

THINK
WITH YOUR
HEART



February 2026

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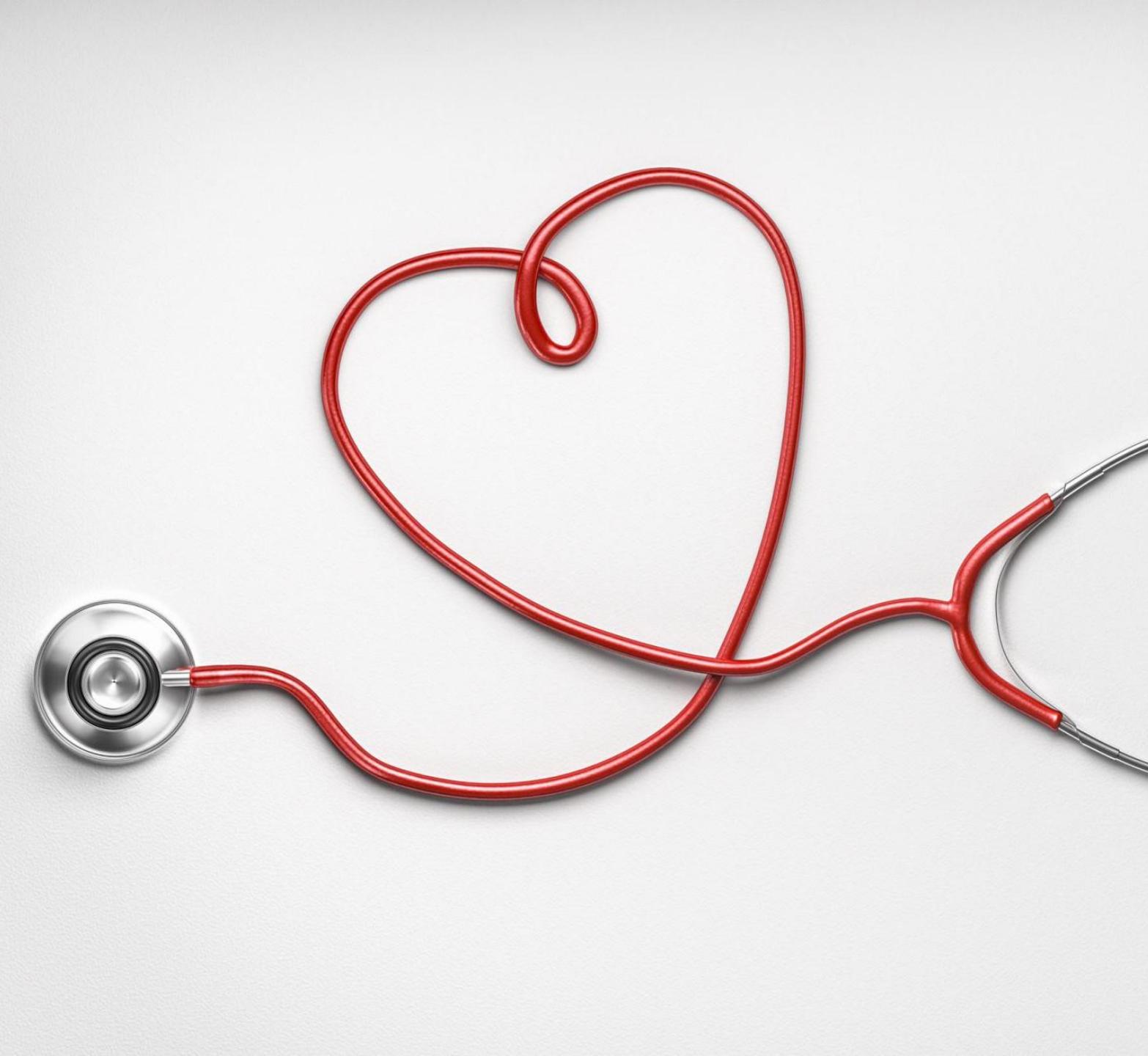


February is named after an instrument of purification called **Februa, and is now designated to be the month of Love**

The Roman Festival of **Lupercalia celebrating fertility and the coming of spring on Februarius 15 was forbidden for Christians by Pope Gelasius I in the fifth century**

Valentines Day originated as a Chrsitian feast day honoring a martyr named Saint Valentine in the 14th century

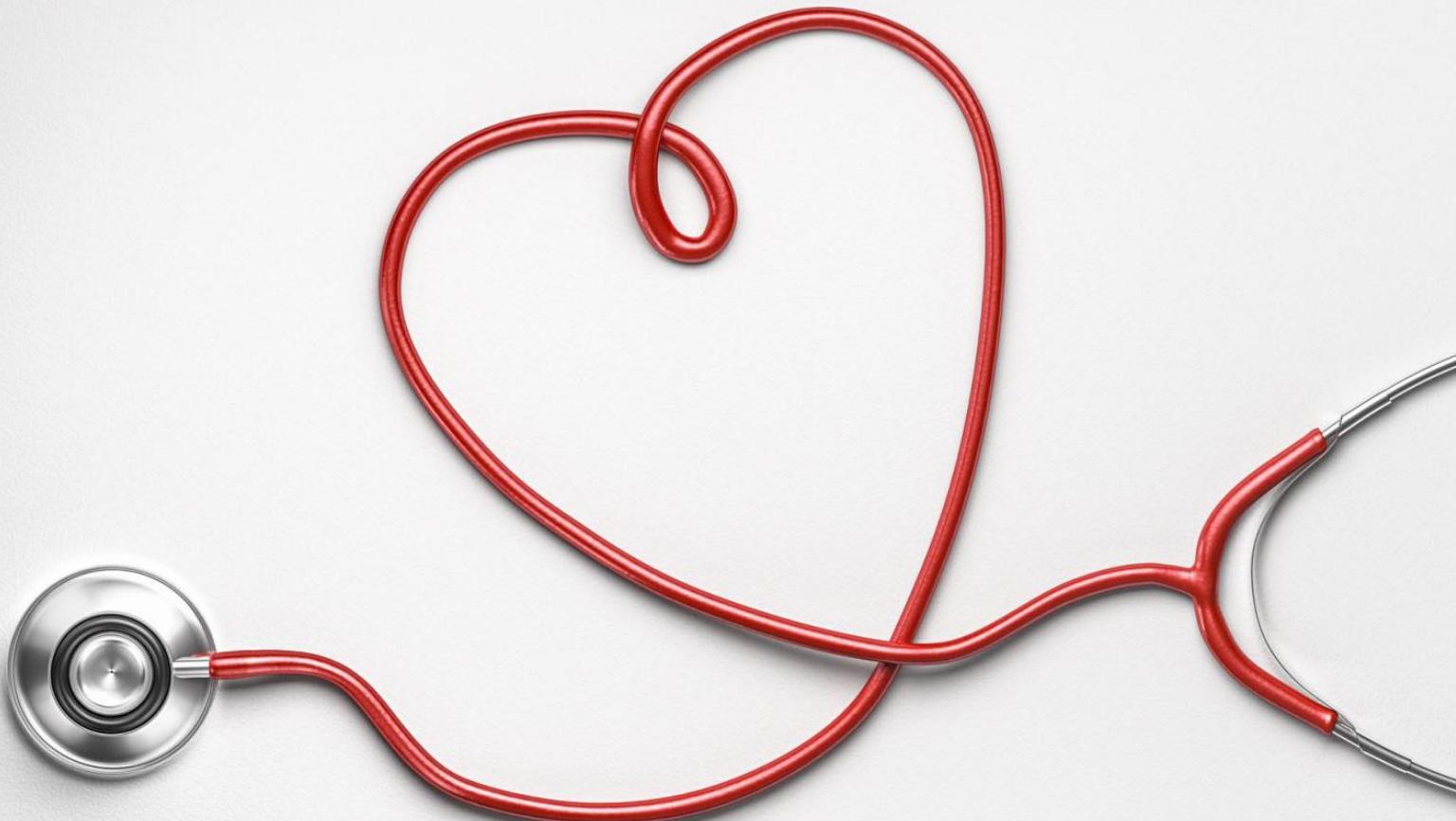
The icon of Valentines Day is a god of classical mythology named **Cupid who is said to be the son of Venus and Mars**



