



April 12, 2011 - Psalm 100:3

Hi everyone,

It seems that the opportunity to "shout" to the Lord is very present these days for me...probably always has been, I am just more aware of it now that Psalm 100 is playing through my mind each day. Oh Lord, may your Word be fresh, real and relevant to us! I encourage us all to press on in our memorizing this week...this next verse is a little longer, so it is time for us all to step up our effort.

In the NASB Psalm 100:3 reads:

"Know that the Lord Himself is God; It is He who has made us, and not we ourselves; we are His people and the sheep of His pasture."

As I see it, this week's verse is the reason we can "**shout joyfully to the Lord**" (v. 1) and "**serve the Lord with gladness**" (v. 2) and "**come before Him with joyful singing**" (v. 3). He is God, He made us and we belong to Him (v. 3).

How easy we forget that though. It is something we "know" but we don't always act like we "know." Sometimes we just need a good dose of Truth to make us live like we "know" don't we? See, often we live as though our lives belong to us, like we came up with this idea of living all on our own, like these are our own bodies and we will do with them what we please, thank you very much. Verse 3 is clear that God made us and we belong to Him. It is right for us to live our lives in worship before Him as our Maker and Shepherd.

This past week I came across some information which clearly reminded me I am not my own, I was made by God Himself. It put me in my place to remember that I am much too fearfully and wonderfully made to claim this life as my own. I imagine it will have the same effect on you. Let me share it with you...

The human body is:

Made up of 10 trillion cells divided into 200 different types

Has forty five miles of nerve endings in the skin alone

Produces 25,000 quarts of spit in a lifetime, enough to fill two swimming pools (pleasant thought!)
Contains enough iron to make a three inch nail
Contains enough carbon to make 900 pencils
Contains enough sulfur to kill all the fleas on an average dog
Contains enough potassium to fire a toy canon
Contains enough fat to make 7 bars of soap
Has 60,000 miles of blood vessels and its blood travels 12,000 miles daily
Living through a heart that beats 35,000,000 times a year
Sustained through a heart that pumps 1 million barrels of blood during the average lifetime

Look for a moment at the small intestine alone. It stretches 22 feet and each cell of the small intestine contains 1000's of tiny finger like projections called villi and each villus contain micro villi. Throughout the course of each day, each villus brings in fresh oxygenated blood and sends out nutrient enriched blood. The villi sway constantly to stir up liquefied food and remove the nutrients which can be absorbed and then passed into the membranes of the villi and then into the blood in lymph vessels. The fatty nutrients go to the lymph vessels, the glucose and amino acids go to the blood and into the liver. The muscles which encircle this tube constrict about 7 to 12 times a minute to move the food back and forth to churn it, to knead it and to mix it with the gastric juices.

I don't know about you, but this reminded me that I was made by the God of Heaven. I thought it revealed that better than anything I could say. **May this Truth of knowing we were made by God Himself, be seen in our expression of life each day.** He is God, He made us, and we belong to Him. May we find pasture for life in His presence...

It is just right to worship in this way!

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