

TO LOVE THE LORD THY GOD - Physically, part 29 quotes

1 Laws Governing the Human Body

The Area and Law of AIR

Fresh pure air is an essential part of life. We can live for minutes without air because every cell in our body requires oxygen in order to function. If the air you breathe is not pure, then you force all the cells in your body to function on this impure oxygen. In fact, The American Lung Association has declared that about $\frac{1}{2}\frac{1}{2}$ of all illnesses are either caused or aggravated by polluted air!

Fresh pure air, not smog or smoke filled polluted air, will fill your lungs and our blood with oxygen, and in turn when you exhale you remove the poisonous gas of carbon dioxide or CO₂ from the blood and your body. Every time you breathe, oxygen replaces poisonous CO₂ in you and thus works to purify your blood and body.

Oxygen imparts to the blood a bright color, and then the heart sends this life-giving flow to every part and cell of the body. If the circulation of the blood should be hindered in any way, such as by tight clothing, bands, belts, etc., or by insufficient clothing to protect your arms and legs from the cold which drives the blood away, then you deprive parts and cells of your body from the necessary oxygen it needs, as well as allowing the poisonous CO₂ levels to increase. Whatever hinders the circulation forces the blood to pool in the core of your body where your vital organs are located, and thus produces congestion in them. This congestion can result in causing you headaches, coughing, palpitations of the heart, and even indigestion.

Good deep respirations will soothe your nerves, stimulate your appetite and render your digestion of food more perfect. It will also help you to get a good, sound and refreshing night's sleep.

2 Why did God create human beings with the need of constantly breathing in air?

“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.” Genesis 2:7.

This verse reveals that even though we had a formed body, yet we were still dead until God Himself breathed His breath of life into us, and then we began to live. Just as the body cannot live without needing air, so we cannot survive without needing the Saviour Jesus Christ! Just as each cell must be connected with oxygen in order to live, so every part of our spiritual life must be connected with Christ in order to live. If we keep any of our poisonous self alive in us, then just as the increasing levels of the poisonous CO₂ in our blood will cause us to become sleepy, and if high enough will kill us, so increasing levels of selfishness in us will adversely affect our spiritual life, and if not expelled it will cause us to sleep the sleep of death and lose eternal life.

Also, as one big breath of oxygen will not last us very long, but we need to constantly breathe in a fresh supply of pure oxygen into our lungs in order to replace the poisonous CO₂ in the blood, then one big partaking of the Saviour at conversion is not enough to last us very long. Our spiritual life needs a fresh and constant partaking of the pure Saviour in our hearts in order to replace selfishness in us. Since we need to constantly breathe in the pure and then freely exhale the poison away from us, so we also need to be constantly converted to Jesus in order to allow self to freely pass away from our hearts.

“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.” Luke 9:23.

“I die daily.” 1 Corinthians 15:31.

3 For those who have once accepted the Lord Jesus Christ, but have allowed your spiritual life to die away, even to the point that all that remains today is nothing but dry lifeless bones, yet even now there is still hope of having your spiritual life revived and be able to come alive for Jesus once again!

“The hand of the LORD was upon me, and carried me out in the spirit of the LORD, and set me down in the midst of the valley which was full of bones, And caused me to pass by them round about: and, behold, there were very many in the open valley; and, lo, they were very dry. And he said unto me, Son of man, can these bones live? And I answered, O Lord GOD, thou knowest. Again he said unto me, Prophecy upon these bones, and say unto them, O ye dry bones, hear the word of the LORD. Thus saith the Lord GOD unto these bones; Behold, I will cause breath to enter into you, and ye shall live: And I will lay sinews upon you, and will bring up flesh upon you, and cover you with skin, and put breath in you, and ye shall live; and ye shall know that I am the LORD....and they lived, and stood up upon their feet, an exceeding great army.” Ezekiel 37:1-6, 10.

This passage reveals that there is a real hope today for all whose spiritual life is dried up, dead and non-existent. Our miracle working God is still willing to personally revive you by breathing into you the breath of life, putting Jesus Christ back into your heart and soul, so that you can truly rise up and live and work for Him. And if faithful, you along with that exceeding great army of other precious revived souls, will indeed gain an everlasting life.

