



Meditation #10

Pentecost 2009

In Celebration of the Spirit:
Stretching Out in Expectation of the Overflow!
Acts 2

Cardiac Rest

“Let not your heart be troubled...”

John 14: 1

Recently a pastor stood in the pulpit and asked everyone in attendance at church currently taking prescribed blood pressure medicine to stand. In this assembly of nearly 300 worshippers on that Sunday, approximately half of the crowd stood. The congregation was amazed at itself. Half of the worshippers that day who came to pay homage to the Prince of Peace suffered from some form of hyper-tension, and needed to be medicated to slow their physical heart rates down. What was that something which led to their troubled hearts? Was it the stress and strain of living? Was it the improper intake of unhealthy foods? Was there some traumatic event which left them trapped in a chronic state of tension? Was it hereditary?

In our text of focus, Jesus speaks to the trouble that often exists within the spiritual heart. What is that something that leads to your troubled heart today? Is your spiritual heart, which is the seat of your emotions and affections, troubled? Is there any grief? Is there any worry? Is there any anxiety? Is there any fear? Is there any pain? Is there any loneliness? Oh, the Lord's Beloved, Master Jesus who calms the raging seas speaks and commands peace and rest to your troubled heart today! You are safe and secure in Him.

Whatever comes your way
You need not ever dismay
The Master of this day
He does not fail or stray
Trust in the arms of Jesus
His command, what does it say?
Rest for the fainting servant
Hidden in Him we live and lay!

Pray this:

**Jesus, I live courageously. Jesus, I love boldly. Jesus, I serve faithfully. Jesus,
I worship freely, as I place my heart in your safety at rest!**