

e-KardíaGram

Your Heart.
God's Beat.

Physical Diagnosis

I heard what the angel said, but I didn't understand. So I asked, "Sir, how will it all end?" The angel in my vision then replied: "Daniel, go about your business, because the meaning of this message will remain secret until the end of time. Many people will have their hearts and lives made pure and clean, but those who are evil will keep on being evil and never understand. Only the wise will understand." (Daniel 12:8–10 CEV)

In the context of diagnosis, illness or injury is not fully revealed until a complete history and physical examination is done. Chief complaints, reported symptoms, exam findings, lab results, biopsies, imaging such as CT scans or MRIs, and specialist opinions...all of the pieces are fit together and carefully considered to arrive at a logical answer. Note that looking ahead to the end (i.e., the diagnosis) is not necessary because it's the process of analyzing the gathered information that really helps us make sense of everything and informs our treatment plans. Sometimes determining a patient's problem is straightforward; other times it is more elusive. But, as we care for those who come to us, we can't know the end without systematic discovery—that is, going about our business—that leads to a wise understanding of all of the data.

Are we less diligent and attentive than this in our spiritual lives? Shouldn't the steps be the same? Shouldn't we stop worrying about the end, instead ensuring that we are following the right process? Of all the people God could have and should have trusted with an answer, Daniel was on the short-list. Yes, Daniel. The "I'm bowing down to God, not you" prophet. That's right, the healthy diet, handwriting on the wall, "the lions don't scare me" guy. God wouldn't trust HIM with knowledge of what's to come? If not Daniel, then probably not you or me, either. So, how will it all end? Maybe going about our business of being pure, clean, and wise is more productive when we leave God to worry about that. —Jeff Russell

e-KardíaGram is produced by The Kardía Foundation. Written by Jeffrey A. Russell, PhD, ATC

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