



WOW: Word Of the Week

ARRHYTHMIA

June 14, 2023

Arrhythmia. This week's WOW. A word many, probably most, have heard. Arrhythmia, the physical heart out of sync, abnormal heartbeat, too fast or too slow. Our topic is not arrhythmia of the heart that beats in our physical bodies. I want to talk about spiritual arrhythmia.

Among the causes of physical heart arrhythmia are heart damage, blockages, pressure (like HPB), infection, and heart apnea (lack of rest—WOW, what a concept, spiritual heart apnea!).

Interesting. What are the applications? Could arrhythmia of the spiritual heart have parallel causes in the spiritual realm?

Spiritual arrhythmia is a problem. Our spiritual health depends on the spiritual rhythms of our lives. I encourage you to seek spiritual rhythms in your life. Rhythms of spiritual feeding, prayer, meditation, discipline, worship, gratitude, fellowship. God has put in a world that encourages rhythm—day and night, seasons, a cycle of seven-day weeks with a regular day of rest.

Analyze your spiritual heart. Analyze the spiritual rhythms of your life. Can you feel the spiritual rhythm? Does your life “beat” in tune because of times consistently devoted to prayer, listening to God, talking with God, study, sharing, worship? I pray best when I remember the spiritual rhythms I have developed to guide my time with God.

What happens when the physical heart is damaged? Thankfully, damage can often be repaired. In fact, the physical heart has a marvelous ability to repair itself. When hearts are damaged and are not repaired, often the reason is that someone isn't willing to take the necessary steps, to seek help, to do what is necessary, eat right, exercise.

A song from my early ministry has fallen into disuse, but the question is valid. Is Your Heart Right with God? The title is based on Acts 8 and the heart of Simon the Sorcerer. If your lack of spiritual rhythm is the result of a damaged heart, do not wait another day to reset and retune your spiritual heart.

The causes of arrhythmia in the physical heart suggest causes of spiritual arrhythmia: blockages, pressure, infection, apnea. I trust you can see the parallels.

Spiritual arrhythmia may be the result of blockages – obstacles, either real or manufactured, that keep us from prayer, worship, fellowship, and study. Incredibly, some Christians intentionally put obstacles in their lives—distanced and separated from worship, fellowship, prayer, God.

The pressures of life may hinder us as we seek to maintain spiritual rhythm.

Sometimes, the spiritual life gets infected with the thinking of the world. Infection. A fitting description. Spiritual rhythms depend on healthy spiritual discernment and spiritual thinking.

Spiritual apnea, lack of sleep, lack of rest, lack of faith. Again, you can make the applications in your own life.

My goal each week is to say something helpful, yet brief. Throughout this week, you will undoubtedly think of other parallels between the arrhythmia of the physical heart and that of the spiritual heart. This week, seek to reestablish spiritual rhythm in your life. Work on those things that stand in the way. Seek open communication with God, give God your cares, adjust your thinking, rest securely in God.

God loves you, I love you. Here's a great WOW: spiritual ARRHYTHMIA. Or perhaps better said, not something to avoid but something to cultivate. Spiritual RHYTHM! God bless.