

# A Heart Health Guide for Christians

For **CMB Members** to use *on-air, online*, and in *their own life*.



*“Above all else, guard your heart, for everything you do flows from it.”*

PROVERBS 4:23

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Maintaining a healthy heart is essential, not just physically, but spiritually. God calls us to tend to our bodies as temples of the Holy Spirit (*1 Corinthians 6:19-20*), and that includes taking steps to protect and nurture our heart health. This guide offers practical tips, biblical encouragement, and inspiration to help you honor God through caring for your health.

## Why Heart Health Matters

Our hearts are central to our physical and spiritual well-being. Just as scripture urges us to guard our hearts spiritually, we are also responsible for keeping our hearts physically strong. When we take care of our heart, we are ensuring that we can live out God’s purpose for our lives with vitality and strength.

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# 5 Steps to a Healthy Heart

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## 1. Eat in a Way that Honors God's Creation

*The earth is the Lord's, and everything in it.* –PSALM 24:1

Nourishing your body with wholesome, natural foods is a way to honor the Creator. Incorporate a diet filled with fruits, vegetables, whole grains, lean proteins, and healthy fats. Reduce processed foods, sugary drinks, and excessive sodium, which can increase the risk of heart disease. (1 Corinthians 6:19-20)

### REFLECTION:

When you sit down to eat, take time to thank God for the bounty of His creation. Consider every meal an opportunity to care for the body He has entrusted to you.

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## 2. Stay Active as an Act of Worship

*Whatever you do, do it all for the glory of God.* –1 CORINTHIANS 10:31

Physical activity keeps your heart strong and reduces the risk of chronic diseases. Find an activity you enjoy, such as walking, gardening, or even dancing to your favorite worship music. Aim for at least 30 minutes of exercise most days of the week.

### REFLECTION:

Use your daily movement as an opportunity for prayer and worship. As you walk or exercise, thank God for the ability to move and live fully.

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## 3. Manage Stress by Surrendering to God

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.* –PHILIPPIANS 4:6

Chronic stress can strain your heart, but the good news is that God invites us to lay our burdens at His feet. Practice stress management through prayer, scripture reading, and fellowship with others. Rest in God's promises and trust Him with the areas of your life that cause worry.

### REFLECTION:

Take time each day to quiet your heart and bring your worries to the Lord, allowing His peace to guard your heart and mind (Philippians 4:7).

# 5 Steps to a Healthy Heart

## 4. Prioritize Rest and Renewal

*Come to me, all you who are weary and burdened, and I will give you rest.* –MATTHEW 11:28

Proper rest is crucial for heart health. Aim for 7-9 hours of quality sleep each night to give your heart the chance to rest and recharge. Additionally, create space for Sabbath—a day of rest to reflect on God’s goodness and refresh your spirit.

### REFLECTION:

Trusting in God’s provision allows us to rest. Make time to disconnect from work and technology, and use that time to reconnect with your Savior.

## 5. Build a Supportive Community

*And let us consider how we may spur one another on toward love and good deeds.* –HEBREWS 10:24

Walking this heart health journey is easier when surrounded by like-minded believers who encourage and uplift you. Share your goals with your church family or join a small group. Accountability and fellowship can motivate you to stick to healthy habits.

### REFLECTION:

Seek prayer partners or join a group focused on health and wellness within your community. Together, you can grow stronger in both faith and health.

## Scripture for Encouragement in Your Heart Health Journey

*I can do all this through Him who gives me strength.* –PHILIPPIANS 4:13

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.* –ISAIAH 40:31

*The Lord gives strength to His people; the Lord blesses His people with peace.* –PSALM 29:11

Your heart is a precious gift from God—physically and spiritually. Begin your heart health journey today, knowing you are not alone. Seek His guidance, lean on your faith community, and make choices that honor the amazing body He has created for you.

To take this commitment further, invite others to join you on this path. Share your heart health testimony with your radio station’s audience or your local Bible study group. Together, as believers, we can glorify God through stronger, healthier hearts!

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*