



Fearfully and Wonderfully Made

by

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“I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.” Psalm 139:14

The human body is the most complex structure on Earth. I saw a report recently that we will breathe enough air in our lifetime to fill ten million balloons. We will eat and digest 30 tons of food. Our skeletal and muscular systems are amazing in scope and nature. The largest bones of the body can withstand an impact of a thousand pounds, a force powerful enough to break granite. That’s because of the way God designed bones to deal with force applied to them. Bone cells constantly repair damage and change the structure of each bone depending on the need of the moment. The largest organ of our body is our skin. It weighs about nine pounds and covers almost 20 square feet. It makes the body waterproof, both inside and outside, and acts as a phenomenal system of filtering, protecting and cooling the body. The body can reach extremely high temperatures during exercise, but special systems within skin keep the heat from damaging delicate internal organs. Skin has tremendous flexibility and can heal itself continually. The brain handles millions of ideas and communication signals every second for

even the simplest of physical activities. God designed the brain to handle the vast workload by dividing it among the billions of cells in the brain. Each brain cell communicates through electrical connections to ten thousand other cells in the body giving direction to everything from the simplest movement of an appendage to the most complicated physical feat. That means the brain has the ability to guide and control the activity of trillions of cells at any given moment in time with no noticeable delay.

Exercise strengthens the skeleton. Lack of exercise weakens it. No matter how we treat our skeleton, the bone cells give us a new one every ten years. We build a stronger or weaker skeleton throughout our lives depending on what we do with it and for it. Bones of all size in our bodies help us with the complexity of balancing a physical design that is heavier at the top. Bones in the feet are some of the weakest in the body, yet God structured them in a way that would absorb all of the weight of the body whether standing, walking, running or jumping. Another set of small bones is found in the hand. Though the bones can be easily broken or crushed, the hand has the ability to crush with great power or control with great

dexterity. Every cell of the human body is a manufacturing plant with its own fuel supply and master communications system.

We have trillions of cells in our bodies. Each cell is directed by its DNA (God's Design System for every individual human being). Every cell knows what to do and does it on time. As billions of cells in our bodies die every day, millions of new ones are being made every second.

God gave us several important senses that help us in every aspect of life. Those include touching, tasting, hearing, seeing and smelling. Sight is the most complex sense and uses more cells in the brain than the rest of the senses put together. The brain's ability to control and make sense of physical, mental, social and emotional experience while all senses are stimulated is beyond amazing and approaches the miracle of God's creative Genius. We were fearfully and wonderfully made!

Martial artists perform feats of strength, agility and flexibility that amaze onlookers. How can the human body move with such precision, power and balance while looking relaxed and in complete control of every movement? We know it comes from training, practice and the exercise of our will.

As Christian martial artists we know the human mind and body are great gifts from God. He created them to function successfully in specific ways and we are successful as we agree with Him about those functions. Those of us who have the privilege of teaching martial arts are given the opportunity to help men and women, boys and girls learn how to use their minds and bodies effectively and efficiently. We have the great responsibility of using mind and body for God's Glory and teaching our students how to use theirs for Him. Jesus was asked what He believed the great commandment was. His answer: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind." God wants us to love Him with every fiber, every cell of our being. We should do everything for Him. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

As we practice and teach martial arts this year, let's keep in mind why we do it. God will bless us as we live for Him!

Taking God's Grace to the World!

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