

THE AMAZING HUMAN HEART

By Pastor Greg Hooker

“Keep thy heart with all diligence; for out of it are the issues of life” (Proverbs 4:23).

Long before the crucifixion of Christ, Solomon penned the above passage of Scripture about the importance of guarding and protecting the heart. While he was primarily referring to the ‘spiritual life’ and the importance of shielding it from evil influences, it is noteworthy to point out that we should also protect the ‘physical’ heart, for this fist-size organ is the life of the body and houses the spiritual nature and soul of a person. Without our hearts pumping the life of the flesh, which is the blood (Leviticus 17:11), we could not live.

I recently became aware of how important it is to maintain that organ we call the heart when I begin having some trouble with mine. Thankfully science and a staff of doctors were able to pinpoint and rectify the problem, but like so many people, I took for granted that beating apparatus God encased within my chest until it began to malfunction.

Look at these interesting facts about the heart:

- 1) The average adult heart beats 72 times a minute; 100,000 times a day; 3,600,000 times a year; and 2.5 billion times during a lifetime.
- 2) Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.
- 3) A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
- 4) The volume of blood pumped by the heart can vary over a wide range, from five to 30 liters per minute.
- 5) Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.
- 6) Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
- 7) The fetal heart rate is approximately twice as fast as an adult’s, at about 150 beats per minute. By the time a fetus is 12 weeks old, its heart pumps an amazing 60 pints of blood a day.
- 8) A healthy heart pumps approximately 2,000 gallons of blood a day.

9) During an average lifetime, the heart will pump nearly 1.5 million gallons of blood—enough to fill 200 train tank cars.

10) The heart begins beating at four weeks after conception and does not stop until death.

In addition to the facts above, let me just add – you and I are a mere heartbeat away from stepping through death's door and into an eternity of either heaven or hell! Think about that for a moment! In the length of time it took you to ponder that statement, God could have called your number and ushered you through the door of eternity! I was saddened recently as I learned of a good friend being called through that door as their heart received its last electrical impulse and ceased to beat – they were only 36 years of age.

Death is inevitable, it will happen for all of us. Some will experience demise at an early age and some will live to a ripe old age, but we have no promise of another heartbeat. Our life is as a vapor, here one second, gone the next. So the question behooves us all, 'Are we ready to meet our fate on the other side of that one-way door'?

God grants us opportunity to enter into heaven when we die; simply admit you're a sinner, repent of your sins, and ask Jesus Christ to come into your heart and be your Lord and Savior. John 3:16 says, "*For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*" Don't delay another heartbeat; receive Jesus as your Savior right now!

Dear Lord, as the Psalmist stated in Psalms 139:14, "*I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well*". Thank you for allowing our hearts to beat another day. May we always be mindful of the fact that we are only one heartbeat away from eternity; therefore, help us to "*Keep [our hearts] with all diligence; for out of it are the issues of life*".