

## Saturday - February 29

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

*Proverbs 4:23 (NIV)*

Last summer I was having heart burn and then some jaw pain. I took a stress test, but was stopped short of completion for fear of my having a heart attack. I couldn't believe it. I was a 73-year-old in great physical condition with excellent cholesterol numbers! I had a heart cath and was told that two out of my major three arteries were 100% blocked and the only thing that is keeping my heart pumping was my collateral circulation due to exercising my heart over so many years!

An operation for two heart stents was needed. In pre-op, I was so downhearted to hear the doc say he didn't think he could do both. I had lots of people praying for me. And since I would be awake for the operation, I figured I would keep on praying too. He finished the first stent much sooner than he expected and went on to do the other one. Before the allotted time for the operation was up, he said that he completed both. I said, "Hallelujah!" Then he surprised me saying I had such good circulation that I could go home and not spend the night in the hospital. I walked into the hospital at noon and was homeward bound at 9:30pm!

While I was in post-op, the doc spoke with my wife, Joan and daughter, Holly. He said that the second artery was so blocked that he had to do Plan B. He couldn't see what he was doing, but he got through and was able to place the stent. Holly said, "It was because so many people were praying for Dad and to guide your hands!"

Tim

**Prayer:** Heavenly Father, as we journey through our life, help us to always guard our heart. Thank you for the gift of each new day so we can live in Your love and share that love with others. Amen.