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February is also designated as American Heart Month to draw awareness to heart health and heart disease

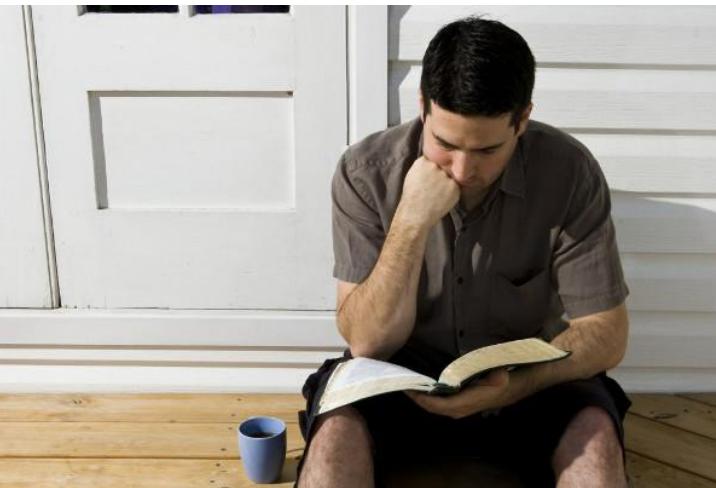
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- I now have two cardiologists
- One takes care of my physical heart
- The other takes care of my spiritual heart



- Dr. Elsner prescribes medication



- The Word of God prescribes meditation

My cardiologist can perform a surgery on my heart

The Word of God can provide laser surgery as well

Hebrews 4:12

For the word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the **thoughts and intents of the heart**.

What does the Bible tell us about the heart?

That science is just
beginning to understand



The word heart occurs
884 times in the KJV.

H 3820 *lēb* Total: 593x

heart (508x), mind (12x), midst (11x), understanding (10x), hearted (7x),
wisdom (6x), comfortably (4x), well (4x), considered (2x), friendly (2x), k
indly (2x), stouthearted (with H47) (2x), care (with H7760) (2x), misc 21.

H 3824 *lēbāb* Total: 252x

heart (231x), consider (with H7760) (5x), mind (4x), understanding (3x)
miscellaneous (9x).

H 3823 *lābab* Total: 5x

ravished my heart (2x), make (1x), made cakes (1x), be wise (1x).

G 2588 *kardia* Total 160x

HEART

inner man, mind, will, heart, understanding

inner part, midst, (of things)

heart (of man)

soul,

knowledge, thinking, reflection, memory

inclination, resolution, determination (of will)

conscience

heart (of moral character)

as seat of appetites

as seat of emotions and passions

as seat of courage

Every human being has heart disease

Genesis 6:5 (Before the flood)

And God saw that the wickedness of man was great in the earth,
and *that every imagination of the thoughts of his heart* was only evil

Genesis 8:21 (After the flood)

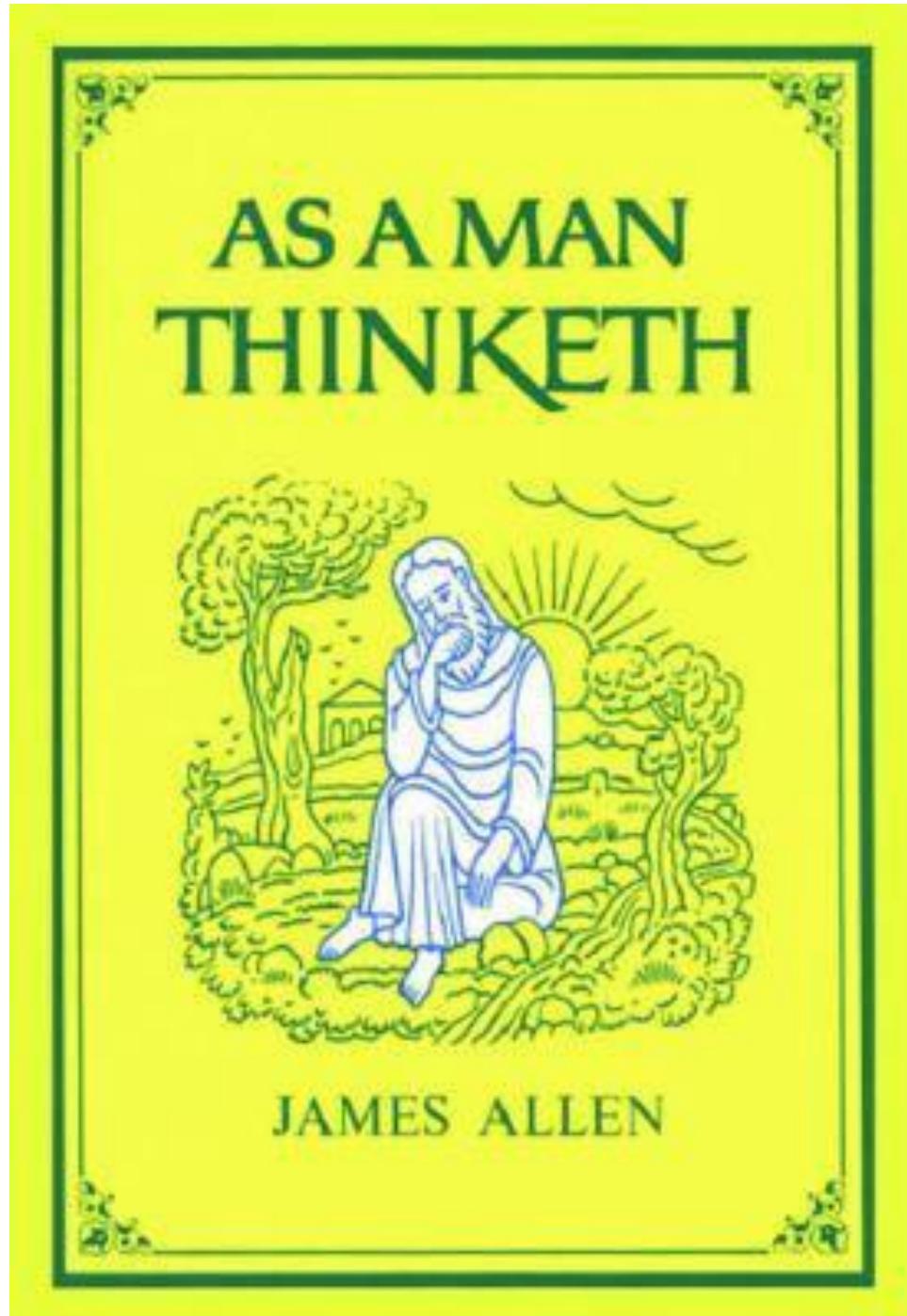
And the Lord smelled a sweet savour; and the Lord said in his heart,
I will not again curse the ground any more for man's sake;
for the imagination of man's heart is evil from his youth;
neither will I again smite any more every thing living, as I have done.

