

“Check your pulse”

November 27, 2022

What is the first thing that the nurse does when you arrive for your doctor appointment? “Take your vitals” .. oxygen levels, blood pressure, temperature, and pulse.

Knowing yours(pulse) can be an important heart-health gauge. As you age, changes in the rate and regularity of your pulse can change and may signify a heart condition or other condition that needs to be addressed.

Chinese medicine trains the interpretation of a pulse is much more than how many times the hearts beats, to pump blood through the body.

There are about 30 different qualities that acupuncturists aspire to learn to recognize during pulse diagnosis...

12 pulses???Well: not actually 12 different pulses, but 12 positions to take the same pulse, six at each wrist. Each position corresponding to one of your organs, each providing an indication of the health of each organ.

“Normal” is a very relative term when it comes the pulse. While there is a “normal” range, normal is really individualized based on factor such as age, weight, exercise fitness, and other physical health conditions.

Have you thought about your spiritual pulse? We know that Paul tells the Corinthian Christians to “examine” yourself. Could it be fair to interpret this as a nurse saying “I’m here to check your vitals” In the spiritual sense, it isn’t others than can perform the examination and document the results. We have to examine ourselves. Only God and us truly know our hearts. While it is most times true that what we see in one another indicates the condition of our spiritual hearts, it is possible to display something on the outside that doesn’t accurately reflect the heart.

1 Corinthians 11:26-30

For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until He comes.

²⁷ Therefore whoever eats the bread or drinks the cup of the Lord in an unworthy manner, shall be guilty of the body and the blood of the Lord. ²⁸ But a man must examine himself, and in so doing he is to eat of the bread and drink of the cup. ²⁹ For he who eats and drinks, eats and drinks

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judgment to himself if he does not judge the body rightly. ³⁰ For this reason many among you are weak and sick, and a number ^[S]sleep.

The inability or unwillingness to discern the thoughts and deeds in our lives will lead to spiritual sickness. Without serious and honest reflection, there is no repentance. Sin that is allowed to fester in our lives creates not only a spiritual depravity, but can also affect our physical well-being. Remember the words of David:

Psalms 32:3

When I kept silent *about my sin*, my body wasted away
Through my groaning all day long.

Psalms 139:23

Search me, God, and know my heart; test me and know my anxious thoughts.

As we engage in this time of remembrance, reflecting on the ultimate sacrifice of Jesus Christ life, crucified on Golgatha, let us also take this opportunity to discern our lives, confessing sin, praying for God’s forgiveness. We are blessed to have this opportunity, not that sacrifices need made repeatedly for our sin, but as those who have been immersed into Christ, we can come before him in prayer, confessing our sin, having the confidence that he WILL forgive our sin (I John 1:9)

Prayer:

Father in Heaven, thank you for your kindness towards us and love that you have shown us through the sacrifice of your Son, to pay the penalty for our sin. As we reflect on our lives, we know that we still disobey you and sin. We ask your forgiveness today with all confidence that you hear us and mediate for us. Bless the unleavened bread and fruit of the vine that we partake of to remember the life and death of Jesus, in His name we pray, Amen.