



# HOUR OF POWER

REVEREND DR MAJOR A STEWART

A HEALTHY  
SPIRITUAL HEART



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## A HEALTHY SPIRITUAL HEART

### March 21

In a world that can often value surface image more than spiritual heart health, attention to matters of the heart must be something we daily pursue and steward. Remaining humble, because of brokenness and past hurt, pride can develop in our hearts, keeping people from seeing our weaknesses or flaws. This keeps true humility away. Biblical humility is not self-deprecation, as some believe. It's simply living authentically in a true posture that is not superior to others or God. True humility can be felt and it cannot be faked. It usually involves accepting weakness, vulnerability and need in our hearts.



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### Forgiving Constantly

You will be challenged constantly all day with experiences and thoughts that will cause you to become offended. If we are not careful, the snare of offense leads us into planting a root of bitterness. Learning to forgive daily keeps bitterness away and helps us to carry a constant lens of love and compassion for others. Our heart loves it when we forgive. It releases pressure off of us and detoxifies our system. Facing your hurts and disappointments. We don't like facing pain, but facing the deep issues of our life is good for the heart. It can be painful at first, but our hearts actually become stronger when we go through a divine healing process with God. Maturity comes when we learn how to process disappointment and even talk out our pain with God and others. We may weep for a while, but we come out of it stronger and more able to help others in their pain.

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## Facing Fear

Jesus mentioned that in the last days, men's hearts will fail because of fear (Luke 21:26). I believe this is both spiritual and physical, especially because our spiritual heart condition affects our physical heart condition.

## Taking Your Peace

Jesus told us, "My peace I give to you," but it is my responsibility to "take it" each day (John 14:27). Taking my peace is a daily practice. No matter what is going on and what may be bombarding my thoughts, I must learn to take hold of the peace of God.

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### Living In Rest

The book of Hebrews commands us to remain in the rest of God, which involves taking our peace, while living at the pace that heaven has set for us (Heb. 4). Spending time with God. We still believe we can live healthy lives with great fruit without spending regular time alone with ourselves and with God. But every time we steal from this precious time, we cheat on the health of our hearts. This is not to be received with condemnation or guilt; it's just important to love on the health of our spiritual hearts by spending proper time cultivating relationship and tending the soil of our hearts.



**Rev. Dr. Major Stewart, Pastor  
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