Matthew 15:19

For out of the **heart** proceed evil thoughts, murders, adulteries,
fornications, thefts, false witness, blasphemies:

Mark 7:21

For from within, out of the **heart** of men, proceed evil thoughts,
adulteries, fornications, murders,



Proverbs 23:7

**for as he thinketh
in his heart,
so is he:**

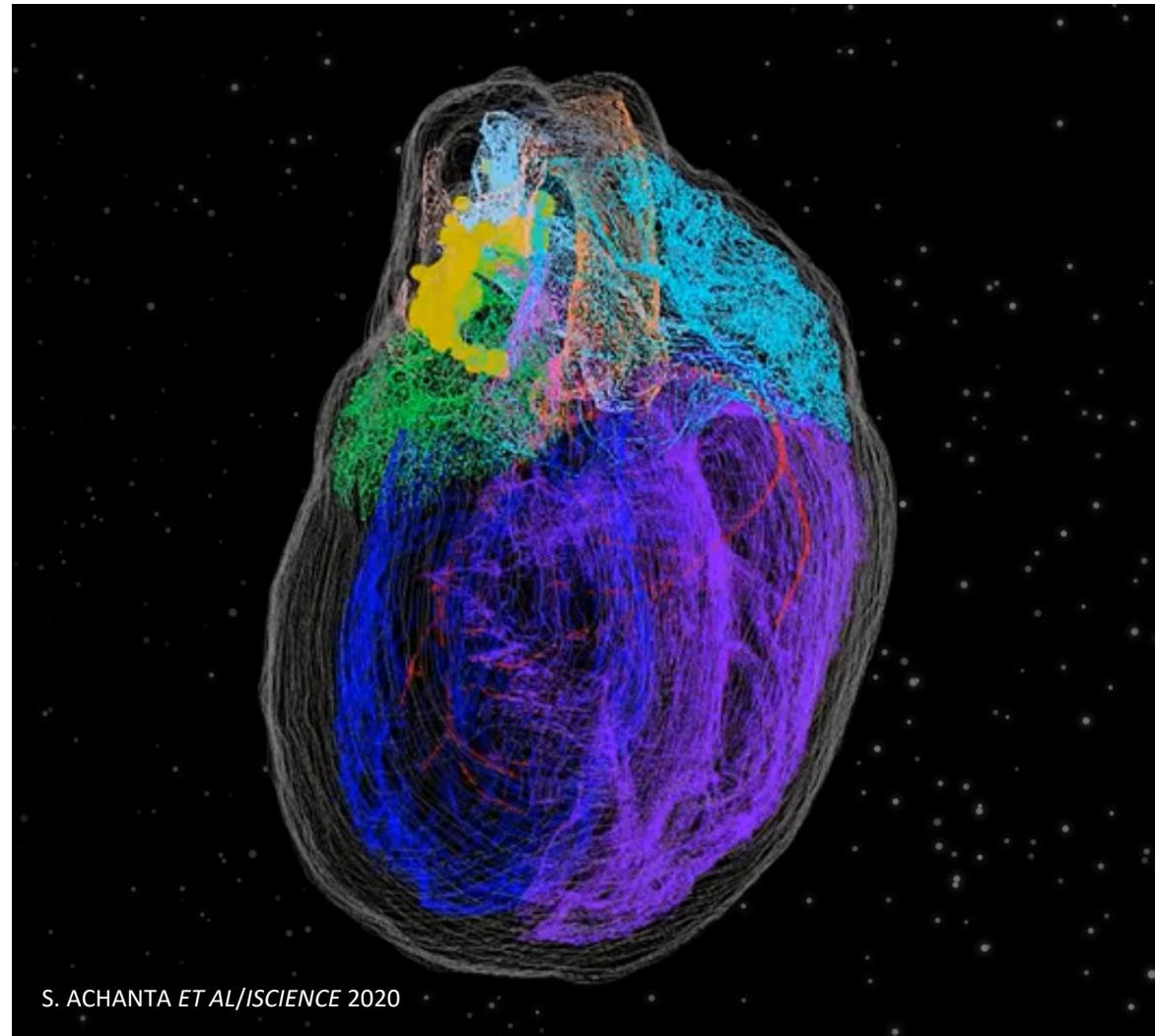
Is the heart
more than a
pump ?

