

TGC TIMES



Cardiac Checkup

BY PASTOR SOLOMON KARUNAKARAN

I read in the news recently about a married couple. Both were teachers and they had dropped off their oldest son at college in NC. Along with their two other children they started to drive back and in a few minutes the husband had a heart attack while driving. His wife died instantly at the scene, while he was taken to a hospital and then died. His two other children who were seated at the back were critically injured but are now recovering in the hospital. One other son was home as he did not go with them on the trip. In a matter of few minutes – four children were orphaned. How devastating! The oldest son has chosen to take the semester off to take care of his siblings and navigate this new normal. Life ends when blood flow to the heart stops (Lev 17:11, 14).

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Here is another news story that caught my attention. A husband died and the wife was preparing for the funeral. She was supposed to take her husband's clothes to the funeral home. She did not turn up and when they searched for her, they found her dead at home. They are concluding that she died of a broken heart. A heart that could not handle the devastating loss.

The scripture says in, Prov 4:23, "Above all else, guard your heart, for everything you do flows from it." We are called to watch our hearts as if they are confined in a prison because life flows from it. In order to prevent a heart attack or a broken heart we need to make sure that the blood flow is not obstructed. How do we prevent a spiritual heart attack or a broken heart? Interestingly, it begins with a broken heart. A heart that is broken because of sin and a heart that is broken because of situations in life that break us.

A broken heart when handed over to the Lord is transformed into a new heart that will never die. King David wrote this after he had committed the sin of adultery – Psalm 51:17, "My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise." Our hearts and spirits are intertwined. We need to be broken, truly repentant when we sin and the blood of Jesus will flow through and cleanse us from all unrighteousness (1 John 1:7-9," 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin") And Ezekiel 36:25-27, " 25 I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. 26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. 27 And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.").

Hearts that are broken because of unbearable situations in life when surrendered to the Lord will be healed, saved and granted rest (Psalm 147:3 "He heals the brokenhearted and bandages their wounds", Psalm 34:18 "The Lord is near to the brokenhearted and saves those who are crushed in spirit", and Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest").

Dear TGC family, let us be broken because of our sins and when heartbroken because of situations, remember that the Lord will never despise us when we surrender our hearts to him.

PS

September Birthdays

<i>Deepak Gnanaraj</i>	<i>September 01</i>
<i>Pastor Solomon Karunakaran</i>	<i>September 04</i>
<i>Deborah Devaraj</i>	<i>September 08</i>
<i>Jennifer George</i>	<i>September 10</i>
<i>Amirtharaj</i>	<i>September 10</i>
<i>Blessina Shalom</i>	<i>September 14</i>
<i>Thomas Vijay</i>	<i>September 16</i>
<i>Anna Sinduja Anbu</i>	<i>September 19</i>
<i>Mithran Moses</i>	<i>September 20</i>
<i>Franklin S Abraham</i>	<i>September 23</i>
<i>Joel Nishbert Joe Duraimony</i>	<i>September 27</i>
<i>Meshach Ebenezer</i>	<i>September 30</i>
<i>Kenzie Samuel</i>	<i>September 30</i>

September Anniversaries

Benita Sharon Samuel & Samuel Masikodi

September 02

Ranjith Jayapandian Jothimani & Elda Williams

September 11

Joshua Devasagayaraj & Faustina Joshua

September 28

"The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing."

ZEPHANIAH 3:17

September 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 7 PM: • Back to School Prayer	4	5 Church Retreat	6 Church Retreat
7 9.30 am: • Sunday Service • Church Retreat	8	9 7 PM: • Elders Meeting	10 8 pm: • Wednesday Night Prayer	11	12	13 11 am: • Fasting Prayer
14 5 pm: • Sunday Service • Sunday School • Girls Youth Group • Tamil Class	15	16	17 8 pm: • Wednesday Night Prayer	18	19	20 8 am: • Men's fellowship
21 5 pm: • Childrens Sunday Service • Sunday School • Bake Sale	22	23	24 8 pm: • Wednesday Night Prayer	25	26	27 9 am: • CUP Outreach 12 pm: • Church Picnic
28 5pm: • Sunday Service • Sunday School	29	30				



Pastoral Update: Please reach out to Pastor Solomon for prayer needs and house visits