can be no greater happiness than this. *(Kitaro Nishida)***

**The less you open your heart to others, the more your heart suffers. *(Deepak Chopra, M.D.)***

**Each and every one of us is born with a clean heart. *(Ruby Bridges Hall, civil rights activist)***

**Today she is the latter-day diva of serious cinema. But Academy Award-winning actress and screenwriter Emma Thompson longed early on to be a comedian. Before starring in such movies as Sense and Sensibility and Howards End, Thompson even studied clowning. "The really good clown comes on and fails miserably," she elaborates. "It's wonderful, because the resulting laughter is a celebration of all our failings -- a recognition that we are not gods, that we are human. That's what clowns are for -- they play to the heart. (Kevin Sessums, in Vanity Fair)**

**Come from the heart, and you'll be run over by the people*. (Jack Boland)***

**The following notice appeared in the Los Alamos, New Mexico, Monitor: The Masons are hosting a community breakfast this Saturday from 8:00 to 9:30 a.m. to benefit the Heart Council. The menu includes omelets, pancakes, waffles, sausage, bacon and potatoes. *(Camille Morrison, in Reader's Digest)***

**Wherever you go, go with all your heart. *(Confucius)***

**Heart disease is the leading cause of death throughout the world, killing more people than AIDS, malaria, pneumonia, or lung cancer. One out of every three deaths is caused by heart disease. *(CNN.com, as it appeared in The Week magazine, September 30, 2005)***

**Walt Disney refused to release a film until it had the kind of quality he thought would last. In 1938, after six months’ work on Pinocchio, Walt suddenly suspended production: the film just didn’t have heart. “I don’t think anything without heart is good or will last,” he said. “To me, humor involves both laughter and tears.” *(John Culhane, in Reader’s Digest)***

**Not everything is rational, and not everything can be explained. If you don't allow some room for something poetic, for something magic, for something surprising, without the need to explain it away, you do a great disservice to your heart. *((Marc Maron, comedian)***

**A dog wags its tail with its heart. *(Martin Buxbaum, in Table Talk)***

**Earthworm -- has five pairs of hearts. *(World Features Syndicate)***

**God wants nothing of you but the gift of a peaceful heart. *(Meister Eckhart)***

**What your heart thinks is great, is great. The soul's emphasis is always right. *(Ralph Waldo Emerson)***

**A heart enamored of God is unconquerable, for God is its strength. *(St. Catherine of Genoa)***

**If there is room in your heart for an enemy, it is not a safe place for a friend. *(Sufi saying)***

**There is no exercise better for the heart than reaching down and lifting people up. *(John Andrew Holmes)***

**It isn’t signs and miracles that tell you God is near; you only have to look in your heart to know God holds you dear. *(James Dillet Freeman)*In a full heart, there is room for everything. *(Antonio Porchia, poet)***

**A gambler at a Las Vegas roulette wheel was playing number eleven. Unfortunately, he was having very little luck, but he was persistent. Long after midnight he was still at it. Most of the other players had left. Finally, down to his last chips, he decided to take one more chance on number eleven. It was then that he heard an unearthly voice whisper in his ear, “Put it on sixteen.” The gambler wheeled around. There was no one near. Aside from himself and a yawning croupier, there wasn't a soul in sight. Puzzled, but impressed, the man shifted his remaining stake to number sixteen. The wheel spun and finally stopped on sixteen! As he was about to rake in his chips, the voice spoke again. “Let it ride." He did and won again. By now the man was beside himself with excitement. Before touching the chips, he waited for the voice. He was not disappointed. “Put the whole pile on twenty-two," it commanded. The gambler quickly did so. The wheel spun again. As it slowed down, the silver ball hovered on the very edge of twenty-two, then skittered out into the green zero. “Oh, darn!" said the voice. *(Bits & Pieces)***

**The best gifts are tied with heartstrings. *(The Furrow)***

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**Give people a bit of your heart rather than a piece of your mind. *(Submitted by Guideposts reader Helen Beam of Saxonburg, Pennsylvania)***

**If nature has made you a giver, your hands are born open, and so is your heart. And though there may be times when your hands are empty, your heart is always full, and you can give things out of that. *(Frances Hodgson Burnett, in A Little Princess)***

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**You know, the changes we need won't come from more social legislation. Policy changes are important, they certainly help, but the key is man's heart. If in our hearts we want to change, then we will want to achieve peace and make life better for people -- even at a cost to ourselves. *(Rev. Billy Graham, in Parade magazine)***

**A great man is he who does not lose his child’s heart. *(Mencius, Chinese philosopher)***

**Let your heart guide you. It whispers, so listen closely. *(The Land Before Time)***

**The Hebrews thought that the heart was the seat of the mental faculties. Heart in Semitic languages means Mind. *(George M. Lamsa, in Old Testament Thought, p. 767 and p. 838)***

