MY HEART IS FIXED

***Written By: Tommy Romans April 2024***

Ps 57:7 ¶ My heart is **fixed**, O God, my heart is fixed: I will sing and give praise.

8 Awake up, my glory; awake, psaltery and harp: I myself will awake early.

9 I will praise thee, O Lord, among the people: I will sing unto thee among the nations.

10 For thy mercy is great unto the heavens, and thy truth unto the clouds.

Isn’t it wonderful to be like the Psalmist David here to say – Lord, my Heart is Fixed, I’ve got joy in my soul, I am ready to sing, worship and give you praise? But just like David, this is not always the case. There are times that we are under a heavy load, troubled in trial or going through some affliction. Sometimes enduring long battles our hearts almost give out under pressure. Life is like that - at times our problems will take the air out of us, our spirits will droop and we find it hard to sing a joyous song of praise!

In the beginning of this 57th chapter before David ever said his heart was Fixed, he was telling God - Lord, there are calamities (troubles) ALL around me, but my soul is **trusting** in thee. I will take refuge in the shadow of thy wings until these calamities are overpast. God, my soul is among lions that would swallow me up, but I cry unto you who **performeth** all things for me! This word Performeth in the Hebrew means: To complete and bring to an end!! In other words – God, I’m going to abide and stay in your presence for I know that if I Trust and stay close you, you will work everything out for me!

David mentioned a FIXED Heart in another chapter of psalms and notice how the Holy Ghost inspired him to write it to us:

**Ps 112:1** ¶ Praise ye the LORD. Blessed (Happy & Prosperous) is the man that feareth the LORD, that delighteth greatly in his commandments. **6** - Surely he shall not be moved for ever: **7-** He shall not be afraid of evil tidings: his heart is **fixed**, trusting in the LORD.

**8** - His heart is established, he shall not be afraid.

Dear reader, God sees the times we are living in – a world full of trouble, rattled by sin! He wants you rooted, grounded, and settled in Him that nothing you hear or see going on around you will move you. David said that this person that serves the Lord and loves His Word does not have to be afraid in these last days because his Heart is FIXED! He’s righteous and trusting in God!

The word **Fixed** means: To Repair and to Mend. To put back in good and proper working order. To Restore something that is broken and make it strong and whole again so that it will not break down!

The Lord does not want us breaking down. The Peace of God will KEEP our Hearts and Minds through Christ Jesus!

THE HEART

God is speaking to us and telling us in these last closing moments of time that we must Pray, guard and Keep our Hearts (protect our spirit inside)!

**Pro. 4:23** – God said – “**Keep** thy Heart with all Diligence (with all sincere and careful effort); for out of it are the issues of life.”

Did you know that the Heart in scripture is the symbol of the inner life? In your heart is where you live, it’s who you really are. Your mind, what you think about and dwell on can affect your heart and your spirit and soul inside. Your Heart is where your Will lies, the part of you that God deals with & speaks to, where the precious Holy Ghost resides to guide you. Your Soul is your seat of affections and believe me, we all are full of feelings and emotions. The Heart and Soul are linked.

For this Newsletter, I went through my Bible and I found 50 different kinds of Hearts listed in Scripture. I’m going to give you a few of them.

HEART TROUBLE

Your Heart can be **Broken** – Things can happen in life to weaken you and break your Will to live and go on! But our Lord Jesus came to heal and bind up the brokenhearted! (Is. 61:1, Lu. 4:18)

Your Heart can be **Troubled** – It can be **Fearful**, your Heart can be **Faint** (Deut. 20:8, Is. 35:4, Lam. 1:20). With all the constant bad news reports, your soul can swoon inside and your Heart can Fail. The prophet Jeremiah said to God – O Lord, as I look around me at the condition of my generation, I am in distress, my bowels are troubled within me! But our Lord Jesus said – Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. (John 14:27)

Your Heart inside can be **Grieved**, **Discouraged**, it can become **Sorrowful** over problems and the pain of failures and let downs. (I Sam. 1:8,15 Ps. 69:29, Pro. 14:13, 73:21, Num 21:4) The Bible said concerning God’s people as they were traveling through the wilderness on their way to the Promise Land – The soul of the people was much Discouraged because of the **Way**!