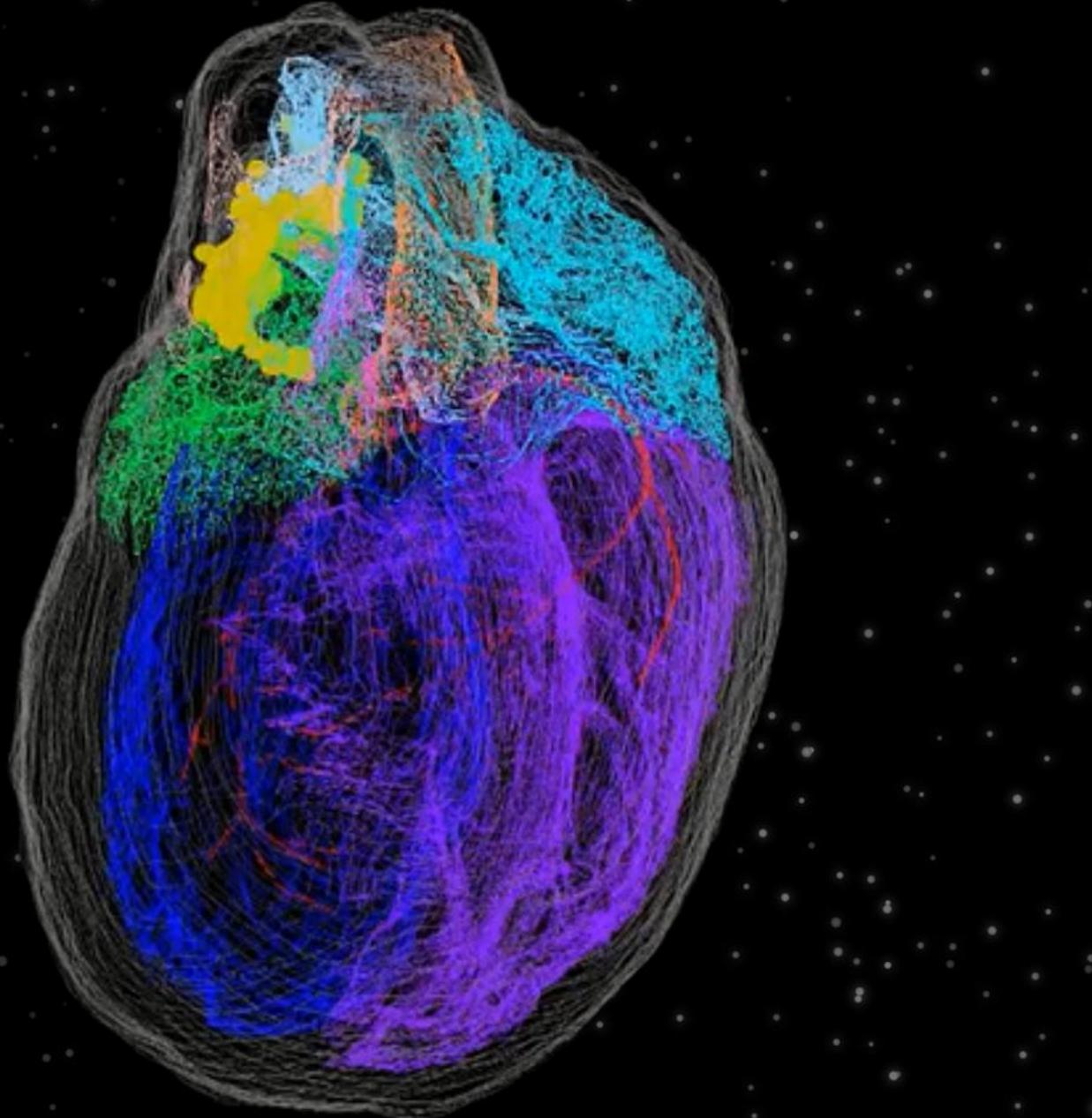


Is your heart your second brain?

The first 3D map of the heart's neurons

photo credit Thomas Jefferson University



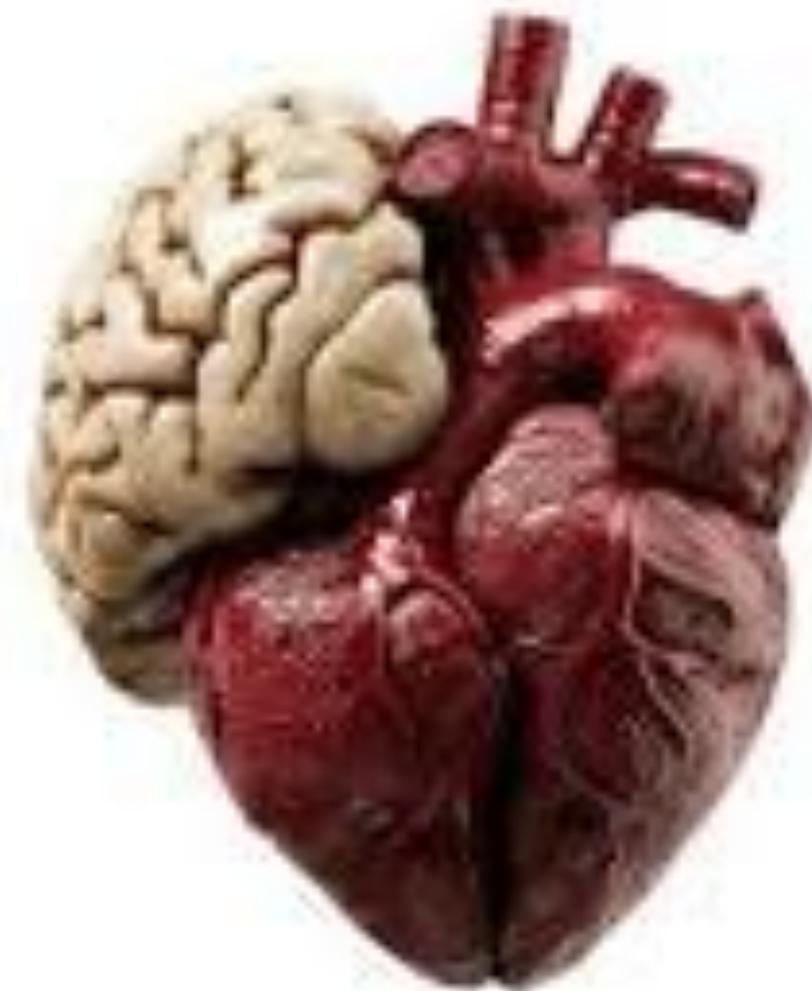


Yes, the heart has its own complex nervous system, often called a "[mini-brain](#)," with about 40,000 neurons, allowing it to learn, process information, and make independent decisions, significantly influencing our emotions, health, and cognition by sending more signals to the brain than it receives. This [heart-brain](#) system regulates heartbeat, adapts to stress, and communicates with the central brain, forming a powerful [heart-brain axis](#) that affects mood and physical well-being.

The brain in the heart:

After extensive research, Armour (1994) introduced the concept of functional 'heart brain'. His work revealed that the heart has a complex intrinsic nervous system that is sufficiently sophisticated to qualify as a 'little brain' in its own right. The heart's brain is an intricate network of several types of neurons, neurotransmitters, proteins and support cells similar to those found in the brain proper. Its elaborate circuitry enables it to act independently of the cranial brain – to learn, remember, and even feel and sense. The heart's nervous system contains around 40,000 neurons, called sensory neurites (Armour, 1991).

Information from the heart - including feeling sensations - is sent to the brain through several afferents. These afferent nerve pathways enter the brain at the area of the medulla, and cascade up into the higher centres of the brain, where they may influence perception, decision making and other cognitive processes (Armour, 2004).



