

## ORIGINAL ARTICLE

### The Spiritual Heart

#### A Theological and Scriptural Exploration

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يحتل القلب البشري، كما يظهر في الكتاب المقدس واللاهوت المسيحي، دورًا محوريًا في الحياة الروحية للإنسان وعلاقته بالله. فهو ليس مجرد عضو بيولوجي يحافظ على الحياة ويُعد ضروريًا لوظائف الأعضاء الأخرى، بل يرمز أيضًا إلى الروح الإنسانية، بما تتضمنه من أفكار ومشاعر وميول أخلاقية. يصف الكتاب المقدس القلب كمصدر للبر، وكذلك ساحة للصراع مع الخطيئة، مما يُبرز قابليته للتوافق مع إرادة الله أو الميل نحو الشر. وقد أدى سقوط الإنسان، كما هو مذكور في سفر التكوين: "فرأى الرب أن شر الإنسان قد كثر في الأرض، وأن كل تصور أفكار قلبه إنما هو شرير كل يوم" (تكوين 6:5، [1])، إلى فساد القلب الذي أصبح مَيَّالًا إلى الشر باستمرار. ومع ذلك، يقدم الكتاب المقدس رجاءً بالتجديد والتحول الإلهي، كما يتجلى في تضرع النبي داود: "قلبا نقيا خلق في يا الله، وروحًا مستقيمًا جدد في داخلي" (مزمو 51:10، [1]). لذا، ينبغي أن يخضع القلب لعملية تطهير مستمرة عبر التوبة، والصلاة، والمشاركة في الأسرار المقدسة، مما يجعله مسكنًا للروح القدس، كما تعلمنا كلمات السيد المسيح: "طوبى للأنقياء القلب لأنهم يعاينون الله" (متى 5:8، [1]). هذا النص يبين الغاية النهائية للمسيرة الروحية. ويُشير أيضًا إلى العلاقة بين الروح الإنسانية والروح القدس، كما نُصلي في الساعة الثالثة من الأجيبة: "روحك القدوس يا رب، الذي أرسلته على تلاميذك القديسين ورسلك الأبطال في الساعة الثالثة، لا تنزعه منا أيها الصالح، لكن جده في أحشائنا" ([2]). يتناول هذا المقال القيمة اللاهوتية للقلب البشري، وحالته الساقطة، وسبل استعادته بالنعمة الإلهية، لتقديم فهم شامل لدوره في مسيرة الاتحاد بالله.

**Dutch:** Het menselijk hart, zoals beschreven in het Heilig Schrift en Christelijke theologie, speelt een centrale rol in het menselijk spiritueel leven en de relatie met God. Het is niet slechts een fysiek orgaan die het leven onderhoudt en essentieel is voor het normaal functioneren van andere organen, maar symboliseert ook de menselijke ziel die gedachtes, emoties en morele neigingen omvat. De Bijbel beschrijft het hart zowel als de bron van rechtvaardigheid als het slagveld van zonden, wat benadrukt dat het in lijn kan zijn met de wil van God of kan leunen richting het kwaad. De val van de mens leidde tot een corruptie van het hart, zoals beschreven in Genesis 6:5 waarin menselijke gedachtes continu richting slechtheid waren geleund. Echter, het Geschrift biedt ook hoop aan via heilige vernieuwing en transformatie, zoals te zien in de woorden van David de profeet die voor God pleitte: "Geef U mij een zuiver hart, mijn God, en een nieuwe geest die mij innerlijk standvastig maakt" (Psalm 51:10, NKJV). Het hart moet een continue zuivering ondergaan via zelfberouw, bidden en participatie in de sacramenten zodat het een woonplaats wordt voor de Heilige Geest. De leringen van Christus bevestigt dat het hebben van een zuiver hart de mens in staat stelt om God te zien (Mattheüs), wat het uiteindelijke doel van de spirituele reis benadrukt. Dit artikel onderzoekt de theologische relevantie van het menselijk hart, diens gevallen staat, en de middelen van vernieuwing via heilige genade, om zodoende een holistisch begrip te bieden van de rol van het hart in ons reis naar vereniging met God.

