

START WITH A STORY:

Q: When does a skeleton laugh? A: When something tickles his funny bone.

Q: What happened to the pirate ship that sank in the sea full of sharks? A: It came back with a skeleton crew!

Q: How did the skeleton know it was going to rain? A: He could feel it in his bones!

Q: Why didn't the skeleton want to play football, anymore? A: Because his heart wasn't in it!

Q: What did the skeleton say while riding his Harley Davidson motorcycle? A: I'm bone to be wild!

Q: Why did the skeleton have to go to church to play music? A: They don't have any organs!

Q: Why wasn't the naughty skeleton afraid of the police? A: Because he knew they couldn't pin anything on him!

If all the bones from your body were removed and laid end to end...



...you'd be dead.

LESSON THEME:

INTRODUCTION: It's magnificently amazing. The beautiful Word of God is marvelous to behold. The more we discover in our search for an understanding of the intricacies of life, the more glorious God's inerrant Word performs. Carnal men have hoped that as science discovered more about life, the Bible would become irrelevant because of its inability to compete with "real truth." They also hoped that the masses would embrace the hollow doctrine of Godless evolution - but just the opposite has and is occurring. Carnal "truth" has been forced to change its "truth" on a rather regular basis. This irrefutable law needs repeating: Man's "truth" of yesterday is discredited by his "truth" of today, and man's "truth" of today will be discredited by his "truth" of tomorrow. But God's truth, as written in His magnificent Word, never changes.

Jesus said in **Matthew 7:24-27**: *"Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it."*

Is your life built upon the Rock of Ages? Have you surrendered your life unto Jesus Christ? Are you born-again?

LESSON: The astounding literalness of the Word of God is magnificent. **The Bible teaches that bones are directly affected by sin, stress, anxiety, fear, grief, or conversely, by righteousness, peace, joy, hope, and faith.** When the bones are affected, not only can bone density and bone marrow be affected, but many things in the body can also be affected, such as detoxification, calcium deposits, red blood cells, white blood cells, the lymphatic system, and much more that science has yet to discover.

God tells us in **Job 20:11**: *"His bones are full of the sin of his youth, which shall lie down with him in the dust."*

Again God says in our copy of the Scriptures, **Psalms 6:2**: *"Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed."*

Then consider, **Proverbs 3:7-8**: *"Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones."*

God tells us plainly in **Isaiah 66:14**: *“And when ye see this, your heart shall rejoice, and your bones shall flourish like an herb: and the hand of the LORD shall be known toward his servants, and his indignation toward his enemies.”*

Man on the other hand says defiantly, *“God is simply a figment of uneducated man's imagination - a mythical figure, void of any scientific proof of His existence.”* And *“We are a sophisticated and scientific society. We have no need of the writings of ancient men who had no understanding of the human psyche and biology.”*

1. BONES - Imagine, Scriptures recorded thousands of years ago continue to be vindicated by science's investigative eye. These discoveries are simply more proof that God is, and that He is a rewarder of those who diligently seek Him. The Bible speaks of bones in a multifaceted way - surely more than something to stretch skin over or a place to hang one's organs. Bones are directly affected by sin, stress, anxiety, fear, grief, or conversely, by righteousness, peace, joy, hope and faith. When the bones are affected, not only can bone density and bone marrow be affected, but many things in the body can also be affected; such as detoxification, calcium deposits, red blood cells, white blood cells, the lymphatic system, and much more that science has yet to discover.

The scriptures teach that:

Bones can be vexed;
Depression affects bones;
Envy can cause bones to rot;
Bones can be made fat by a good report;

Bones can speak of God's glory;
Bones can rejoice; and
Bones are compared to an herb that can flourish.



The following paragraphs from the January 2006 issue of *Life Extension* are taken from an article dealing with osteoporosis in men:

*“The human skeleton is the single largest **organ system** in the body. Composed of a complex mix of organic proteins and inorganic mineral crystals, bones are much more than just structural supports. **Bones are the body's only reservoir of important minerals such as calcium and phosphorus, which are critical for virtually every other organ system.** Calcium, for example, is used in every nerve and muscle cell in the body as a chemical signal. Phosphorous is used in every cell in the human body and is considered the universal energy "currency"; when fats, carbohydrates, and proteins are burned for energy, phosphate molecules move to or from carrier molecules to keep energy flowing. Levels of calcium and*

phosphorous must be precisely maintained to keep tissues working properly. Because there is no other internal storage area for these minerals, the skeleton functions as a strategic reserve, absorbing or releasing minerals as required to keep blood levels virtually constant. Bones are able to fulfill this function due to their amazing complexity.

