

From the Family Room

**Creekwood Church of Christ
Mobile, AL**

14 February, 2016

Marriage and the Heart



There are hearts everywhere! Today is Valentine's Day with valentine decorations in every store. February is American Heart Month. We really need to take care of our hearts and the hearts of those we love.

One way we can take care of our physical heart and our love heart is to constantly care for our marriage. For many years, many people have studied the benefits married people enjoy compared to unmarried people. In one study, four decades of research concluded that the evidence was clear that a good marriage is both men's and women's best chance for living a long and healthy life. Other research has indicated that the heart is the primary beneficiary of a good marriage. Japanese scientists reported that never-married men were three times more likely to die from cardiovascular disease than married men.

Spiritually each of us must guard our heart because everything we do comes from it. The best way to guard our heart is to give it to God. We must love Him with all of our heart.

February 14th is a great day to think of love and our hearts. The month of February is a great month to be aware of taking care of our physical hearts. I pray that our marriages will grow stronger and bless not only our lives but also the lives of those around us.

Every day of our life we must earnestly guard our hearts spiritually. I pray that all of us will guard our spiritual hearts so that we will whole heartedly love God. When we do this, all of our words and actions will glorify Him.

RICKY