Did you know that your Heart can turn **Hard** and **Bitter**? You can Harden your Heart toward God and others. If you don’t faithfully read God’s Word with yearning desire and Pray with a thankful Heart, you can easily turn Bitter during let downs when bad things happen, and when dealing with others or things go wrong (Exo. 8:15, I Sam. 6:6, Mk. 3:5, 2 Chro 36:13, Mat. 19:8, Ja. 3:14)

It is sad but many people, even God’s own people, have gradually developed Heart trouble over time and they don’t even realize it! When once they were tender, loving, kind and forgiving, now because of their sufferings, let downs and trials they have lost their sensitivity and the Spirit’s touch and have become hardened! OH God help us!!

A GOOD HEART

Thank God our Bible speaks of a Perfect Heart; A Pure Heart; An Honest Heart; A Good and Humble Heart and a Merry Heart! Jesus said the Good Seed of the Word of God that was sown, some fell on Good Ground of an Honest and Good Heart and it brought forth Good Fruit!!

(I Ki 15:14; 20:3; I Chro 29:9; 2 Chro 16:9; Lu. 8:15)

Could this be our sincere prayer today – “Dear Lord Jesus, I want a good, honest, clean and pure heart in me. I don’t ever want it to become faulty! I don’t want my Heart to be bad in your sight or toward others. Forever give me a Perfect Heart!!” Peace will mark the person whose Heart is perfect toward the Lord!

A MERRY HEART

I would like to deal now in depth with a **Merry Heart** and see what the Spirit of God is telling us. Remember what the Psalmist said – “My Heart is **Fixed**; O God my Heart is Fixed, I will sing and give Praise!!

**Pro 15:15** - All the days of the afflicted are evil: but he that is of a Merry Heart hath a continual feast.

In the original Hebrew it reads this way: All the days of those who are depressed by evil circumstances are bad; But he that is of a Merry Heart hath a continual feast.

**Pro 15:13** A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is **broken**.

Did you know that your face is a mirror, a reflection of the condition of your Heart? The scripture goes on to say – But by sorrow of the Heart, the spirit is broken. Your face tells the story!

A WOUNDED HEART

**Pro 18:14** The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

What is the Holy Ghost telling us in these scriptures? When your Heart inside is strong, your will power will hold you up and keep you going when the body is afflicted. You may battle sickness, but inside, your heart is strong and you press on - **But** a wounded heart, a wounded spirit on the inside, who can bear? Millions in this evil pressing hour are falling back and some are giving up in the faith. Through the fierce spiritual attacks of the enemy, the devil has caused the hearts of many to be wounded. It’s plain to see that the Church is being assailed by the forces of Hell, we are being attacked on every side. Our faith is going through the fire. These are the spiritual battles of the end time. We must fight the good fight of faith and be strong in the Lord and the power of His might. Because of trials, don’t let the enemy wound you inside and take away your confidence which hath great recompense of reward. Don’t let a let down or loss of any kind wound your spirit!

Be like David – Devil, you may be fighting, I may be troubled by all the calamities going on around me, though I feel like my soul is among lions that would like to swallow me up; **BUT** I will have the enemy and this world to know that I am still God’s child, I’ve been Called, I am Anointed, and yea, though I walk through the valley of the shadow of death, I will fear no evil, for my God is with me, His Rod (His Word) and His Staff (His Spirit) is with me. Devil, you can’t have my Song & my Praise and I will not let you take away my Worship of the Lord!

We are still dealing with our Heart inside! If you really want to live and be Happy, your Heart – the Spirit inside you must be **Fixed**, it must be Healed up and made whole. I know I am speaking to some right now – every wound must be healed, the Heart renewed and made strong. We can’t do it on our own, but the good indwelling Holy Ghost through Prayer can mend, He can strengthen, He can renew and Restore the Heart. If you feel like you have fallen short or failed in some way, don’t let the devil beat you up over it and take away your Faith and cause you to quit and give up! He would like to destroy everything you have believed in and worked for. When David sinned and realized the shape he was in, he cried out to God – “Have mercy upon me O God, create in me a Clean Heart and Renew a right spirit within me. Restore unto me the Joy of thy Salvation!!