4

The Area and Law of SUNLIGHT

Sunlight is one of nature's most healing agents. Sunlight destroys bacteria, and helps in preventing or healing infections. Sunlight has shown a positive effect upon the cardiovascular fitness and muscular endurance of college aged men when tested, and its warming effect on the skin increases circulation. Sunlight also showed a 30 - 40% decreased risk for breast cancer occurrence among women who were tested and who got at least 10-15 minutes of daily exposure. It also has been shown to reduce blood pressure; decrease excess cholesterol; increases red and white blood cells; and even aids in weight loss. And when unfiltered sunlight hits your skin, vitamin D is produced which is essential for calcium to be utilized by your body system! So direct sunlight exposure in moderation, and without sun screen or tanning oils, is indeed essential for good health.

As soon as the pale and sickly blade of grass breaks through the cold earth in early spring and allows the health-and-life-giving rays of the warm sun to shine upon it, its leaves become healthy and deep green. In turn, if those who are pale and sickly would go out into the light and warmth of the glorious sun, they would also be able to enjoy its life-giving, health-dealing power.

5 Why did God create the sun as well as our body's need for it?

Just as sunlight is essential to our health and that we should not hide ourselves away from its healing rays, so may we all look up to Jesus — the “Sun of righteousness” and not hide ourselves away from Him, because He comes to us “with healing in his wings” (Malachi 4:2).

Jesus promises healing for every sin-sick soul. Many who are dwelling in the dark shadow of sin and death need to realize that they have a hope for salvation if they would only turn their faces toward the Light of the world, for “in Him is life, and the life is the light of men” (John 1:4). Jesus Christ is “the true Light, which lighteth every man that cometh into the world” (John 1:9), and if you will choose to open your heart each day to receive the warm and healing beams of His love and righteousness, you will indeed find the healing balm needed to change your life from bad to good, from sickness to health, from death to life.

As God has given you the sun — whose rays of light bring free healing warmth, so He has given you His Son Jesus — whose light of truth brings free healing warmth to your soul. God gave you both the sun and Jesus to be a joy and a blessing, as well as for health and long life; and for those who accept Jesus as their Saviour — it will be a never ending life!

6

The Area and Law of TEMPERANCE

To be in the best condition of health largely depends upon temperance. Temperance means moderation and abstinence. Moderation is to be in all good areas of our daily life — whether in working, eating, drinking, thinking, etc., and abstinence is our refusal to partake in any area which is harmful to our health.

Temperance will reward you with mental and moral vigor, and will also aid in the control of your passions. Intemperance in any area is harmful to your health. Those who overwork find it very difficult to remain calm and patient when tested, and those who overeat find it very difficult to think and act and control themselves in other areas.

As each of our body systems and condition of health is different, then one person cannot lay down an exact rule for another to follow. What would be considered proper exercise for someone younger and energetic, would be too much exercise for someone older and sedentary. This means that we each need to discover the limits of our own body, using reason to understand what is temperate or intemperate for us, and then act from principle in regard to our findings.

We should all be careful to not burden ourselves down with too much work that others can and should bear in your place. The work that God requires us to do will not prevent our caring for our health. The more perfect our health, the more perfect will be our labor and the more we can thus accomplish. But when we overtax our strength and become exhausted, we are liable to catch a cold, and at such times there is danger of disease assuming a more dangerous form in us. God will not overrule our presumptuous intemperance, because God has placed the responsibility to care for your health squarely upon us! Remember, it was Adam and Eve's intemperate desire for that forbidden fruit that resulted in their loss of Eden, and the same for us!

7 Why didn't God create humans to never grow weary, or to never need sleep? God could have created our entire world and all life in it in just one day, because He is the Almighty. But instead He took 6 days in which to create it all. The reason why was to teach us the law of Temperance!

The apostle Paul referred to the strict self-denial and temperance practiced by the contestants in the ancient Greek games, and then stated the following:

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Corinthians 9:24-27.

Paul was here connecting this physical law of temperance with salvation. In other words, in regards to our health, once we learn how to avoid the bad — which takes self-denial, and to only perform the good — which takes self-control, then we are also learning the vital skills for how to avoid sin and evil, and to only perform righteousness in regards to your spiritual life! God will indeed help us in this battle by giving all the grace and divine power we need to deny inclination, appetite, over working, excess and temptation so that we may come off "more than conquerors through Him that loved us" (Romans 8:37).