**English:** The human heart, as revealed in Holy Scripture and Christian theology, holds a central role in humanity's spiritual life and relationship with God. It is not only the physical organ that sustains life and is essential for the normal functioning of other organs but also it

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symbolizes the human spirit, encompassing thoughts, emotions, and moral inclinations. The Bible describes the heart as both the source of righteousness and the battleground of sin, highlighting its capacity to align with God's will or to incline toward evil. The fall of humanity led to a corruption of the heart, as illustrated in Genesis 6:5, where human thoughts were continuously inclined toward wickedness. However, the Scripture also offers hope through divine renewal and transformation, as seen in the words of David the prophet pleading with God, "Create in me a clean heart, O God, and renew a steadfast spirit within me" (Psalm 51:10, NKJV). The heart must undergo continuous purification through repentance, prayer, and participation in the sacraments, allowing it to become a dwelling place for the Holy Spirit. Christ's teaching affirms that a pure heart enables one to see God (Matthew 5:8), highlighting the ultimate goal of the spiritual journey. This article explores the theological significance of the human heart, its fallen state, and the means of restoration through divine grace, offering a holistic understanding of the heart's role in our journey of union with God.

**French:** Le cœur humain, tel que révélé dans les Saintes Écritures et la théologie chrétienne, joue un rôle central dans la vie spirituelle de l'humanité et dans sa relation avec Dieu. Il n'est pas seulement l'organe physique qui soutient la vie et est essentiel au fonctionnement normal des autres organes, mais il symbolise également l'esprit humain, englobant les pensées, les émotions et les inclinations morales. La Bible décrit le cœur à la fois comme la source de la justice et le champ de bataille du péché, soulignant sa capacité à s'aligner sur la volonté de Dieu ou à pencher vers le mal. La chute de l'humanité a conduit à une corruption du cœur, comme l'illustre Genèse 6:5, où les pensées humaines étaient continuellement sujettes à la méchanceté. Cependant, l'Écriture offre également de l'espoir grâce au renouveau et à la transformation divine, comme le montrent les paroles du prophète David suppliant Dieu : « Ô Dieu, crée en moi un cœur pur, renouvelle en moi un esprit bien disposé » (Psaume 51:10, LSG). Le cœur doit subir une purification continue par le repentir, la prière et la participation aux sacrements, lui permettant de devenir la demeure du Saint-Esprit. L'enseignement du Christ affirme qu'un cœur pur permet de voir Dieu (Matthieu 5:8), soulignant ainsi le but ultime du cheminement spirituel. Cet article explore la signification théologique du cœur humain, son état déchu et les moyens de renaissance par la grâce divine, offrant une compréhension approfondie du rôle du cœur dans notre chemin d'union avec Dieu.

**German:** Das menschliche Herz, wie es in der Heiligen Schrift und der christlichen Theologie offenbart wird, spielt eine zentrale Rolle im geistlichen Leben der Menschheit und in der Beziehung zu Gott. Es ist nicht nur das physische Organ, das das Leben aufrechterhält und für das normale Funktionieren anderer Organe unerlässlich ist, sondern es symbolisiert auch den menschlichen Geist, der Gedanken, Emotionen und moralische Neigungen umfasst. Die Bibel beschreibt das Herz sowohl als Quelle der Gerechtigkeit als auch als das Schlachtfeld der Sünde und hebt seine Fähigkeit hervor, entweder sich mit Gottes Wille in Einklang zu bringen oder sich dem Bösen zuzuwenden. Der Sündenfall führte zu einer Verderbnis des Herzens, wie in 1. Mose 6:5 dargestellt, wo menschliche Gedanken ständig zur Bosheit tendieren. Doch die Schrift bietet durch göttliche Erneuerung und Transformation auch Hoffnung, wie in den Worten des Propheten David, der Gott anfleht: „Erschaffe mir, Gott, ein reines Herz und gib mir einen neuen, beständigen Geist!“ (Psalm 51:10, NKJV). Das Herz muss durch Buße, Gebet und Teilnahme an den Sakramenten kontinuierlich gereinigt werden, damit es zu einer Wohnstätte für den Heiligen Geist wird. Die Lehre Christi bestätigt, dass ein reines Herz es einem ermöglicht, Gott zu sehen (Matthäus 5:8) und hebt die ultimative Zielstellung der spirituellen Reise hervor. Dieser Artikel untersucht die theologische Bedeutung des menschlichen Herzens, seinen gefallen Zustand und die Mittel der Wiederherstellung durch göttliche Gnade und bietet ein ganzheitliches Verständnis der Rolle des Herzens auf unserem Weg der Vereinigung mit Gott.