To a structural engineer, bone would be considered a "composite" material, part mineral and part living tissue. It is formed mostly of calcium phosphate arranged in crystals called hydroxyapatite, embedded in a protein matrix primarily made of collagen. This arrangement is very similar to reinforced concrete, in which strong steel bars are embedded in weaker cement. Like reinforced concrete, bone has remarkable strength when it is compressed (for example, when it supports the normal weight of a person standing or moving). [End of quote]

The skeletal system, as the Bible teaches and as science has discovered, is not just a composite material, but is a living organism directly affected by spiritual input, whether good or bad. The following excerpt is from "A Merry Heart or a Broken Spirit" speaking directly of bone marrow:

Inside our bones is found a spongy, moist tissue called bone marrow where all of our body's blood cells are produced. The blood cells begin life in the moist marrow as stem cells. These stem cells divide and form the various cells that make up our blood and immune system. Out of this moist bone marrow come red blood cells, which carry oxygen and nutrients to the body, and also the white blood cells that fight infection. Without bone marrow there could be no human life.

The amazing bone is strong as steel but light as aluminum, and inside the cancellous bones of the ribs, vertebrae, sternum, and pelvis is bone marrow, a moist hive of activity. **Imagine, two million red blood cells are being replaced every second and they're being generated in the body's bone marrow.** So then, the red blood cells carry oxygen and nutrients to the body and the white blood cells defend against disease; and both, as stated above, find their beginnings in moist bone marrow."

In **Isaiah 66:14**, God speaks of a time of great rejoicing, and in referring to bones He says, "*And when ye see this, your heart shall rejoice, and your bones shall flourish like an herb:*" Bones flourishing like an herb? Relatively modern science had yet to begin to discover this amazing anatomical insight, yet this passage was written over 2,500 years ago. Only the Creator could know that bones and herbs grow and develop through a process of absorption, also known as osmosis. Yes, bones that rejoice flourish like an herb. **Psalms 35:10:** "*All my bones shall say, LORD, who is like unto thee...?*" The bones are definitely talking and I heard what they said. They said, "The God of the Bible made me."

God tells us in **Job 20:11:** "*His bones are full of the sin of his youth, which shall lie down with him in the dust.*"

And **Psalms 6:2:** "*Have mercy upon me, O LORD; for I am weak: O LORD, heal me; for my bones are vexed.*" (bawhal – disturbed, alarmed, terrified, hurried, anxious, made nervous)

And again in **Proverbs 3:7-8:** "*Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.*"

And still again in **Isaiah 66:14:** "*And when ye see this, your heart shall rejoice, and your bones shall flourish like an herb: and the hand of the LORD shall be known toward his servants, and his indignation toward his enemies.*"

Just look at a few of these verses from our copy of the Holy Scriptures:

Psalms 35:10: "*All my bones shall say, LORD, who is like unto thee, which deliverest the poor from him that is too strong for him, yea, the poor and the needy from him that spoileth him?*"

Psalms 51:8: "*Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.*"

Proverbs 3:8: "*It shall be health to thy navel, and marrow to thy bones.*"

Proverbs 16:24: "*Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.*"

Proverbs 17:22: "*A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*"

Psalms 31:10: "*For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed.*"

Job 20:11: "*His bones are full of the sin of his youth, which shall lie down with him in the dust.*"

Are we to take these Biblical positions as literal truth? **Proverbs 17:22** reads: "*A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*"

The bones in our bodies are key to excellent living and their role is much more than simply a structure to hang organs and flesh upon. Why?

Deuteronomy 12:23 "*Only be sure that thou eat not the blood: for the blood is the life; and thou mayest not eat the life with the flesh.*" - And - **Leviticus 17:11** "*For the life of the flesh is in the blood: and I have given it to you upon the alter to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.*"

(Which is why Jesus said in **John 6** "*Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.*")

Inside our bones is found a spongy, moist tissue called bone marrow where all of our body's blood cells are produced. The blood cells begin life in the moist, narrow stem cells. These stem cells divide and form the various cells that make up our blood and immune system. Out of this moist bone marrow comes red blood cells which carry oxygen and nutrients to the body, and also the white blood cells that fight infection. Without bone marrow, there could be no human life.

