

TO LOVE THE LORD THY GOD - Physically, part 30 quotes

1 Laws Governing the Human Body

The Area and Law of REST

When we sleep, certain areas of our brain switch off, while other areas turn on reorganizing the recent information gathered. Instead of providing energy for work, the body systems repair any damage done during the day, replenishing the energy used up and rejuvenating the system. This means that we cannot cheat on sleep for very long without sacrificing our health.

Every hour of sleep before midnight is worth two hours of sleep after midnight. If you happen to go to bed after midnight, you feel so tired the next day because your body did not get enough sleeping and repairing time. But falling asleep several hours before midnight, will make you feel refreshed and wide awake earlier in the morning because your body received the sufficient amount of sleep needed to repair and rejuvenate itself.

2 “And he [Jesus] said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. And they departed into a desert place by ship privately.” Mark 6:31-32.

These verses reveal that Jesus and the disciples were very busy throughout the day attending to the needs of the people, to the point that they did not even have time to eat anything. But where did this extra energy come from?

God has created each human being with what is called vital force. Vital force is extra energy stored within our body to be used for any given emergency. Jesus did not tell His followers that it was ok for them to continue on working hard, but instead commanded them to stop, so that they could go somewhere private and “rest a while”. This rest was absolutely necessary for their health in order to allow them to eat in peace and thus replenish the calories which they had already used up. But also to replenish their supply of vital force which they had already borrowed from in order to perform so much work in such a short time.

Those who have worked hard during the day, but continue to labor on when their judgment tells them they need to stop and rest, are never better for their overworking because they had to dip into their vital force. Vital force can be replenished through resting, but it takes longer to put back into your vital force what energy was borrowed, than it does to use it. If you continuously dip into your vital force without corresponding rest to recoup it, then when an unforeseen emergency arises there is no extra energy left to help you cope and handle the emergency, and your nerves and body will break down, or you will succumb to some sickness and die.

In 2005, a 28 year old man died presumably from “heart failure stemming from exhaustion” after “playing an online computer game for 50 hours with few breaks” (<http://news.bbc.co.uk/2/hi/technology/4137782.stm>, accessed 11-9-13). And in 2011, a 30 year old “man has died after a three-day online gaming session in which he did not sleep and barely ate” (<http://www.bbc.co.uk/news/world-asia-pacific-12541769>, accessed 11-9-13). Both of these men had chosen to needlessly and severely overwork themselves by continuously borrowing extra energy from their vital force until there was no more energy left, and they died.

3 Why did God create our body with the need for rest, and what important spiritual lessons does this teach us?

Just as physical rest and recuperation is necessary to be healthy, and without it we would soon die, so spiritual rest is just as essential for our well-being, and without it we will just as surely die — but this would be an eternal death.

True spiritual rest is a rest from the guilt pressed upon us because of our sins. And it is only through Jesus Christ that we can be set free from pressing guilt, and escape the bondage of sin.

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?...For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:16, 23.

If you will just obey Christ's call to “Come unto Me”, then He promises to “give you rest” (Matthew 11:28). This promise is a prescription for the healing of all your physical, mental, and spiritual wounds and ills. Though you have indeed brought suffering upon yourself by choosing to do wrong, yet Christ still regards you with pitying tenderness and kindness. In Jesus you may find true and lasting help, because He will do great things for all who choose to come to Him for rest.

4 Jesus declares that He is the “Lord also of the Sabbath” (Luke 6:5). This means that a good portion of spiritual rest is to be found in keeping God’s Sabbath day holy.

“Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.” Exodus 20:8-11.

“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.” Genesis 2:2-3.

This 7 day weekly cycle, with the 7th day as a Sabbath rest day, is a creation and command of God. Scientific researchers have discovered that human hormones, immune responses to infections and disease, production of blood and urine chemicals, and even the heartbeat and blood pressure all operate on a 7 day pattern called Circaseptan Rhythms. But it is not just the human body system that functions on this Circaseptan Cycle.

Experiments conducted by scientist Franz Halberg showed that 7 day cycles govern fundamental aspects in the lives of flies, rats and other living things. Other scientists discovered that there are no cycles that occur in five, six, eight, nine, ten days, but only in seven days. They also discovered that this weekly cycle was of very ancient origin, because it appeared in very primitive one-celled organisms, and even in bacteria. There is nothing in earth’s seasons, tides, orbits and or any other aspect of external nature that accounts for a 7 day week. Nothing in the stellar heavens follows a seven day cycle, showing that there is no astronomical reason for it. This 7 day weekly cycle had to originate from a completely different source which is not connected with, or influenced by, the human, animal, plant, insect, microbiol or any other natural kingdoms, or stellar bodies.

This gives great reason and even conclusive evidence to understand that our Creator God built into the cellular functioning of every living creature on this earth a circaseptan rhythmic cycle. And since God is the Creator of this 7 day rhythm, then any deviation from it would bring negative consequences!

During the French Revolution, France adopted a 10-day week. They did this with the intent to de-Christianize the country and increase its productivity. But because they saw a very noticeable decrease in productivity, a great increase in injuries, exhaustion, and illness among its populace, mental institutions quickly filling up to capacity, and even the animals used for various kinds of work were collapsing and dying, France only followed this 10 day weekly cycle for about 12 years, and then went back to a 7-day weekly cycle.