Children, Keep your Heart with all Diligence. O Jesus, Fix me up inside. Pour in your Oil and Wine, fill me up again!! I need a healing Lord and I need a filling!

Can you tell us anything more about the Heart Solomon? Yes, I can:

**Pro 17:22** A Merry Heart doeth good like a medicine: **but** a broken spirit drieth the bones.

When your spirit inside is happy, glad and free, it can bring healing and strength to your body! Oppression and depression will lift, worries and fears can dissolve when the Heart is joyful. **Stress** is becoming the number one cause of breakdowns of the body and mind. The second half of that scripture says: **But** a broken spirit drieth the bones. A broken spirit will weaken you. Just like your bones in the natural that hold up your body, your frame of mind can actually cripple you spiritually that you can hardly go on and you want to just sit down and not move!

This is the reason that many in the world right now feels like life is vain, they feel empty and unfulfilled, they feel like there’s nothing good to reach for and feel like life is useless. They have no peace and no happiness in their Hearts! Because of this world’s situation and all the problems in our society and the homes, people feel like things will never get any better and they lose their Will to work and live, not realizing that if they will really Pray and let Jesus in their Hearts, He will fill their every longing. He will satisfy the Soul, He will fill it with His Goodness and Love!!

MY PERSONAL TESTIMONY

This is the reason that millions are turning to drugs, alcohol and pills. Can I tell everyone reading this letter today – I promise you that Jesus is your answer. The Holy Ghost is waiting to come inside and do a work to refresh and renew and give you new life!! You are only as strong as what you are in your Heart! This preacher can tell you - You don’t have to fall apart! This writer can tell you - I’ve been to the very brink of death’s door. As a 20 year old young man, I lost my Will to live. A life of drugs and alcohol was sinking me fast. I tried to fill the void inside with Rock music and everything else this world offered, but it didn’t satisfy. Oh God I was going down, I was hurting bad and no one knew it. My precious Christian Mom and Dad did not know their only child was hurting! I was plagued in my mind, I couldn’t sleep, the devil told me that I had nothing to live for, nobody loves you, just take your life. I was on the suicide list. Nobody could ever know the pain and torment I felt in my Heart and mind. I hid it from the crowd I ran with, my loved ones did not know that when I was alone, Satan pounced on me with everything he had to destroy me. Misery was my constant companion day and night and I couldn’t shake it off!

I thank my Lord Jesus Christ today that I am Saved by His marvelous Grace. Through Holy Ghost conviction from my parent’s prayers, I took my burden, my sins, and all my emptiness to an Altar on a Sunday night between 7:30 and 8:00 pm on April 28th 1974 and cried out to God, saying – Lord I need help, if you will help me I will serve you, I want to make Heaven my Home!!! God gloriously saved me and Christ Jesus came in!! The heavy burden was lifted, sins washed away, my heart was changed and set free, Love came in and in a few more days as of the 28th of this month of April, it will be 50 years!! Bless His Sweet Holy name! My God is Good and wonderful He’s great, there’s still power in His Blood to cleanse and make whole. That’s what He did for me. He made me a minister of His Grace. I preach and teach Sunday School. He has made me a writer, it’s my Call and I have faithfully written and put out these monthly Newsletters for nearly 35 years to encourage people and tell them God loves them, that He is their answer to every problem!

Jesus is merciful and still reaches to the hurting and broken, saying – Come to me and I will save you, I will mend you! I will renew, restore and **Fix** you up inside!!! You don’t have to go through life any longer in misery hurting in your Heart. If you are struggling, God will help you and deliver. If you have failed in any way – Jesus still forgives and renews! In closing, you can be like the Psalmist - **Ps 57:7** ¶ My heart is **fixed**, O God, my heart is fixed: I will sing and give praise. **10** For thy Mercy is great unto the heavens, and thy truth unto the clouds. “Call on Him children, He is lovingly waiting!” I can tell you – there is Peace in Jesus, His Spirit Comforts, and the Joy of the Lord is your Strength! Our God is a Heart mender and sweet Rest can be found in Him!! He still FIXES!

May God Bless each of you my Readers!