**Greek:** Η ανθρώπινη καρδιά, όπως αποκαλύπτεται στις Άγιες Γραφές και τη Χριστιανική θεολογία, κατέχει κεντρική θέση στην πνευματική ζωή του ανθρώπου και στη σχέση του με τον Θεό. Η ανθρώπινη καρδιά δεν είναι μόνο το φυσικό όργανο που διατηρεί τη ζωή και είναι απαραίτητο για την κανονική λειτουργία των άλλων οργάνων, αλλά συμβολίζει επίσης το ανθρώπινο πνεύμα, περιλαμβάνοντας τις σκέψεις, τα συναισθήματα και τις ηθικές κλίσεις. Η Αγία Γραφή περιγράφει την καρδιά ως την πηγή της δικαιοσύνης αλλά και ως πεδίο μάχης της

αμαρτίας αναδεικνύοντας την ικανότητά της να εναρμονίζεται με το θέλημα του Θεού ή να κλίνει προς το κακό. Η πτώση της ανθρωπότητας οδήγησε στη διαφθορά της καρδιάς, όπως φαίνεται στη (Γένεσις 6:5), όπου οι σκέψεις των ανθρώπων ήταν συνεχώς προσανατολισμένες προς την κακία. Ωστόσο, η Αγία Γραφή προσφέρει ελπίδα μέσω της θεικής ανανέωσης και της μεταμόρφωσης, όπως εκφράζεται στα λόγια του προφήτη Δαβίδ όταν προσεύχεται στον Θεό: „καρδιαν καθαρὰν κτίσον ἐν ἐμοί, ὁ Θεός, καὶ πνεῦμα εὐθὲς ἐγκαίνισον ἐν τοῖς ἐγκάτοις μου“ (Ψαλμός 51:10, Μετάφραση των Εβδομήκοντα). Η καρδιά πρέπει να υφίσταται συνεχή κάθαρση μέσω της μετάνοιας, της προσευχής και της συμμετοχής στα Ιερά Μυστήρια, ώστε να γίνει κατοικία του Αγίου Πνεύματος. Η διδασκαλία του Χριστού επιβεβαιώνει ότι η καθαρή καρδιά επιτρέπει στον άνθρωπο να δει τον Θεό (Ματθαίος 5:8), αναδεικνύοντας τον υπέρτατο στόχο της πνευματικής πορείας. Το παρόν άρθρο διερευνά τη θεολογική σημασία της ανθρώπινης καρδιάς, την πεπτωκία της κατάσταση και τα μέσα αποκατάστασής της μέσω της θείας χάριτος, προσφέροντας μια ολιστική κατανόηση του ρόλου της καρδιάς στην πορεία ένωσής μας με τον Θεό.