**When I remarked on a new patient's extraordinary ruddy complexion, he said, "High blood pressure, doc. It comes from my family." "Your mother's side or your father's?" I asked. "Neither," he replied. "It's my wife's family." "Now come," I said. "How could you get high blood pressure from your wife's side of the family?" He sighed, "Doc, you oughta meet them sometime." *(Dr. Ralph G. Bennett, in Medical Economics)***

**If you haven’t any charity in your heart, you have the worst kind of heart trouble. *(Bob Hope)***

**After doctors set my broken arm and put a cast on it, I paid the bill and went on my way. Shortly thereafter, I received a bill from the hospital, this time for the $1.57 they claimed I still owed. Apparently to prove that this was a hospital with heart, they included a payment book. It had me paying 3 cents a months for four years. *(Nancy Clark, in Reader's Digest)***

**Dolly: “P.J., I love you from the bottom of my heart. Mommy and Daddy are in the top part.” *(Bil Keane, in The Family Circus comic strip)***

**If you've got a heart at all, someday it will kill you. *(Rita Dove, poet)***

**A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles. *(Washington Irving)***

**Never say you know the last word about any human heart. *(Henry James)***

**How small, of all that human hearts endure, that part which laws or kings can cause or cure. *(Samuel Johnson)***

**A joyful heart is more easily made perfect than a downcast one. *(St. Philip Neri)***

**Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. *(Carl Jung)***

**The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. *(Helen Keller)***

**While chatting with a woman on the bus, I happened to notice that she was wearing a key on a chain around her neck. “What’s that?” I asked. “Oh, this,” she replied. “My boyfriend gave it to me and told me it was the key to his heart/” “How sweet!” I said. “Not really,” she answered. “It’s the extra key to his car.” *(Bonnie I. Lowe, in Reader’s Digest)***

**It is a fine thing to establish one's own religion in one's heart, not to be dependent on traditions and second-hand ideals. Life will seem to you, later, not a lesser, but a greater thing. *(D. H. Lawrence)***

**The line separating good and evil passes not through states, nor between classes, nor between political parties either -- but right through every human heart -- and through all human hearts. *(Alexander Solzhenitsyn)***

**Dolly says to her brother Jeffy while hugging P.J.: "Aspirin is okay for headaches, but lovin' is best for heartaches." *(Bil Keane, in The Family Circus comic strip)***

**The man calls home and asks: “Can you check the nightstand? I think I left my heart in San Francisco?” *(Rick Moyer, in ick. Comic strip)***

**Love comes more naturally to the human heart than its opposite. *(Nelson Mandela)***

**Waiter: "Would you like that 'happy fun' meal super-sized?" Ziggy: "No, thanks! I don't think my heart could handle that much excitement." *(Tom Wilson, in Ziggy comic strip)***

**After I learned that my mother had died from a sudden heart attack, I went to her apartment and let myself in. I moved from room to room, running my fingers along furniture, smoothing her bed, smelling the inside of a favorite purse. I wanted to feel her presence. I checked her refrigerator door, where she often put clippings, quotes and pictures. There I discovered something she had recently added, words I now said to myself: “Whenever I miss you, I just look in my heart and there you are.” *(Sally Fischer, in Guideposts magazine)*In music one must think with the heart and feel with the brain. *(George Szell, Hungarian-American conductor)***

**No one has ever measured, not even poets, how much the heart can hold. *(Zelda Fitzgerald)***

**The bare facts: a two-year test by the American Heart Association found that only 7 percent of nudist camp residents suffered from high blood pressure compared to a national average of 17 percent. *(Jack Kreismer, in The Bathroom Trivia Book, p. 80)***

**Nothing but the heart can change the heart. *(Carroll O'Connor, in I Think I'm Outta Here)***

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**In difficult times, carry something beautiful in your heart. *(Blaise Pascal)***

**There is in the heart of every person a God-shaped vacuum that cannot be satisfied with any created thing but with the Creator. *(Blaise Pascal)***

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**Dear Abby: “I am a 36-year-old college dropout whose lifelong ambition was to be a physician. I have a good job selling pharmaceutical supplies, but my heart is in medicine. I do volunteer work at the hospital, and people tell me I’d be a wonderful doctor. It will take me seven years to get my degree, go to medical school and do my internship.  In seven years I will be 43 years old. What do you think?” -- Unfulfilled in Philly. Dear Unfulfilled: “And how old will you be in seven years if you don’t go to medical school.” *(Rocky Mountain News)***

**My feet can travel in any direction, but my heart always points home. *(Ashleigh Brilliant, in Pot-Shots)*A common complaint of many Catholics is that “prayer gets mechanical when you say the same old prayers from memory.” And until recently, I, too, echoed this corrosive critique. A 10-year-old convert set me straight – but fast. “You don’t pray from memory,” he said. “You pray by heart.” *(Del Miller, in Our Sunday Visitor)***

**A purpose is like a heart. You don't create a heart, but, like the Tin Man in The Wizard of Oz, you can discover the one you've always had.  
*(John-Roger & Peter McWilliams, in Life 101, p. 211)***

