

## HEART 心髒



The heart is a specialized four-chambered muscle which pumps blood through the body. It is one of the 31 parts of the body, according to the early Buddhist analysis. In non-philosophical discourse throughout the Buddhism the word `heart' is used where we would expect to see the word `mind' and the heart itself is often associated with various emotions. We read of someone's `heart breaking with sorrow' of having a `calm heart', a `distracted heart' and of `knowing another person's heart'. The Buddha said that his words `go right to the heart'.

Early Buddhist thinkers considered the question of what could be the physical seat of consciousness, although they never decided on any particular organ. Later Buddhist speculation decided that it was the heart (hadaya vatthu). Today we know that the brain is the physical basis of consciousness, although it is true that we seem to feel certain strong emotions in the solar plexus just near the heart.

### Christian Heart

Having a Christian heart is crucial when walking with the Lord. Having a loving heart that's lined with understanding and the will to withstand anything will help you become a strong individual and a follower of Jesus Christ.

- 1) Matthew 6:21 “For where your treasure is, there your heart will be also.”
- 2) Proverbs 3:5 “Trust in the Lord with all your heart and lean not on your own understanding,”
- 3) Proverbs 4:23 “Above all else, guard your heart, for everything you do flows from it.”
- 4) Romans 12:2 “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.”
- 5) Proverbs 23:26 “My son, give me your heart and let your eyes delight in my ways.”
- 6) Psalms 51:10 “Create in me a pure heart, O God, and renew a steadfast spirit with me.”
- 7) John 14:27 “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

If you have these seven elements within your heart, you’ll find that your life is much fuller – full of happiness, love and the Lord. Everyone’s heart has many other qualities and attributes that furnish their individuality however, these seven elements are the core to a Christian heart.