Ex 28:3 And thou shalt speak unto all *that are wise hearted*

1 Ki 3:9 Give therefore thy servant an **understanding heart**

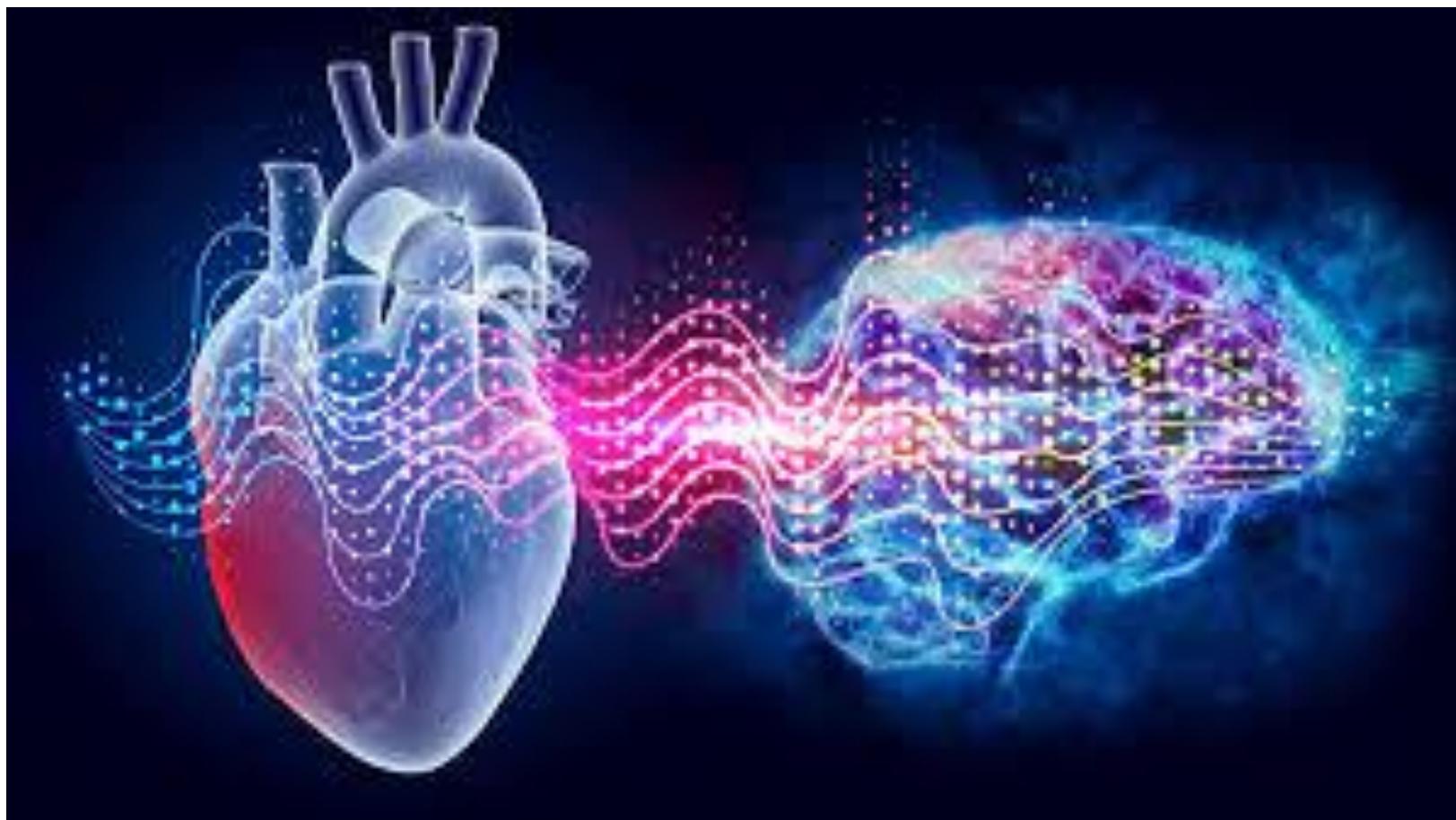
1 Ki 3:12 I have given thee a wise and an **understanding heart**

Job 38:36 Who hath put wisdom in the inward parts?
or who hath given **understanding to the heart?**

Pro 2:2 so that thou incline thine ear unto wisdom,
and apply thine heart to understanding;

Core Functions of the "Heart Brain"

Independent Decision-Making: The heart's neural network can process sensory information and adjust heart rate or rhythm without waiting for a command from the brain.



Learning and Memory: Research indicates the heart can learn and store short-term and long-term memories. This "cardiac memory" is often observed in how heart rhythms adapt to chronic stress or physiological changes.

Neural Complexity: The heart utilizes the same types of neurotransmitters (such as dopamine and oxytocin) and support cells found in the brain proper.

Ps 4:4

Stand in awe, and sin not: **commune with your own heart**
upon your bed, and be still.

Pro 14:33

Wisdom resteth in the heart of him that hath understanding:

Ecc 1:16

I communed with mine own **heart**,



In many cultures throughout history, the heart has been considered the source of emotions, passion and wisdom. Also, people used to feel that they experienced the feeling or sensation of love and other emotional states in the area of the heart. However, in the past, scientists emphasized the role of **the brain** in the head as being responsible for such experiences. Interestingly, recent studies have explored physiological mechanisms by which **the heart communicates with the brain**, thereby influencing information processing, perceptions, emotions and health. These studies provided the scientific basis to explain how and why the heart affects mental clarity, creativity and emotional balance.

He 10:16

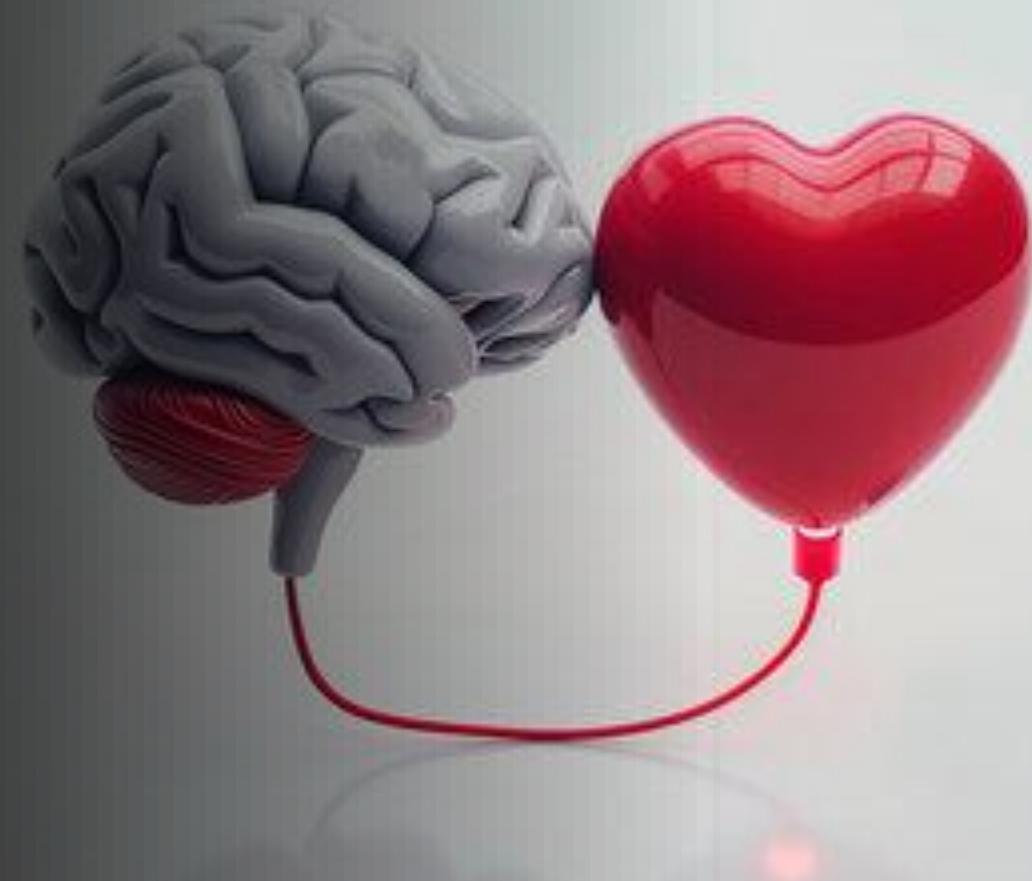
This *is* the covenant that I will make with them after those days, saith the Lord, I will put my laws **into their hearts, and in their minds** will I write them;

Phi 4:7

And the peace of God, which passeth all understanding, shall keep your **hearts and minds** through Christ Jesus.

