

FEARFULLY AND WONDERFULLY MADE

Int.

1. Aim: To explain how certain things about our body is evidence that there is a God.
2. Ps. 14:1 "The fool hath said in his heart, There is no God"
 - a. There is an abundance of evidence that there is a God.
 - b. Ps 8:3 "When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained;"
 - c. Paul said "he left not himself without witness." Acts 14:17
3. One of the great witnesses is the human body.
4. Ps. 139:14 "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."
 - a. Fearfully - to be afraid and stand in awe (Vines)
 - b. Wonderfully - Expressing actions that are beyond the bounds of human powers or expectations (Vines)
5. What does the Body and the Bible say?
 - a. There is Design! 1 Cor. 12:12-27
 - b. Made = Maker, Created = Creator, Design = Designer
 - c. Law of Teleology - Where there is design there must be a designer.
 - d. Design - An Arrangement of individual components within an object so as to accomplish a functional or artistic purpose.
6. The Amazing Human Body is proof that there is a God in heaven.

Discussion

I. YOUR EARS - you hear all kinds of sounds

A. But how do you hear?

1. How You Hear Sounds called "wave patterns" that travel through the air.
 - a. Different sounds cause different wave patterns.
 - b. A cat's meow is not the same as a guitar string being plucked.
 - c. As sound waves enter our ears, they bounce off what we commonly call "eardrums." These eardrums inside the hearing canal vibrate (move) sometimes fast, sometimes slow—depending on how loud the sound is.
2. Farther inside the ear, in what is called the "middle ear," are three tiny bones: the hammer, the anvil, and the stirrup (funny names for something inside an ear, wouldn't you say?).
 - a. These bones receive vibrations from the eardrum, and amplify (increase) them so they can then be sent on to the snail-shaped cochlea (COCK-lee-uh) which has 25,000 tiny hair cells.
 - b. In the cochlea, the vibrations are changed into electrical signals, which go to the brain through the auditory (aw-di-TOR-ee) nerve.
 - c. When the brain receives the signals, it sifts through its filing cabinet of memories and matches the incoming sound with one already recorded.

B. God Designed the Ear

1. All of this takes place in a fraction of a second! Pretty amazing, isn't it?
2. In order to hear, a long chain of events has to occur, and yet it has to be "compacted" into a fraction of a second so our body can respond almost instantly to a train whistle, or a friend's cry for help, or a mother's "Don't do that!"

3. The ear certainly shows a lot of beautiful design.
 - a. But some scientists tell us that it “evolved.”
 - b. When we see a telephone, we know it had a designer.
 - c. If the ear is more complicated than the telephone, could it have “just happened” by evolution?
 - d. No! If it has design, it must have had a designer. That Designer is God.
4. “For every house is built by someone, but He who built all things is God.”
Heb. 3:4 NKJV

II. THE EYE

- A. The human eye is the most perfect camera ever known to man
 1. Each human eye is composed of over 107 million cells with 7 million cones (allowing the eye to see in full, living color) and 100 million rods (allowing the eye to see in blacks, whites and greys).
 2. The eyes are connected to the brain by over 300,000 nerves, and can detect light as feeble as 1/100 trillionth of a watt.
- B. How is the eye supposed to have “evolved” ?
 1. What intermediate state between no eye and a perfect eye could nature have “selected” to be passed on to successive generations?
 2. Only God could design and make the human eye.¹

III. YOUR HEART

- A. Inside your chest is a muscle about the size of your fist. It is your heart.
1. A grown man's heart weighs less than a pound, and is shaped like a pear.
 2. This muscle works like a pump by contracting and relaxing.
 3. It is the strongest and toughest muscle in your body.
 4. The heart beats (contracts and relaxes) about seventy-five times each minute.
 - a. At every beat a wave of blood is pumped into the artery system.
 - b. The force of this pump is very strong.
 - c. The heart could squirt a stream of blood about ten feet up into the air.
- B. The heart is like a house with four rooms—two upstairs and two downstairs.
1. The upper rooms are called auricles (AH-rick-ulls) and the lower rooms are called ventricles (VEN-trick-ulls).
 2. Your blood, loaded with fresh oxygen, is pumped out of the heart to all parts of the body.
 3. It is then pumped back to the heart and sent from there to the lungs where it picks up more oxygen.
 4. It only takes about a minute for three to five quarts of blood to make this round-trip.
- C. There are more than 6,000 miles of blood vessels in your wonderful body.
1. You do not have to tell your heart to keep on pumping each day.
 2. It just keeps on beating—over forty million times each year.

- D. Who designed this amazing pump, and put it on “automatic,” so that normally we do not have to worry about it for many years?
1. The only reasonable answer to this question is God. God made us.
 2. It is silly to think that the human heart is a mere accident of nature.

