

## Heart Trouble? ? ?

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*I believe that educators and others who nurture and lead the young are particularly susceptible to heart trouble. Recently my husband, who is also a teacher, suffered a series of severe nosebleeds, which took him to the hospital emergency department on several different occasions. Those nosebleeds could not be stopped by the normal methods. He ended up having his nose packed with gauze for a week at a time. Then one day, he started having severe chest pains at noon hour, so he left school and went to a nearby medical clinic. The doctor on duty decided to send him directly to City Hospital for an assessment. It was discovered that he had a viral infection in the pericardium, which is the sac that surrounds the heart. He spent four days in the Cardiac Care Unit, with no visitors allowed. Fortunately, he recovered with no permanent damage to the heart. It was a frightening experience for our family.*

*It is true that lifestyle issues may lead to physical problems, but it's the "heart" problems that the evil one causes, that I'd like to address in this article. I'm talking about attacks on the heart and soul that make us want to give up on our hopes and our dreams. The type of trouble that makes you wish you could jump off planet Earth and live somewhere else. In the past two years, my co-teacher and I have dealt with all kinds of personal attacks. We've had to deal with death, divorce, cancer, clinical depression and five car accidents in our immediate families. At work, we struggle to create an inviting school program with minimal financial and volunteer support. In a small school like ours, the teachers have to be secretaries, janitors, and plumbers just to keep things going from day to day. Sometimes we get discouraged. I suspect that we're not alone.*

*"Are you severely troubled right now? Are you afraid and confused by the waves and turbulence God allows to enter your life? Have you left no stone unturned, yet still not found any well of peace, joy or comfort? Does your life seem completely barren to you? ... With regard to the problem that is pressing in on you right now, are you "looking unto Jesus?" In the words of Oswald Chambers, "If you try to worry your way out of the problem you destroy His effectiveness in you, and you deserve whatever you get. We become troubled because we have not been taking Him into account. When a person confers with Jesus Christ, the confusion stops, because there is no confusion in Him. Lay everything out before Him; and when you are faced with difficulty, bereavement and sorrow, listen to Him say, "Let not your heart be troubled..." (John 14:27) (1)*

*"Prayer and faith are closely allied. In the prayer of faith there is a divine science; it is a science that every one who would make his life work a success must understand. Christ says, "What things so ever ye desire, when ye pray, believe that you receive them, and ye shall have them." He makes it plain that our asking must be according to God's will; we must ask for the things that He has promised, and whatever we receive must be used in doing His will. The conditions met, the promise is unequivocal. We need to look for no outward evidence of the blessing. The gift is in the promise, and we may go about our work assured that what God has promised He is able to perform, and the gift, which we already possess, will be realized when we need it most." (2)*

*There is hope. We have an emergency clinic available to us around the clock. We may have to check ourselves in periodically for an assessment or even a term of recovery.*

It doesn't feel good at first because it's frightening and sometimes no visitors are allowed. We may feel pain and confusion, loss and anger. Cling to God's promises and trust the Great Physician to do His work. With Jesus in control, we can recover with *no permanent damage*.

**Resources:**

- Chambers, Oswald. *My Utmost for His Highest*. Oswald Chambers Pub. Assoc. Ltd. 8/26, 1992 (1)
- White, E. G. *Messages To Young People* Southern Pub. Assoc. Nashville, Tennessee. p.252, 1930 (2)