

Wisdom for Women

“The Undivided Heart”

By Pastor Rita Thompson

Scripture shows us the value of an undivided heart. In Psalm 86:11, David says “Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.” Sisters, we need to understand David’s wisdom and listen to Adonai (the name I like to call the Lord!) when He teaches us His ways of keeping our heart undivided.

The American Heart Association tell us that heart disease will affect many women in their lifetime: 1 in every 10 women ages 45-65 and 1 in every 4 age 65 or older. It is the leading killer of American women. It sounds scary, but it’s true. Visit American Heart Association website for the details.

<http://www.americanheart.org/presenter.jhtml?identifier=3053>

Why am I even concerned about heart disease? I know that we have Jehovah Rophe who is our Healer. However, I believe that Jehovah Rophe is also concerned about our lifestyle and how we govern our heart. In my experience counseling women, I find that they often do not pay attention to warning signs about their heart. They think that they can do all things without paying attention to rules. Yes, they do know Adonai. However, they fail to put His rules into practice. The scriptures address our behavior of ignoring the rules that Adonai has given us for a healthy heart.

Ezekiel 18:30-32 "Therefore, O house of Israel, I will judge you, each one according to his ways, declares the Sovereign Lord. Repent! Turn away from all your offenses; then sin will not be your downfall. Rid yourselves of all the offenses you have committed, and *receive* a new heart and a new spirit. Why will you die, O house of Israel? For I take no pleasure in the death of anyone, declares the Sovereign Lord. Repent and live!"

The scripture is clear that our ways are important to Adonai. We are warned by Him to turn away from our offensive behaviors, putting other things before Adonai. These things cause us to miss the mark (sin). These actions lead to death.

Adonai takes no pleasure in these decisions. He tells us to turn from them so that we may live.

Another scripture that speaks to women having a healthy heart is Ezekiel 36:26-38. "I will bring you all back from the countries where you have been scattered and I will give you the land of Israel. They will come and will purge it of all the horrors and the filthy practices. I will give them a single heart and I will put a new spirit in them; I will remove the heart of stone from their bodies and give them a heart of flesh instead, so that they will keep my laws and respect my observances and put them into practice. Then they shall be my people and I will be their God."

What filthy practices could Adonai be speaking about? I believe that it was the offerings they made to other gods. Don't you see, we can get into that same practice when we make a decision to do everything else before she spend time with Jehovah Rophe. We are making a choice to put other gods before Him such as the cooking, TV, shopping, husband, kids, laundry, home work, job assignments, church's decorating committee, and even our own need for some "alone-time". These are filthy practices when done out of order. Adonai knows that you need to get these things done, and He wants to be your helper.

Adonai continues to invite us to a communion with Him. He wants to reveal His Heart to all of us who wish to seek Him and fill the desire for His presence, which exists in all human hearts. Even when you disobey Adonai and feel you have lost His friendship, He does not abandon us to the power of death. Again and again He offers a covenant solution for our mistakes. If we keep making up our own rules, we will have the results that the American Heart Association warns us about with heart disease. We cannot refuse to learn about the signs that tell us our hearts are failing. Why risk a heart attack? If we keep sending Adonai to the back of the line and pretending that we have it all together, or crying out to Adonai to help us and being too busy to receive it, we will end up with a sick heart.

As I mentioned before, Adonai offers us a covenant solution. The answer is in Deuteronomy 6:5 "Love the Lord your Adonai with all your heart and with all your soul and with all your strength." Do not let husband, children, work, girlfriends, your own selfishness... come between you and your need to love your Adonai with all your heart. Yes, Adonai is always there, but are you willing to be there with HIM? In the book of Jeremiah in chapter 32:39, Adonai says, "I will give them singleness of heart and action, so that they will always fear me and that all will then go well for them and for their children after them. Please take a moment and learn Adonai's ways to protect your heart. Ask Him to reveal to you

the undivided heart He has given you for Him. This will guarantee you healthy life, and all will be well with you and your children and your children's children.

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