The amazing bone is strong as steel but light as aluminum, and inside the cancellous bones of the ribs, vertebrae, sternum, and pelvis is bone marrow, a moist hive of activity. Imagine, two million red blood cells are being

replaced every second and they're being generated in the body's bone marrow. So then, red blood cells carry oxygen and nutrients to the body and the white blood cells defend against disease, and both find their beginnings in moist bone marrow.

New fields of study have arisen concerning white blood cells and immune system malfunction called "psycho-neuro-immunology" or "neuro-immun-o-modulation." It is now known that stress, depression, sorrow, grief, anger, and other negative thoughts have a direct negative effect on white blood cells, and happy, joyful, restful, positive thoughts have a direct positive effect on white and red blood cell production and activity. Remember, red blood cells bring oxygen and nutrients to the body and white blood cells defend it against disease and sickness, "but a broken spirit drieth the bones." Wait?!?! That's what God's Word says.

You'll be amazed at what you read next. In an article in *Psychology Today* titled "The Blues are a Bone-Breaker," research conducted by Dr. Ulrich Schweiger of the Max Planck Institute of Psychiatry in Germany was cited. Schweiger measured BONE DENSITY of 18 depressed, hospitalized men and women and another group of 21 patients who were free of depression. All were over the age of 40. The results were shocking. The research took place over a period of 2 years. At the end of 2 years, Schweiger compared the bone density of both groups. The depressed patients lost significantly more bone mass than the non-depressed. The following is a direct quote from Dr. Schweiger. He says, "[It provides] a vital link in explaining the increased mortality observed particularly in men with major depression."

Another piece of research reported that 75% of our daily thoughts are negative, which cause a responding negative physical reaction. Remember, a broken spirit drieth up the bones, the **manufacturing plant** of red and white blood cells.

The following passage was reported in *Energy Times*:

"Scientists investigating why people under chronic stress, such as those caring for someone with a degenerative disease, are especially prone to ill health recently closed in on an answer: Their bodies can't produce enough white blood cells—called lymphocytes—to fight off invaders."

How literal is **Job 20:11**: "His bones are full of the sin of his youth, which shall lie down with him in the dust."

Scientists in the field of paleopathology (the study of ancient diseases) have discovered that bones also declare one's sins even from the grave.

The following excerpts are from *Wikipedia.org* under the subject heading of "Paleopathology:"

"Syphilis is a disease classified in a category of Treponemal disease. This group includes diseases like pinta, yaws, endemic syphilis, and venereal syphilis. These diseases have symptoms that include inflammatory changes in tissues throughout the body. Initially, the infected person may notice an area of inflammation at the site where the bacteria entered the body. Then, the individual can expect more widespread soft tissue changes, and lastly, the diseases start to affect the bones."

Bone changes can be seen in the archaeological record through lesions on the surface of the bone. In venereal syphilis, the bone change is characterized by damage to the knee and joints. The damaged joints can be the source of infection or they could be damaged because of disruption in the nervous systems and ability to feel. In the beginning stages of the disease, the bone forms small lesions on the skull and tibiae. These lesions are caused mostly by **inflammation of the marrow**. In the final stages of the disease, the bones start to be destroyed. Lesions that are formed tend to look similar to "worm holes" in the bone and are seen in the skull as well as large bones in the body. Most of the bone that is destroyed is due to secondary infections."

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When the bones are affected through either sin, stress, and grief, or righteousness, peace, and joy, the following are also affected, either negatively or positively:

- Bone density;
- Detoxification;
- Calcium deposits;
- Bone marrow;
- Red blood cells;
- White blood cells;
- Lymphatic system; and
- So much more that science has yet to discover.

Thousands of years before man knew some of the reasons why, God revealed the secret for the upkeep of your bones in your owner's manual, the Holy Bible, which is the literal truth.

Put on the mind of Christ and your bones will rejoice!

How beautiful and literal is the inerrant Word of God, surely a place to build a life—one that will last forever.

Do you have a merry heart? Are you resting in the peace that passes understanding? A merry heart is a gift from the Lord Jesus Christ to those who surrender their lives unto him and to the Word of God.