

## Devotional: What's In The Heart?

### Christian Devotion on Feeding on Spiritual Food

Read: Matthew 15:10-21 (NKJV)

The mouth speaks what is in the heart, and it's what's in the heart that makes a person unclean. We need to clean the inside (our hearts), then the outside will be clean also (Matt. 23:25-26).

In Jeremiah 17: 9 it says, "The heart is deceitful above all things, and it is exceedingly perverse and corrupt and severely, mortally sick! Who can know it [perceive, understand, be acquainted with his own heart and mind]?" How does the heart get in this state? How do all these things mentioned in V:9 come into our hearts? I know we are born in sin (as a result of the fall of Adam & Eve), but as new-born babes, we do not have all this in our hearts. I believe it has a lot to do with the environment we live in—and what we put into our minds (or hearts) that affect us. If we are feeding ourselves with unwholesome things, that is what will be in our hearts.

So, what are we feeding our hearts? Are we eating healthy food that nourishes our spirits? Or are we feeding on 'junk food' that feeds the flesh? It's so easy to get hold of the 'junk food', because there is so much of it in society. There tends to be a pulling towards it. It seems appetizing to our eyes but does not feed or nourish the spirit and soul.

How do we only feed on the wholesome, nourishing food of God, without going for the smorgasbord of 'junk food'? I believe it gets a lot easier the more we resist and fill ourselves with God's food. If we keep ourselves full on God's food (reading the bible, prayer etc...), we won't be hungry for the junk. We need to think on wholesome things as Philippians 4: 8 says, "For the rest, brethren, whatever is true, whatever is worthy of reverence and is honourable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there is any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them]."

Just some food for thought!

*Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life. Put away from you false and dishonest speech, and wilful and contrary talk put far from you. Let your eyes look right on [with fixed purpose], and let your gaze be straight before you. Consider well the path of your feet, and let all your ways be established and ordered aright. Turn not aside to the right hand or to the left; remove your foot from evil.*

- Proverbs 4: 23-27 (AMPC)

Help me, Lord, to feed my soul  
On the bread of life,  
To only think on wholesome things  
And live to honour Christ.

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