

## STRENGTHEN YOUR BONES

For a strong spiritual life, we need to strengthen our "bones" – the fundamental truths at the core of our beings.

### KEY POINTS

- ❖ Whether we are big-boned or small-boned, we all have approximately 206 bones in our bodies. ("Approximately", because it does vary. A baby has 270 bones. Some of those fuse together as we grow, so the number gets smaller.)
- ❖ Our bones structure, protect, and enable our bodies. **Structure:** Without a skeleton we'd be a mound of flesh on the floor. **Protect:** Our brain, lungs, heart, reproduction and nerve systems are all protected by bones. **Enable:** Bones are what muscles pull against and leverage, enabling us to move. Lift. Push. Talk. Eat.
- ❖ Bones are made up of connective tissue reinforced with calcium and specialised bone cells.
- ❖ The body is constantly remodelling the skeleton by building up new bone tissue and breaking down old bone tissue as required.
- ❖ Blood cells are made in our **bone marrow**. These include *red blood cells*, which carry oxygen around the body; *white blood cells*, which make up the body's immune system; and *platelets*, which are used for clotting.
- ❖ We need healthy bones and there are things we can do to keep them healthy. Our bones need a balanced diet, regular weight-bearing exercise and the right levels of various hormones.
- ❖ Bones represent what is permanent, what does not change. Even if we die, even if the flesh decomposes, the bones remain. After many centuries have gone by, scientists can tell a lot about a person from their bones. Bones represent that which is ultimately and permanently true – that which does not change.
- ❖ Are there also "spiritual bones" that give us structure, protect us and enable us to act? That remain after our flesh fades away? And if so, how can we keep our spiritual bones healthy?
- ❖ Jesus at His death fulfilled Psalm 34:20 – not one bone of His body was broken (see John 35:36). Everything that was true about Him then is still true today. God's protection of those bones continues and includes us. Ephesians 5:30 tells us "we are members of His body, of His flesh and of His bones."
- ❖ What are those unbreakable bones – the things that will always be true?
- ❖ Let's consider five basic "big bones".
- 1. **God Is Creator** (Read Hebrews 11:3)  
"By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible."  
The apostle Paul made this very plain to a group of Greek philosophers (see Acts 17:23-31).

### KEY SCRIPTURES:

Psalm 38:1-8; Proverbs 3:7-8

2. **God Rewards Your Seeking** (Read Heb. 11:6)  
"But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him."  
Also read Jeremiah 29:12-13 and Matthew 5:6.
  3. **Required: Obedience in Uncertainty & Certainty** (Read Heb. 11:8-10)  
This will get personal. No matter how good you are or how good your life has been, you will have to grapple with a God who seems to have disappeared, but "bones" make you certain He's somewhere (see Job 23:3-12).
  4. **Your Life is Bigger Than Your Current Physical Existence** (Read Heb. 11:13-16)  
(On a related note, Heb. 11:22 teaches through Joseph's words that the world may have its nice aspects, but don't try to feel at home here. Your bones can never be at home in Egypt. See I John 2:15-17.)
  5. **You Have to See the Invisible** (Read Heb. 11:24-27)  
What is occupying your eyes, filling your vision today? Is it your circumstances? Other people's opinions? Your problems? The nice things you have – or don't have? What you see depends on what you are looking at. The only way you and I are going to endure is to stop looking so much at the visible. Start seeing Him who is invisible.
- ❖ Your bones represent the truth of who are. From deep inside them come the blood cells that go to every part of your body. So let's nourish them with the pure word of God.
  - ❖ Strengthen your brain-protecting bone with the helmet of salvation. Strengthen your knee bones with prayer. The more you do it the stronger they get. Strengthen your backbone.
  - ❖ Let's end with Proverbs 3:7-8: "Do not be wise in your own eyes; Fear the Lord and depart from evil. It will be health to your flesh, And strength to your bones."

### DISCUSSION/REFLECTION TOOLS

1. Discuss the difficulties a person without bones would have in daily living.
2. How does that translate to living without acknowledging or using "spiritual bones"?
3. Search for and read scriptures that refer to "bones". What principles do they teach us?
4. Discuss ways we can strengthen our spiritual bones through "nutrition" and "exercise".

### Prayer Time

Lord, thank You for giving us eternal truths to support us and give us structure in our lives.

## WEEK OF SUNDAY, OCTOBER 20, 2019

### NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

✓ (Reminds me/Confirms) 💡 (New idea) 🧠 (Think about)

👉 (Do this) ❤️ (Speaks to my heart) ↔ (Must share)

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### PRAYER NEEDS/THANKSGIVINGS

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Go deeper with your Life Group family.  
CONNECT-REFLECT-DISSECT THE WORD  
Your Life Group ~ Your Lifeline

Start-up: Which bones in your body (i) help you the most, or (ii) do you think you could most easily live without?