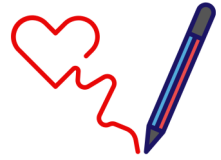


# FROM THE PASTOR'S DESK



## Understanding the Heart

In our recent clergy retreat, Revd Edwin Tan shared about **“Understanding Your Heart.”** He started with the verse in Proverbs 27:19, ***“As in water face reflects face, so the heart of man reflects the man.”*** As I reflected after the sharing, the first part of the verse (As in water, face reflects face...) was literal and easy to understand. However, when I came to the part “...the heart of man reflects the man”, I struggled to find the connection between the heart and the man. In my mind, I was just not satisfied with my level of understanding. I did not think too much about it during the retreat until a few days later, I came across a devotional teaching on YouTube based on the verse in Matthew 5:27-28

***“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.”***

Jesus raised the bar on the commitment of sin. He told the people that adultery happens when one has lustful intent and not when the action occurs. For that matter, it applies to all other sinful thoughts too. It may be hatred, judgement, legalism, greed, etc. What strikes me is that sinful intent takes place not only in our minds but also in our hearts. In other words, who I am is not measured by my actions only but also by what I harboured in my heart. Matthew 5:27-28 bring me closer to the condition of my heart. It has caused me to pay close attention to my heart because ***“...the heart of man reflects the man.”***

Brothers and Sisters-in-Christ, we are approaching the Lent season. I would like to encourage you to enter Lent with a pure heart. A heart that is pure because of what Jesus had done on the cross and not because of our works. Our hearts start to be corrupted if we allow sinful intent into our lives. Cling on to what

Apostle Paul had said in Philippians 4:8, ***“Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”*** Put it down in your heart, for it will determine who you are.

In recent days, we have put much effort into guarding against scammers who rob our valuables. It is even more important to guard our hearts because the ***“...devil prowls around like a roaring lion, seeking someone to devour.”*** (1 Peter 5:8). Guard your heart daily by reading the Word of God and praying. Look out for one another because we are in one body, and Christ is the head of the body. I pray that you will encounter God’s revelation so that your heart will be pure and holy before Him. Do not forgo any opportunities that allow your heart to be pure. Join a cell group, come for corporate prayer meeting, and give thanks for the goodness of God. All glory to our Almighty God!

Revd Kelvin