



October 2020

## LET NOT YOUR HEART BE TROUBLED!

**Y**es, I know some of us have heard these same words from Sean Hannity on Fox News in the evening. However, these are the words from our Lord and Savior Jesus in comforting His disciples (John 13:21). Believe it or not, even Jesus was troubled in His spirit knowing one of His disciples would betray Him. Also we well know this was leading up to His crucifixion in obedience to His Heavenly Father's will. Yes, we have to believe that even Jesus Christ the Son of God had a very troubled and broken heart ❤️ for you and for me. Have you thought about your heart lately? Do you have a troubled heart?

### Knowing Your Heart

Your human heart is an incredibly rugged organ: a four-chamber, four-valve pump that handles over 2,000 gallons of blood every day and is pumping over one and one half gallons of blood every minute. The right side of the heart pumps blood into your lungs and the left side pumps oxygenated blood around the body. Did you know that your little heart pumps around one million barrels of blood during an average lifetime? Here is the kicker...one barrel equals 55 gallons...what an incredible pump. WOW!!! This equals a kitchen faucet turned on all the way for at least 45 years. Your circulatory system is supplied with 12,000 miles of vessels which also allows 75 trillion cells in the body to receive blood from the heart. In the course of an average lifetime, your little heart has the ability to beat over 3 billion times. Just think of this...all the blood in your body, around five liters or one and one-third gallons are pumped through your heart every minute while your heart beats about 101,000 times a day. A heart can continue beating even when separated from the body because it has its own electrical impulse. Did you know that many thousands of people have died of a broken heart ❤️?

### Knowing Your Spiritual Heart

We know the leading cause of physical death is still heart disease. Similarly, the leading cause of spiritual death is a sin-sick heart. Jeremiah 17:9 says, *"The heart is deceitful above all things, and desperately wicked: who can know it?"* In 1 Samuel 16:7 the Lord says we judge by looking on the outward appearance, but the Lord looks on the heart! Psalm 139:23 says, *"Search me O God, and know my heart! Try me and know my thoughts."* Jesus lets us know in Luke 12:34, *"For where your treasure is, there will your heart be also."* Matthew 12:35 reads, *"For out of the abundance of the heart the mouth speaks."*

Being part of FCAP, we realize God is using all of us in His perfect time and in different ways throughout the Airline/Aviation

Industry. Therefore, we must understand the true importance of man's heart. The Word tells us to guard our hearts and minds, and let the peace of God rule in our hearts. Jesus said we are to love the Lord our God with all our heart, soul and mind (Matthew 22:37). Proverbs 3:1 tells us to not forget His law but to keep His commandments.

Our Father sees and feels our heartaches, hurts, pains, confusion, anxiety, depression, despair, loneliness, brokenness, and emptiness. He understands our fears over what may be next for us and how we are going to get through tomorrow. Ephesians 3:17 reminds us that with Christ Jesus dwelling in our hearts through faith, He will help us become rooted and grounded in His love. Psalm 34:18 reassures us, *"The Lord is close to the broken hearted and saves those who are crushed in spirit."* We too are men and women after God's own heart, just like King David.

### Knowing God's Heart

Did you know there are over eight hundred references to the heart in the Holy Bible? In Proverb 7:3 God tells us to always remember the Ten Commandments, *"Bind them on your fingers; write them on the tablet of your heart."* Proverb 17:22 tells us that a joyful, cheerful, and or a merry heart doth good like medicine. Here are additional verses about the heart to consider: Psalm 37:4, *"Delight yourself in the Lord, and He will give you the desires of your heart"* and Matthew 5:8, *"Blessed are the pure in heart for they shall see God."*

One of my old time favorite songs is *There's Within My Heart a Melody*. The words of the refrain are "Jesus, Jesus, Jesus — sweetest name I know, fills my every longing, keeps me singing as I go." Remember, you have a Heart of Gold so keep it pumping and be bold. Meditate on Proverb 3:5-6...trust in the Lord with all your heart ❤️ because we know Who can mend a broken heart ❤️! JAL

***"My flesh and my heart may fail, but God is the strength of my heart forever."***

Psalm 73:26 NASB

*(This article was written by Jerry Litwiller, a retired pilot with United Airlines. Jerry serves as President of our FCAP Board of Directors.)*



**Fellowship of Christian Airline Personnel**  
[www.fcap.org](http://www.fcap.org)



# Fellowship of Christian Airline Personnel

*"If I ride the morning winds to the farthest oceans, even there  
Your hand will guide me, Your strength will support me." Psalm 139: 9-10*

## ABOUT US

The ministry of FCAP is carried on by everyday ordinary people throughout the airline workplaces of the world who go to work with an extraordinary calling to be "salt and light." The FCAP ministry is non-denominational. FCAP is a fellowship of Christians who identify with one another through a common focus and purpose. And we desire to demonstrate how our faith in Jesus Christ can influence the people and circumstances of our workplace. We are blessed to have both airline and non-airline people who encourage and support this ministry.

## PERSPECTIVE & FOCUS

Most people look at work primarily as a source of income. Some even view it as a curse imposed on them as punishment from God.

The Fellowship of Christian Airline Personnel believes that God places a high value on work and is deeply interested in our work, our performance on the job, and our relationships with our co-workers.

**FCAP's mission ...***"To represent Christ in the airlines/aviation industry through meaningful relationships and quality work worldwide."*

**FCAP's purpose ...** encourages people to *know and experience God's presence with them at work and to trust Him for the enabling strength in the responsibilities and challenges of work.*

## VALUES

We value doing our work wholeheartedly as unto the Lord, knowing we represent Christ by the quality of our performance while on the job. (Ephesians 6:6)

We value intentionally engaging our faith in the workplace by expressing it in both deeds and words. (1 Timothy 6:17-19)

We value influencing the people around us by creatively building relationships with them and looking out for their interests just as we do our own.

We value connecting the church in the workplace by seeking out other Christians, to mutually show our love for one another and our care for the people God has placed around us. (John 13:35)

## UPCOMING ONLINE EVENTS



### "How to Share Your Testimony and the Gospel"

Wednesday, October 14 9:30 am ET  
Facilitated by Björn Strottman



### "Financial Q & A With Denise"

Thursday, October 15 9:30 am ET



### "Financial Q & A With Dale Goodrich"

Thursday, October 29 9:30 am ET

## ONLINE FELLOWSHIP/PRAYER

*Join us via Zoom ...*

### **Women's Fellowship/Prayer Time**

Tuesday, October 6 and 20 9:30 am ET

### **Fellowship/Prayer Time for Everyone**

Wednesday, October 7 and 21 9:30 am ET

### **Men's Fellowship/Prayer Time**

Tuesday, October 13 and 27 9:30 am ET

Visit [FCAP.org](http://FCAP.org) for details or contact the FCAP

## Counseling Assistance Now Available!

In light of current events and their effect on the airline industry, through God's gracious provision FCAP is able to assist with counseling needs in the lives of those needing new direction and hope. Recommended counselors are in place for both personal counseling and for financial counseling. To learn more...

[FCAP Counseling Assistance Policy & Application](#)

[Bios of Recommended Counselors](#)