Peter Redmon:

**The heart has
faith that reason
does not know**



Isaiah 6:10

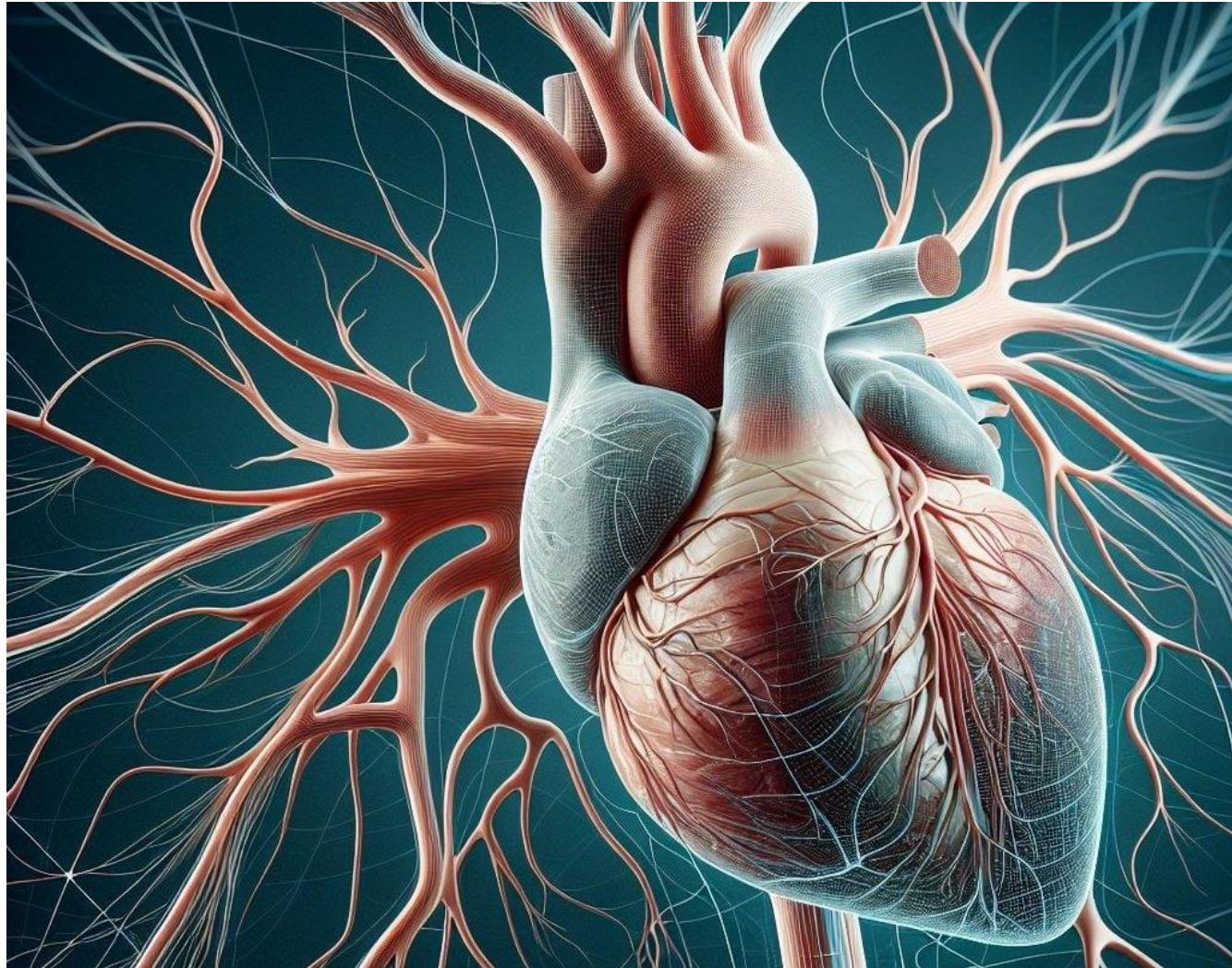
Make the **heart** of this people fat, and make their ears heavy, and shut their eyes; lest they see with their eyes, and hear with their ears, and **understand with their heart**, and convert, and be healed.

Matthew 13:15

for this people's **heart** is waxed gross, and *their* ears are dull of hearing, and their eyes they have closed; lest at any time they should see with *their* eyes, and hear with *their* ears, and should **understand with their heart**, and should be converted, and I should heal them.

Acts 28:27

for the **heart** of this people is waxed gross, and their ears are dull of hearing, and their eyes have they closed; lest they should see with *their* eyes, and hear with *their* ears, and **understand with their heart**, and should be converted, and I should heal them.



(CREDIT: AI-generated image created by Copilot)

Thus, it was revealed that the heart has its own intrinsic nervous system that operates and processes information independently of the brain or nervous system. This is what allows a heart transplant to work. Normally, the heart communicates with the brain via nerve fibres running through the vagus nerve and the spinal column. In a heart transplant, these nerve connections do not reconnect for an extended period of time; in the meantime, the transplanted heart is able to function in its new host only through the capacity of its intact, intrinsic nervous system

Romans 10:9

that if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

Romans 10:10

For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.



- As of today, approximately 3,500 to 4,000 heart transplants are performed worldwide each year. The United States accounts for the largest proportion, with around 2,500 to 3,000 transplants annually.
- Heart transplant recipients experiences have been reported in an interesting article by Pearsall et al. experiencing, displaying significant changes in their personalities, preferences, and behaviors that often mirror those of their donors. These changes include shifts in food preferences, artistic tastes, musical interests, and even career aspirations. Some recipients have described acquiring new skills or knowledge that align with the donor's passions, such as being able to complete songs the donor wrote or developing a sudden love for classical music despite previously disliking it. These experiences suggest a transfer of personal history or emotional memory from the donor to the recipient