**Italian:** Il cuore umano, così come rivelato nella Sacra Scrittura e nella teologia cristiana, ricopre un ruolo centrale nella vita spirituale dell'uomo e nel suo rapporto con Dio. Esso non è solo l'organo fisico che sostiene la vita ed è essenziale per il normale funzionamento degli altri organi, ma simboleggia anche lo spirito umano, comprendendo pensieri, emozioni e inclinazioni morali. La Bibbia descrive il cuore sia come la fonte della giustizia che come il campo di battaglia del peccato, evidenziando la sua capacità di allinearsi alla volontà di Dio o di inclinarsi verso il male. La caduta dell'umanità ha portato alla corruzione del cuore, come illustrato in Genesi 6:5, dove i pensieri umani erano continuamente inclini alla malvagità. Tuttavia, le Scritture offrono speranza attraverso il rinnovamento e la trasformazione divina, come si vede nelle parole del profeta Davide che supplica Dio: "Crea in me o Dio un cuore puro e rinnova in me uno spirito saldo" (Salmo 51:10). Il cuore deve subire una continua purificazione attraverso il pentimento, la preghiera e la partecipazione ai sacramenti, permettendo così che diventi una dimora per lo Spirito Santo. L'insegnamento di Cristo afferma che un cuore puro permette di vedere Dio (Matteo 5:8), evidenziando l'obiettivo ultimo del cammino spirituale. Questo articolo esplora il significato teologico del cuore umano, il suo stato caduto e i mezzi di restaurazione attraverso la grazia divina, offrendo una comprensione completa del ruolo del cuore nel nostro cammino di unione con Dio.

**Swedish:** Det mänskliga hjärtat, som det visas tydligt i den heliga skriften och kristen teologi, spelar en central roll i människans andliga liv och relation till Gud. Det är inte bara det biologiska organ som upprätthåller livet och säkerställer de andra organens normala funktion, utan det symboliserar även den mänskliga anden, som omfattar tankar, känslor och moraliska böjelser. Bibeln beskriver hjärtat både som källan till rättfärdighet och som en kampplats för synd, vilket betonar dess förmåga att anpassa sig till Guds vilja eller luta sig mot det onda. Människans fall ledde till hjärtats fördärv, som illustreras i 1 Moseboken 6:5, där människans tankar ständigt lutade sig mot ondska. Skriften ger dock också hopp genom gudomlig förnyelse och omvandling, som uttrycks i profeten Davids ord: "Skapa i mig, Gud, ett rent hjärta, och ge mig på nytt en fast ande" (Psaltaren 51:10, SFB). Hjärtat måste genomgå en ständig rening genom omvändelse, bön och deltagande i sakramenten, så att det kan bli en boning för Den helige Ande. Kristi undervisning bekräftar att ett rent hjärta gör det möjligt för en att se Gud (Matteus 5:8), vilket betonar det andliga resans yttersta mål. Denna artikel utforskar hjärtats teologiska betydelse, dess fallna tillstånd och vägar till återupprättelse genom Guds nåd, och ger en helhetssyn på dess roll i vår vandring mot en förening med Gud.

In the beginning, God created man from the earth and breathed in his nostrils a breath of life so Adam became a living soul. As stated in Genesis 2:7, "And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life, and man became a living soul." This act signifies the divine origin of humanity, as God's breath transformed lifeless dust into a living being with unique qualities. The creation of man was special and differed from the rest of the creations. According to the account of Genesis and in contrast to the rest of creation, the creation of man involved the work of God's hands, then breathing in him a breath

of life. “For the Spirit of God has made me, and the breath of the Almighty gives me life” (Job 33:4), affirming that our existence is directly sustained by God’s divine presence and power. This profound truth highlights that human life is not merely physical but is deeply spiritual, originating from and sustained by God Himself. Understanding this divine connection is essential to exploring the concept of the spiritual heart, which is the core of our relationship with God and our true source of life and purpose.

### **The Spirit of Humanity and Its Divine Origin**

The term “breath of life” is a concept shared between man and other creation, as stated in the story of Noah:

“So they went into the ark to Noah, by twos of all flesh in which is the breath of life” (Genesis 7:15) [1].

This account shows that the soul is a shared attribute among all living beings. However, man is uniquely endowed with a spirit.

According to Genesis 2:19–20 [1], Adam, after receiving the breath of life, could recognize creation and name every living creature. This capability underscores unique human traits like reasoning, discernment, and communication—functions not found in other creatures, though they share the breath of life.

Eve, like Adam, understood God’s commandment and the devil’s temptation (Genesis 2–3) [1], further confirming the distinct moral and intellectual faculties of humanity.