Other cultures and societies tried making the work week less than 7 days. But they saw productivity gradually lessening to just a trickle of what it once was, and so reverted back to the 7 day week. This revealed that a shorter work week had the negative effect towards productivity, while a longer one had the negative effect of causing an unsustainable strain on workers. These facts also provides conclusive evidence that mankind, as well as animals, function best when operating on a 7 day cycle, with one day as a rest day — just as our Creator God established in the beginning. (See Proof Positive, by Neil Nedley, MD, at <http://lifestylelaboratory.com/articles/proof-positive/rest.html>, accessed 8-18-17; Association of Christian Development website, article: The Amazing 7-Day Cycle, by Kenneth Westby, at <http://www.godward.org/archives/Special%20Articles/7-Day%20Cycle.htm>, accessed 8-18-17; The Trumpet Magazine, January, 2012, article: The Surprising Origins of the Universal Seven-Day Rhythm of Human Life, by Jeremiah Jacques, at <https://www.thetrumpet.com/8861-why-the-week>, accessed 8-18-17.)

Just as God created the 7 day week, with the first 6 days as working days and the seventh day as a holy rest day, so in following this divine pattern the seventh day Sabbath becomes a weekly reminder that Jesus is our Creator, as well as our Redeemer and Saviour from sin. On the holy Sabbath hours of each Saturday of every week, Jesus personally invites you to separate yourself from all earthly activities and cares so that you might enter into this special rest together with Him and be refreshed.

“For he (God) spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works....There remaineth therefore a rest (Sabbath) to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.” Hebrews 4:4, 9-11.

If someone chooses to disregard this area and law of rest by overworking themselves, then they will gradually lose all their physical energy and then forfeit their life. So those who choose to disregard the law of rest on the Sabbath, will gradually lose their spiritual energy and then forfeit their eternal life.

“Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the LORD that doth sanctify you. Ye shall keep the sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Six days may work be done; but in the seventh is the sabbath of rest, holy to the LORD: whosoever doeth any work in the sabbath day, he shall surely be put to death.” Exodus 31:13-15.

If we instead choose to follow God's commandment to work 6 days but rest upon His holy 7th day Sabbath, then He will bless, preserve and sanctify our spiritual life, and we will indeed obtain eternal life.

“And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life? And he said unto him...if thou wilt enter into life, keep the commandments.” Matthew 19:16-17.

“Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.” Revelation 22:14.

“If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.” Exodus 15:26.

5

The Area and Law of EXERCISE

After God created mankind, He commanded them to have daily exercise!

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” Genesis 2:15.

“In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.” Genesis 3:19.

Daily exercise has been shown to be an excellent way to slow down the effects of aging on the body, as well as to enhance the quality of life. Walking is the best form of exercise, because all the limbs and organs of the body are brought into proper use. Walking one or more miles each day greatly improves the circulation of the blood. The action of the heart becomes more perfect and strengthened to pump more volume of blood per beat, thus allowing it to rest longer between beats — which increases life. Regular exercise of 10-15 minutes each day lessens the time it takes for poisons and toxins to be eliminated from our system, because nearly 1/3 of all impurities are eliminated through the skin, and sufficient exercise allows the pores to open and discharge these impurities in the sweat.

Exercise is also important to digestion, as well as our lungs. The lungs expand and thus strengthen, which allows them to take in more oxygen and throw off more poisonous gasses. Also our immune system is strengthened and enhanced by daily exercise, by preventing disease, such as cancer, high blood pressure, and high cholesterol. Also the lymphatic system is aided in the circulation of the lymph fluid from 5 to 15 times during vigorous exercise.

Exercise is free, and as we partake of it, let us remember to give glory and praise to our Creator for the gift and ability to “live, and move, and have our being” (Acts 17:28). Those who do not take time to exercise will definitely have to take time for illness! Let us establish a regular time for walking or other forms of exercising, and thus aid our body in regaining or maintaining health. That way we can not only live longer, but we can also be free from sickness and pain which will increase our happiness, and thus allow us to better glorify God.

6 Why did God create our body’s need for exercise, and what important spiritual lessons can we find?

As we must exercise in order to maintain good health, so we must exercise our faith in order to maintain good spiritual health. Physical exercise aids in the body’s efforts to expel poison, as well as to heal weakness, sickness and disease. Exercising our faith aids the Holy Spirit’s efforts to expel sin and selfishness, as well as to heal weakness, sickness and disease in our spiritual life. As exercise increases our physical strength and endurance, so exercising our faith will increase our spiritual strength and endurance, thus making us more able to hold fast unto the end so that we can be saved (Matthew 10:22).

As we exercise our body, let us not neglect to also exercise our faith in God. That way we may be healthy both physically and spiritually, and thus enabled to live stronger, longer and better lives on this earth, as well as on the new earth throughout eternity. And spiritual exercise is by far the best to focus your attention upon.

“For bodily exercise profiteth little [for salvation]: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.” 1 Timothy 4:8.