Psalm 49:3

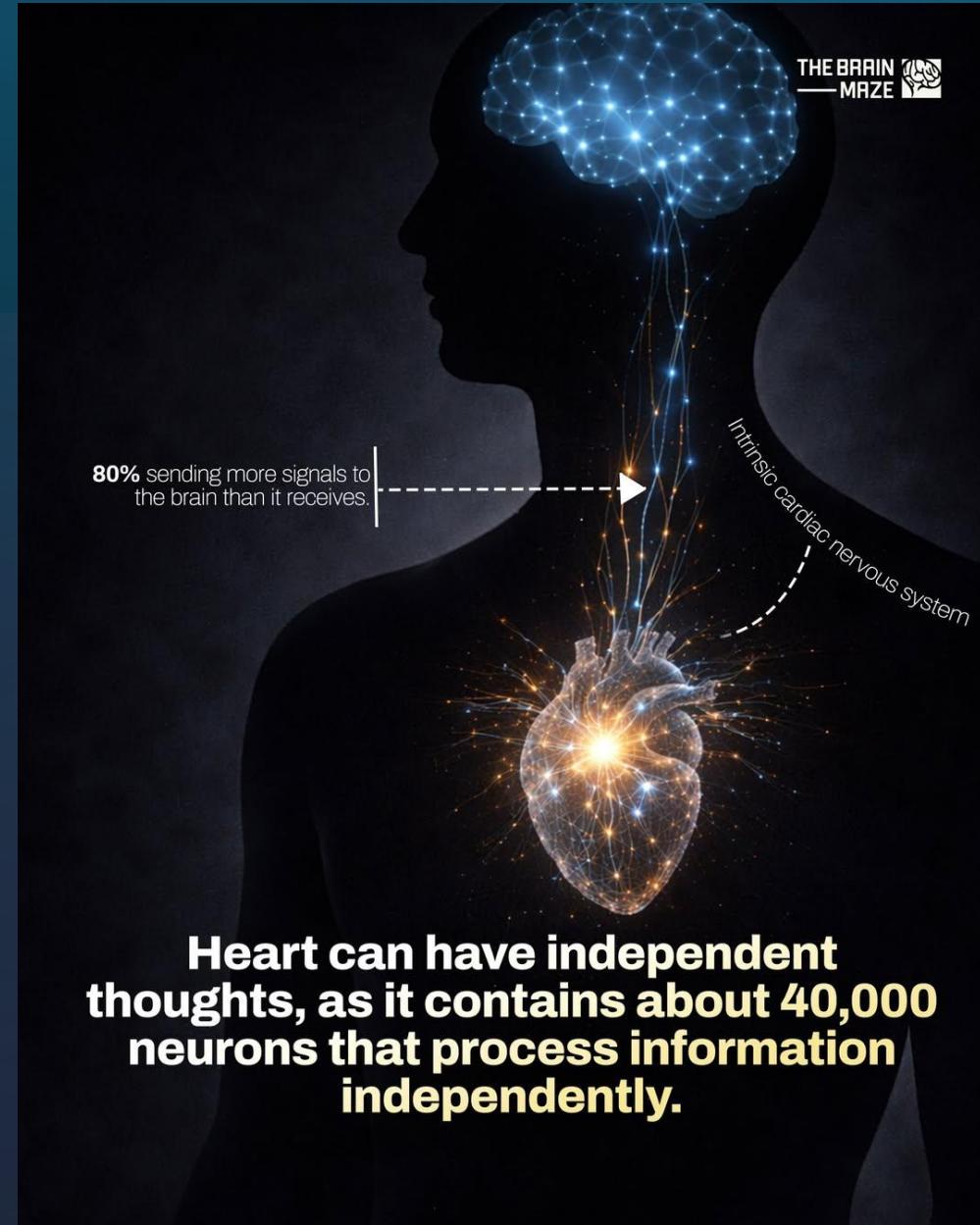
My mouth shall speak of wisdom; and the **meditation of my heart** shall be of understanding.

Psalm 139:23

Search me, O God, and know **my heart**: try me, and know **my thoughts**:

Proverbs 2:2

so that thou incline thine ear unto wisdom, *and apply thine heart to understanding*;





Proverbs 2:10

When **wisdom entereth into thine heart**, and knowledge is pleasant unto thy soul;

Proverbs 3:5

Trust in the Lord with all thine **heart**; and lean not unto thine own understanding.

Proverbs 14:33

Wisdom resteth in the heart of him that hath understanding: but *that which is* in the midst of fools is made known.

Proverbs 18:15

The **heart** of the prudent **getteth knowledge**; and the ear of the wise seeketh knowledge.

Proverbs 20:5

Counsel in the heart of man *is like* deep water; but a man of understanding will draw it out.

Proverbs 23:12

Apply thine **heart unto instruction**, and thine ears to the words of knowledge.

Proverbs 23:15

My son, if thine **heart be wise**, my heart shall rejoice, even mine.



Heart field interactions between individuals There is now evidence that a subtle yet influential electromagnetic or 'energetic' communication system operates just below our conscious awareness. Energetic interactions possibly contribute to the 'magnetic' attractions or repulsions that occur between individuals, and also affect social relationships. It was also found that one person's brain waves can synchronize to another person's heart (McCraty, 2004).

Col 2:2

That their **hearts** might be comforted,
being **knit together** in love,
and unto all riches of the full assurance of understanding,
to the acknowledgement of the mystery of God,
and of the Father, and of Christ;

How does grace flow from God to us?

How do we receive grace?

How does grace abound?

How is grace dispensed?

**Is this “heart brain”
the portal for grace?**



Acts 11:22-24

Then tidings of these things came unto the ears of the church which was in Jerusalem: and they sent forth Barnabas, that he should go as far as Antioch. ²³ Who, when he came, and had seen the grace of God, was glad, and exhorted them all, **that with purpose of heart they would cleave unto the Lord.** ²⁴ For he was a good man, and full of the Holy Ghost and of faith: and much people was added unto the Lord.





Hebrews 13:9

**Be not carried about with
divers and strange doctrines.**

**For *it is* a good thing that the
heart be established
with grace;**

**not with meats, which have not
profited them that have
been occupied therein.**



Colossians 3:16

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.