Later, Adam and Eve’s shame and attempt to hide from God (Genesis 3:7–10) [1] show self-awareness and moral consciousness—qualities unique to the human spirit, which can comprehend, reflect, distinguish right from wrong, and exercise free will.

### **The Heart as a Symbol of the Human Spirit**

The Bible uses “heart” as a metaphor for the human spirit, given its essential role in sustaining life. As the heart physically supplies the body with nutrients, the spiritual heart connects our faculties and directs our moral path.

“My son, give me your heart, and let your eyes observe my ways” (Proverbs 23:26) [1].

“Keep your heart with all diligence, for out of it spring the issues of life” (Proverbs 4:23) [1].

“Create in me a clean heart, O God, and renew a steadfast spirit within me” (Psalm 51:10) [1].

“The sacrifices of God are a broken spirit, a broken and a contrite heart—These, O God, You will not despise” (Psalm 51:17) [1].

“My heart is glad, and my glory rejoices; my flesh also will rest in hope” (Psalm 16:9) [1].

“My flesh and my heart fail; but God is the strength of my heart and my portion forever” (Psalm 73:26) [1].

“I will give you a new heart and put a new spirit within you” (Ezekiel 36:26) [1].

### **The Inclination of the Human Heart Toward Evil**

Scripture warns of sin's effect on the heart:

“Then the Lord saw that the wickedness of man was great... and every intent of the thoughts of his heart was only evil continually” (Genesis 6:5) [1].

“The heart is deceitful above all things, and desperately wicked; who can know it?” (Jeremiah 17:9) [1].

Yet transformation is possible:

“Do not be conformed to this world, but be transformed by the renewing of your mind...” (Romans 12:2) [1].

### **Theological Implications of the Spiritual Heart**

The Bible affirms that God desires our spiritual surrender:

“My son, give me your heart” (Proverbs 23:26) [1].

Psalm 19 illustrates the divine ideal:

“The judgments of the Lord are true and righteous altogether. More to be desired are they than gold...” (Psalm 19:9–10) [1].

### **Teachings of Christ on the Heart**

Jesus emphasized the heart's role in righteousness and sin:

“Blessed are the pure in heart, for they shall see God” (Matthew 5:8) [1].

“A good man out of the good treasure of his heart brings forth good... for out of the abundance of the heart his mouth speaks” (Luke 6:45) [1].

“Whoever looks at a woman to lust for her has already committed adultery with her in his heart” (Matthew 5:28) [1].

“Why do you think evil in your hearts?” (Matthew 9:4–5) [1].

“Let not your heart be troubled, neither let it be afraid” (John 14:27) [1].

### **The Relationship Between the Human Spirit and the Holy Spirit**

God created the human spirit to align with His Holy Spirit. This is beautifully prayed in the **Third Hour Prayer of the Agpeya**:

“Your Holy Spirit, O Lord, whom You sent upon Your Holy Apostles... renew Him within us” [2].

Jesus prayed:

“That they all may be one, as You, Father, are in Me, and I in You...” (John 17:20–21) [1].

Paul teaches:

“The Spirit Himself bears witness with our spirit that we are children of God” (Romans 8:16) [1].

“Do you not know that you are the temple of God and that the Spirit of God dwells in you?” (1 Corinthians 3:16) [1].

### **Created in God’s Image**

Man was created in God’s image:

“Let Us make man in Our image, according to Our likeness...” (Genesis 1:26–27) [1].

“God is Spirit, and those who worship Him must worship in spirit and truth” (John 4:24) [1].

This divine likeness is restored through transformation:

“We... are being transformed into the same image from glory to glory” (2 Corinthians 3:18) [1].

“The new man... is renewed in knowledge according to the image of Him who created him” (Colossians 3:9–10) [1].

### **Conclusion**

The Spiritual Heart represents the human spirit—created for communion with God. Through prayer, repentance, and the work of the Holy Spirit [2], we can be transformed and restored to God’s image, fulfilling our divine purpose.

### **References**

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