

## Fearfully and Wonderfully Fragile

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

Psalm 103: 14: "For he knoweth our frame; he remembereth that we are dust."

Psalm 39:4: "LORD, make me to know mine end, and the measure of my days, what it is; that I may know how frail I am."

If your average is 80 beats per minute, your heart beats about 4,800 times per hour. That's a whopping 115,200 times per day. Over the course of a year, your heart would beat about 42,048,000 times! If you live to be 80 years old, your heart would have beaten approximately 3,363,840,000 times! That's over 3 billion heartbeats! When we overuse our arms or legs, those muscles get sore and need rest. But there is no rest day or night for a muscle the size of your fist. What a muscle!

On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, 8,409,600 a year, unless we get a lot of exercise. The person who lives to 80 will take about 672,768,000 breaths in a lifetime. These statistics take your breath away!

Truly, we are fearfully and wonderfully made. Yet as fearfully and wonderfully made, our life is so fragile. To borrow the words of David to Jonathan, "...truly as the LORD liveth, and as thy soul liveth, there is but a step between me and death" (1 Samuel 20:3b). The Bible says in James 4:14: "Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away."

As most of you know, I have joined the ranks of those who have or are experiencing quarantine due to having tested positive for COVID. I am thankful that as of the date of this writing my wife still maintains negative results from the COVID tests. That's good. The "not so good" is that I must remain at a safe distance from her. I feel like I am incarcerated and she is my warden. I am in love with my warden, but our visiting privileges shall remain highly restrictive until this coming Thursday. With the combined thoughts of being fearfully and wonderfully made and yet at the same time being fragile, please contemplate:

### 1. WE ARE THE PRODUCTS OF DIVINE CREATION.

Psalm 100:3: "Know ye that the LORD he is God: it is He that hath made us, and not we ourselves; we are his people, and the sheep of His pasture."

Consider that some white Lombardy poplar panel and paints were left in a room in Italy between 1503 and 1506 and upon entering the room you have the very image of Mona Lisa staring you down. Would you believe me if I told you it was all accomplished by a mere happenstance or accident? There is no one I could convince that those paints spilled themselves on the panel in such a way that it formed the unmistakable likeness of a lady with a haunting smile. This painting is the product of paints, panel and above all, Leonardo da Vinci. The intelligent design was done so well, that today the Mona Lisa is worth over 850 million dollars. Yet, as valuable as this painting is, Mona Lisa has eyes that do

not see, hands that cannot touch and a mouth that cannot speak. Even more valuable than the oil painting is the person, Lisa Gherardini the wife of Francesco del Giocondo. Francesco had commissioned Leonardo to paint the likeness of his wife to celebrate the birth of their second son, Andrea. Think of the subjects in the story of de Vinci's painting, i.e., the mother and the child they celebrate. They can think, see, smell, talk, touch and love. A mere painting can do none of these things. God's masterpieces are much more complicated and beautifully created. To think that humanity is the product of chance or accident is ludicrous. Psalm 139:16: "Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them."

## 2. THE CREATOR WHO GIFTED US LIFE HAS ALSO PROVIDED A SYSTEM TO MAINTAIN OUR LIFE.

In Hebrews 1:3b, says that Christ is, "...upholding all things by the word of His power...." Christ upholds our physical life by our immune system. There are two main parts to the immune system: (1) The innate immune system, which you are born with; (2) The adaptive (or acquired) immune system, which you develop when your body is exposed to microbes or chemicals released by microbes.

The innate system is what you and I are born with. From the time we were born we get attacked by bacteria, viruses, fungi, and toxins (chemicals produced by microbes). It is made up of different organs, cells, and proteins that work together.

The cells of this immune system surround and engulf the invader. The invader is killed inside the immune system cells. These cells are called phagocytes.

The acquired immune system, with help from the innate system, produces cells (antibodies) to protect your body from a specific invader. These antibodies are developed by cells called B lymphocytes after the body has been exposed to the invader. After the first exposure, the immune system will recognize the invader and defend against it.

This past week, I was given a Monoclonal Antibody Infusion. Basically, it is medical science working hand in hand with the fearfully and wonderfully made immune system that our great Creator placed within us. When wonderful doctors, nurses and medical professionals fight diseases, basically what they are doing is partnering with God.

## 3. EVENTULLY GOD WILL ALLOW THE FRAILITY OF OUR SYSTEM TO USHER US INTO A STATE OF TOTAL ABSENCE OF ILLNESS.

Psalm 90:10: "The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away. "

Our worst day will never be our last day. We often ask this question when someone is near death's door, "Is he (or she) going to make it?" We will often say about someone battling a sickness, he (or she) is having a good or bad day." So, if the bad day becomes what would be categorized, humanly speaking, as the "worst day," meaning the day of our death, that becomes now the best day for

the Christian. Ecclesiastes 7:1: "A good name is better than precious ointment; and the day of death than the day of one's birth." After these frail bodies of ours breathe our last terrestrial air, in the very next moment we are breathing the celestial air of Heaven itself! II Corinthians 5:8: "We are confident, I say, and willing rather to be absent from the body, and to be present with the Lord."

Ultimately, our bodies while in this earthly state, must eventually and permanently be fixed to exist in the eternal state. And we are indeed promised of this in Philippians 3:20, 21: "For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ: Who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself." I Corinthians 15:53: "For this corruptible must put on incorruption, and this mortal must put on immortality."

Thank God that we are fearfully and wonderfully made. Do not be discouraged because of this temporary frailty that we must endure on this earth for the present time. At best, our partnering with God will give way to the inevitable. But always remember our inevitable is a very happy ending that in reality is just the beginning! I John 3:2: "Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see Him as he is."

-Pastor Pope-