IV. YOUR FEET

- A. We are fearfully and wonderfully made
1. Design in the human body indicates there was a designer
 2. There is design in the skeletal system. We will notice the foot.
- B. The average person takes about thirty thousand steps each day.
1. That is about twelve miles.
 2. In six years you walk a distance equal to traveling around the Earth.
- C. How do your feet stand up under all this wear?
1. How do they keep on holding up your body?
 2. They have been designed by a Master Engineer (someone who plans things for a special purpose). Feet could never have happened just by accident.
 3. Each foot contains twenty-six bones.
 - a. The bones of your feet have been designed to form an arch.
 - b. Notice how your footprints look in sand.
 - c. You can see the prints of the toes and the heel, but the middle part just barely shows.
 - d. This special arrangement of bones allows your feet to carry a great amount of weight.
 - e. Your feet are made sort of like an arched bridge.

4. If it takes a very smart person to make a bridge, who do you suppose thought of the idea for feet, and made them especially for your body?
 - a. Of course, God did!
 - b. Let us thank our Creator for our feet
 - c. "Ponder the path of thy feet, and let all thy ways be established." Pro.4:26

V. THE BRAIN

- A. We think about candy, pets, and many things
 1. Where do all these thoughts of trees, cats, candy bars, and cinnamon rolls come from?
 2. They are memories that are stored in your brain.
 3. There is plenty of room in there for lots more memories!
 4. Scientists tell us that the brain can hold as much information as 500 sets of encyclopedias!

- B. How big is your brain?
 1. When you were a baby, your brain weighed less than a pound.
 2. By the time you were six years old, your brain reached its full weight—almost 3 pounds.
 3. Thoughts and memories travel through your brain's cells as slow as 3 miles an hour and as fast as 300 miles per hour.
 - a. Yet, for all its amazing work, the brain produces only about 20 watts of electricity—not even enough to power an average light bulb!
 - b. Amazing little machine

4. The Brain is what regulates the rest of the body
 - a. The brain sends out electrical impulses at a speed of 393 feet per second (270 mph), and receives nerve impulses being produced at a rate of over 2,000 /second.
 - b. The brain receives signals continuously from 130,000 light receptors in the eyes, 100,000 hearing receptors in the ears, 3,000 tastebuds, 30,000 heat spots on the skin, 250,000 cold spots, and 500,000 touch spots.
 - c. The brain does not move, yet consumes 25% of the blood's oxygen supply.
 - (1) It is constantly bathed in blood, its vessels receiving 20% of all the blood pumped from the heart.
 - (2) If the blood flow is interrupted for 15-30 seconds, unconsciousness results.
 - (3) If blood is cut off to the brain for 4 minutes, brain damage results.
 - (4) Four major arteries carry blood to the brain as a sort of "fail-safe" system.
 - d. And, the brain is protected from damage by not one, but three major systems:
 - (1) the outer skull bone, (2) the dura mater (Latin for "hard mother"— the protective lining around the brain), and the absorbent fluid, which keeps the brain from banging up against the inner skull.
 - e. With the brain properly functioning, all the other body systems (hormones, circulatory, digestive, reproductive, etc.) can be overseen and controlled.²

5. Brains are divided into two halves (called hemispheres).
 - a. As strange as it may sound, the right side of your brain controls the left side of your body. The left side controls your right side!
 - b. Scientists think that the hemispheres also perform different tasks.
 - c. Things like the ability to recognize words and remember names are controlled by the left hemisphere.
 - d. Emotions, the ability to sing, and to judge distance are the kinds of things controlled by the right hemisphere.
 6. The brain produces more than 50 drugs and dispenses them as needed.
 - a. In a sense, your brain contains its own doctor and pharmacist.
 - b. When needed, "Dr. Brain" prescribes the right medicine and dispenses it.
 - c. Here are a few examples: endorphin (en-DORF-in) is a powerful pain killer; serotonin (sare-a-TOE-nin) affects our moods (like depression); dopamine (DOPE-a-mean) can make you excited and talkative.
- C. The brain is the most orderly and complex arrangement of matter in the entire Universe.
1. Could this order and complexity have just evolved by accident?
 2. No! When we—with our brains—think about the brain, we see more and more of God's great wisdom and power!

CONCLUSION

1. We are fearfully and wonderfully made
 - a. What have we learned?
 - b. The body has a design and there is a designer
 - c. It is not a
2. The Human body was designed by a Great God who knew what He was doing !
 - a. You do not get a poem without a poet
 - b. You must have a painter to have a painting
 - c. There must be a composer to have a musical score.
 - d. There must be a designer to have such a wonderful body.
3. Sir Isaac Newton once said, "In the absence of any other proof, the thumb alone would convince me of God's existence."
4. How much more, then, should the eyes, the ears, the heart, the feet and the brain be shouting to us that THERE IS A GOD, AND HE IS NOT SILENT. !!
5. Ps. 139:14 "I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

End Notes

1. The Revelation of God in Nature by Bert Thompson and Wayne Jackson p.40-41
2. Thompson and Jackson p. 11-12

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