**Where does
conscience
come in?**



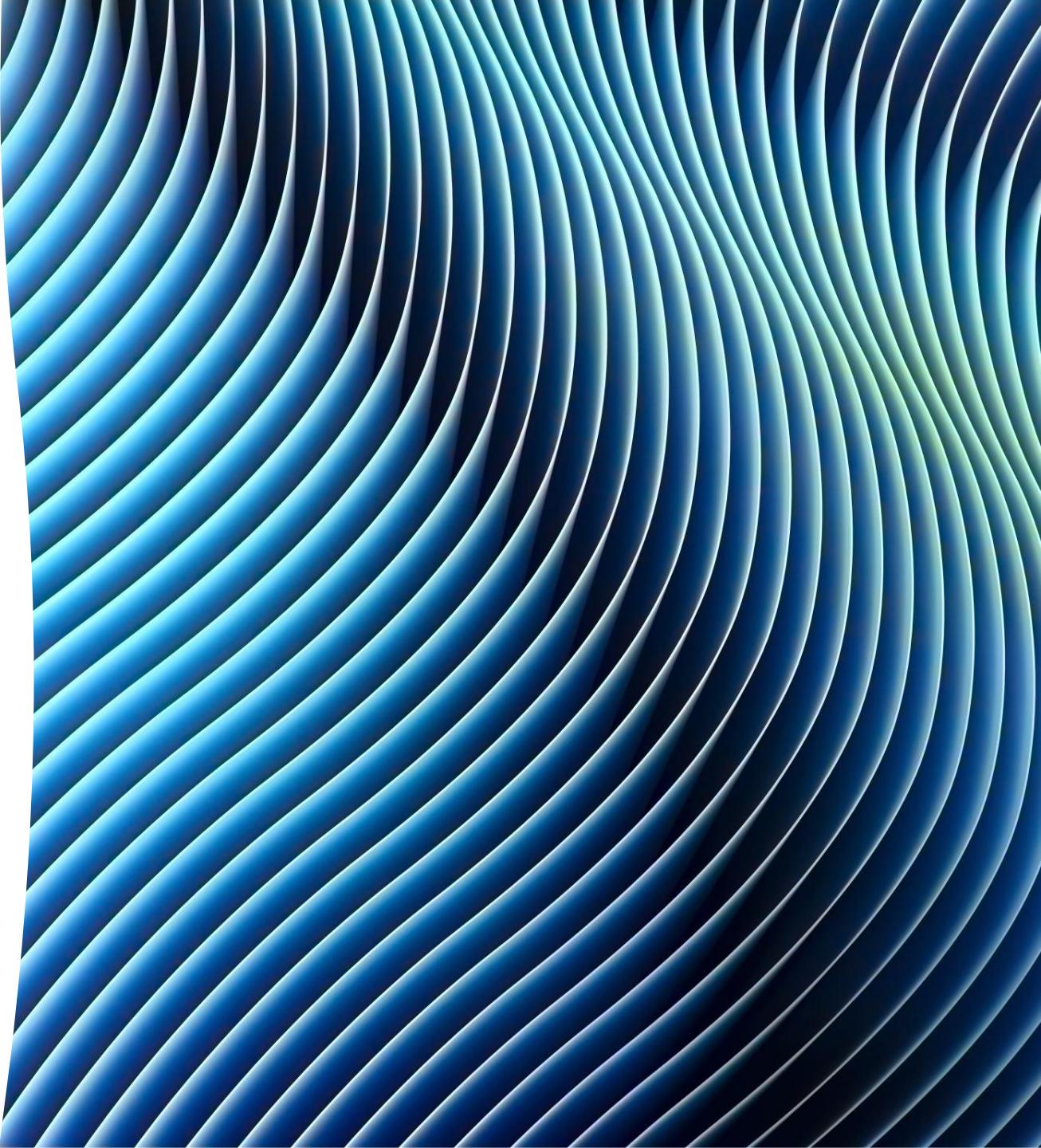
CONSCIENCE

Heb 10:22

let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

Titus 1:15

...but unto them that are defiled and unbelieving *is* nothing pure; but even their mind and conscience is defiled.





Rom 2:15
which shew the work of the law
written in their **hearts,**
their **conscience also bearing**
witness,
and *their thoughts* the mean while
accusing or else excusing one
another;)

1 Tim 1:5
Now the end of the
commandment is charity
out of a pure **heart,**
and of a good **conscience,**
and of faith unfeigned:



When you think about
what your heart
is thinking,

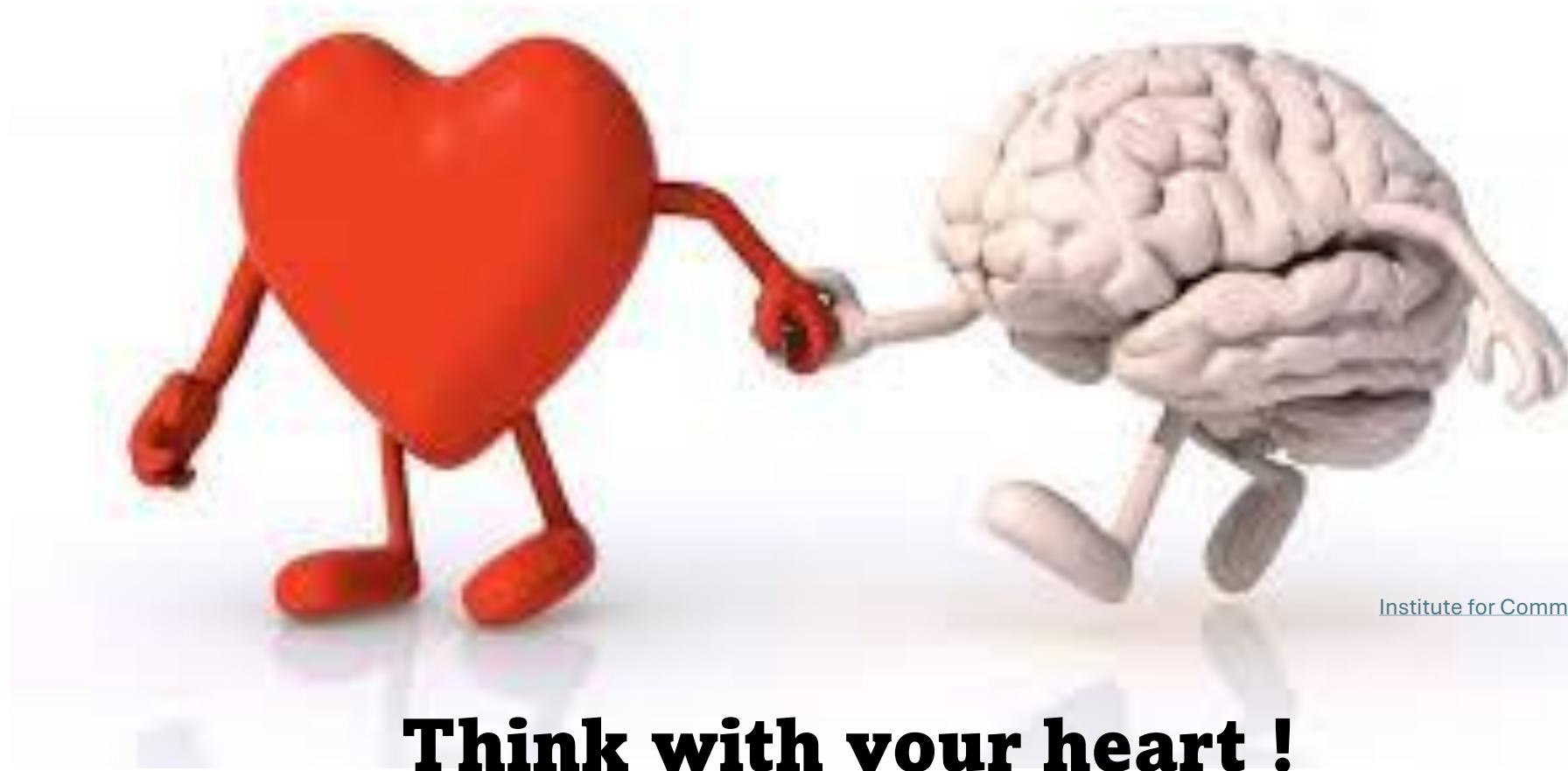
what is doing the
thinking?

Now that is something to
think about !



**This may
forever
change the
way you
think of your
heart !**

Who hath given understanding to the heart



[Institute for Community Health Innovation](#)

Think with your heart !