

# A CALM MIND AND HEART

A calm and undisturbed mind and  
heart are the life and health of the body  
(Prov. 14: 30)

**M**ind and heart are connected through multiple pathways according to Dr. Dominique Surel: neurologically (Autonomic Nervous System), biochemically (Hormones), biophysically (pressure and sounds waves) and energetically (electromagnetic interactions). “The heart is the coordinator of the body’s functions, binding and synchronizing the system as a whole” (Dr. Dominique Surel). The heart, as a coordinator of symphony of functions of the body, can be compared to the conductor of an orchestra in coordinating the instruments to harmonize with each other.

The three functions of the mind comprise of thinking, feeling and wanting. it is the body’s faculty where reasoning and thoughts lodge. It is invisible; the mind resides in the physical organ of the body- the brain, which is also associated with the consciousness. The heart, however, as a visible organ, is a pump with its main function to pump blood to the lungs saturating it with oxygen then pumps it out into the blood the cells with oxygen. It is a pump of the circulatory system providing a continuous flow of blood throughout the body. The heart is the sustainer of life. But the heart has the invisible side when it connects with the mind. It is regarded to be the source of love and emotions according to poets, prophets, and philosophers. The Bible has much to say about the heart’s invisible functions. even the Lord YAHSHUA Himself attributed the heart as the source of emotion and belief in John 14:1, which reads: “Let not your heart be troubled, believe in God, believe also in me.”

In the pages of the Word of God we read that diseases are resulting of sin. Sins resulting from worries cause mental and physical imbalances. The heart is a recipient of worries, and of emotions happy or sad. YAHSHUA was concerned that we do not harbor worries of life. He said, I tell you stop being perpetually uneasy about your life; and who of you by worrying and being anxious can add one unit of measure to his stature or to the span of his life? ...But seek first of all His kingdom and His righteousness, and then all these things taken together will be

given you besides (Matt. 6: 25a,27,33). Worrying can bring a host of other feelings through the thoughts patterns that will cause the heart to fail. When the heart suffers, the mind links to it by carrying thoughts of worries, anxiety and fear. There is definitely a link between the heart, mind and body and health, for the heart activities affect the mind and ultimately the body. The connection between heart and mind is many times expressed in the Word of God to the lives of the Israelites. They were told to love and serve the Lord God often with all their heart and mind. Hear, O Israel: The Lord our God is one Lord; you shall love the Lord your God with all your [mind and] heart and with your entire being and with all your might (Deut. 6:4-5). YAHSHUA summarized the law in a short but difficult word: love. Love your God with all your **heart and mind** and your neighbor as yourself.

Solomon brings out the fact that a “calm mind and an undisturbed heart are life and health.” A disturbed heart brings anxiety fear and worries to the mind. The heart, Solomon warns, must be guarded and kept with all vigilance above all, for out of it **flow the springs of life** (Prov.4:23). When we understand the influence the heart has on the mind, we will do well to guard and keep our heart. When the mind is depressed the heart will be affected. The mind in its three functions, think, feel, want, represents the soul of man. The thinking process produces creation; it perceives, analyzes, determine, etc. The emotion or feeling evaluates the thinking process. It will result in positive or negative feelings as in happy, depression, anxiety, stress, calmness, worries or excitement. The will then will allocate energy for actions. The mind is thought – emotion – will.

The calm mind is the result of a heart that is undisturbed. Sorrow devastates the heart and causes it great despair, even death. Think, for example, the sadness the heart endures in a loss of a loved one. The entire body suffers because the heart and the mind are engaged sustaining sorrow for a long period of time. When smells, music or any other thing that awakens the mind with memory happen they touch the heart. The mind and the heart work in unison, and the body responds with tears. The part of the heart that has to do with the soul – thinking, emotion and desire are tested by the Lord. When the heart is evil, the thoughts of the mind will be evil. The Word of God says that the heart of man is deceitful above all things, and it is exceedingly perverse and corrupt and severely, mortally sick! He searches the mind, He tries the heart, to give to every man according to his ways, according to the fruit of his doings (Jer. 17:9-10).

But when the heart of man is regenerated by the new birth in Christ, all is made new in his heart and mind. The fruit of the Spirit will spring forth with joy from a heart that is undisturbed and a mind that is calm. And whatever is true, whatever is worthy of reverence and is honorable 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 anything worthy of praise, must be thought of, and weighed and be taken to account. (Phil. 4:8), for these are the thoughts from a regenerated heart and mind, where the presence of the Holy Spirit is. The work of the Holy Spirit through one's life is seeing by His own fruit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Gal. 5: 22). The number nine is given for the fruit of the Holy Spirit. Nine is divine completeness and finality. The believer has been given nine gifts by the Holy Spirit: (1) wisdom (2) the word of knowledge (3) faith (4) healing (5) work of miracles (6) prophecy (7) discerning of spirits (8) diverse kinds of tongue (9) interpretation of tongues (I Cor. 12: 8-10).

The Spirit filled believer's heart and mind are, without a doubt, filled with the fruit of the Holy Spirit. Paul's heart and mind were at peace and undisturbed even through the midst of his trials. He testified with these words: for I know Him whom I have believed, and I am persuaded that He is able to guard and keep that which has been entrusted to me and which I have committed until that day (II Tim. 1:12). The Prophet Isaiah said that the mind that stays on God and trusts in Him, He will keep in perfect peace (Isaiah 26: 3). Mind and heart – the soul of man are constantly facing a battle against the enemy, whose purpose is to destroy his mind and take control of his being. But there will be no entrance for the enemy to penetrate the mind and heart of man if there will be no opened doors. The heart that is bitter, angry and unforgiving has the mind that is leaned toward destruction of others. But the heart that is at peace with God and man has the mind that is leaned toward love and forgiveness. There is no peace in the strived heart and mind.

YAHSHUA said, Peace I leave with you; My peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your heart be troubled, neither let it be afraid (Jh. 14:27a). The spirit of fear lodges itself in the heart that is troubled with worries about many things of life. The result is disturbance, anxiety of the mind and sickness of the body. Let's seek health by clearing the heart and

mind of all that cause disease in the body. Let forgiveness, love flow from the heart to the mind and then we will have calmness of the mind and a peaceful heart.