**Eclipse, often considered the greatest racehorse ever to run on turf, had a heart that weighed 24 pounds. The average racehorse's heart weighs only nine pounds. *(Quentin Compson, in Amazing Facts & Trivia, p. 119)***

**Pain reaches the heart with electrical speed, but truth moves to the heart as slowly as a glacier. *(Barbara Kingsolver)***

**The human heart dares not to stay away too long from that which hurt it most. There is a return journey to anguish that few of us are released from making. *(Lillian Smith, author)***

**Women wear engagement and wedding rings on the third finger of the left hand (not counting the thumb), because an ancient belief held that a delicate nerve runs directly from that finger to the heart. If women wearing engagement rings had a heart, they wouldn’t be wearing engagement rings! *(Bernie Smith, in The Joy of Trivia, p. 21)***

**Give me a heart as big as the universe. *(St. Frances Cabrini)***

**It is wisdom to believe the heart. *(George Santayana)***

**Everyone believed in the Middle Ages – as Aristotle did – that the heart was the seat of intelligence. *(Noel Botham, in The Book of Useless Information, p. 148)***

**It is only with the heart that one can see rightly, what is essential is invisible to the eye. *(Antoine de Saint-Exupery)***

**Teacher: (pointing to her chest): “This is where your heart is.” Pupil: (from back row): “Mine is where I sit down.” Teacher: “Whatever gives you that idea?” Pupil: “Because every time I do something good, my grandma pats me there and says, ‘Bless your little heart.’” *(Leslie B. and Bernice Flynn, in Humorous Incidents and Quips, p. 55)***

**Being vulnerable doesn’t have to be threatening. Just have the courage to be sincere, open and honest. This opens the door to deeper communication all around. It creates self-empowerment and the kind of connections with others we all want in life. Speaking from the heart frees us from the secrets that burden us. These secrets are what make us sick or fearful. Speaking truth helps you get clarity on your real heart directives. *(Sara Paddison)***

**Anybody can be a heart specialist. The only requirement is loving somebody. *(Angie Papadakis)***

**The Lord did not create woman from man's head, so that he can command her; nor from a man's foot, so that she would be his slave. God made Eve from Adam's side so that woman will always be nearest man's heart. *(The Talmud)***

**To wear your heart on your sleeve isn't a very good plan; you should wear it inside, where it functions best. *(Margaret Thatcher, British Prime Minister)***

**The transformation of the heart is a wondrous thing, no matter how you land there. *(Patti Smith)***

**Woman says to Helga: “Whoever said ‘the way to a man’s heart is through his stomach was right. My husband just ran off with our cook!” *(Dik Browne, in Hagar the Horrible comic strip)***

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**A Valentine’s Day party in Victorian times would find young ladies writing their name on slips of paper. The young men would draw a slip and pin it to their sleeve, which is where the expression “Wearing your heart on your sleeve” comes from. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 165)***

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**The heart of a full-grown blue whale is the size of a small car. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 140)***

**The heart of a blue whale can weigh as much as 1,500 pounds. *(Jeff Harris, in Shortcuts)***

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**What finally matters is that our hearts become like quiet cells where God can dwell, wherever we go and whatever we do. *(Henri Nouwen, in Guideposts magazine)***

**Where I am in time or space hardly matters, if I know I'm in your heart. *(Ashleigh Brilliant, in Pot-Shots)***

**In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it. *(Marianne Williamson, in A Return to Love)***

**In "The Wizard of Oz," Frank Morgan's Wizard said: "A heart is not judged by how much it loves, but how much it is loved by others." *(L. M. Boyd)***

**Enough of science and of art; close up these barren leaves; come forth and bring with you a heart that watches and receives. *(William Wordsworth, in The Tables Turned)***

**Women who work have fewer heart problems than men who work. Women in general have remarkably fewer heart attacks than men. *(David Louis, in Fascinating Facts, p. 100)***

**The world's healthiest hearts: The Tsimane people of Bolivia's Amazon rain forest boast the healthiest hearts in the world, new research shows. Heart attacks and strokes are almost unheard of among these indigenous forager-horticulturalists, who live off their land, growing or killing what they need to survive. A research team visited 83 Tsimane villages and assessed more than 700 volunteers, NBCNews.com reports. Nearly 90 percent of villagers had no risk for heart disease -- the average 80-year-old Tsimane has the cardiovascular system of a 50-something American. The authors attribute the Tsimane's exceptional heart healthiness to a diet rich in complex carbohydrates like rice, plantains, and corn and a highly active, pre-industrial lifestyle devoid of electricity and other modern conveniences. "Would I live like the Tsimane to reduce my risk of heart disease? No way," says cardiologist Tim Chico. "But what I would learn from them is that my risk of heart disease is largely determined by what I do, not what I am." *(The Week magazine, April 7, 2017)***

**The common garden worm has five pairs of hearts. *(Noel Botham, in The Ultimate Book of Useless Information, p. 55)***

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