



I lay in that uncomfortable hospital bed in a room lit by a light that never went dark, and tears streamed down my face. It was my sixtieth birthday, and there I was with a cupcake the food service had delivered to me with my meal. I received beautiful flowers and gifts and sweet messages from friends, but nothing would change my situation. I had gone to the ER a day earlier because I had been having chest pains with exercise and strenuous activity. After a thorough examination and being stuck with many needles, my medical team discovered that I had suffered from a heart attack. (Why I waited a month to get checked out is another story!)

If you were to look at me, you might wonder how someone like me could have a heart attack. I didn't have any of the known risk factors that one might assume of those who have heart attacks. I'm not overweight (although I was pushing the limit for my barely 5'2" frame). I've never smoked, and I don't drink. As a former exercise instructor, I prided myself on being in reasonably good shape. (Those 25 years of wearing spandex accomplished something!) I eat relatively healthy, so how in the world could I have a heart attack?

Interestingly, a close relative had a heart attack and triple bypass surgery a couple of weeks after I was in the hospital, which pointed to a family history somewhere. We would be great subjects of some medical study! Any takers??

While we can do everything in our power to live a healthy life, there is this thing called genetics. You may be able to cut ties with your family, but you can't change the blood that runs through your veins.

"Genetics." Now, that word can leave us wringing our hands and scratching our heads. Part of the definition should include, "ain't nothing you can do, and you're doomed." I've inherited some nice things in my life, but a heart problem is one thing I'm not too enthusiastic about. Understand me; I love my family, but there are some parts I'd rather not partake in.

Sadly, I regret to inform you that while you may not have been born into my family, you, too, have a genetic disorder of the heart. Our physical heart may be healthy, but our spiritual hearts are a different story. Everyone who has been born on this earth has a spiritual heart condition. We are all genetically doomed.

All humans were born into Adam and Eve's family, and because of that, we inherited a sinful nature. When Adam and his rib-made wife, Eve, picked and ate that forbidden fruit of the tree, we were doomed, and our hearts were damaged. Facts are facts, and you and I can't deny our genetics! But fortunately for heart-sick humans, God provided a cure. The healing



of our hearts comes from His Son, Jesus Christ.

“For the wages of sin is death, but the free gift of God

is eternal life through Christ Jesus our Lord.” [Romans 6:23](#)

Jesus, the sinless Son of God, took our sins on himself. He died the death we were doomed to die on a rugged cross on that Calvary hill. By believing in Him, we are rescued from our doom and enjoy the confident hope of eternal life. He is the ONLY One who can right the wrong of our genetic sin disorder.

“But God demonstrates his own love for us in this:

While we were still sinners, Christ died for us.” [Romans 5:8](#)

I asked my cardiologist while in the hospital what I could do to prevent another heart attack. Of course, exercise and eating right are two significant steps, along with listening to your doctor's advice. But how do we correct the condition of our sinful hearts? God gives us the answer to that question.

“For God so loved the world that he gave his one and only Son,

that whoever believes in him shall not perish but have eternal life.” [John 3:16](#)

We can't change our family history, but can change our future outcome. The way to do that is by prevention - believing in Jesus Christ and His sacrifice for your and my sin. Jesus prevents the worst outcome for us - dying with no hope. We're all going to die a physical death, but he's going to heal our spiritual hearts so we can live forever with him and our Father in heaven.

I wanted to deny the symptoms of pain I felt in my heart. I passed it on to indigestion and heartburn, strain from lifting, stress, etc. Sadly, heart disease is the number one killer of women. It is a silent, insidious killer. Many women deny the signs; others don't take us seriously when we complain. But similarly, we often deny our sin. We ignore it, don't believe it's serious or even call it sin. Others may support us in our denial. We deny our need for a Savior. But just as the heart pains were a sign of something serious, our sin is a sign of something worse. Our sin separates us from God and dooms us to eternal death, and the only way to escape is by salvation through Jesus Christ.

Don't ignore the pain. Don't ignore the signs. If your heart hurts, say something. If your sin



convicts you, repent and call on the name of Jesus for ***“Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.”*** (Acts 4:12)

“If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.” [Romans 10:9](#)

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