

# The Lakeview Lamp

*"Your word is a lamp to my feet and a light to my path."* – **Psalm 119:105**

Aug 9

2009

## *Improve Your Life*

Frank Himmel

1. Turn off the TV and read your Bible. The Psalmist said of the blessed man, *"His delight is in the law of the Lord, and in His law he meditates day and night"* (**Psalm 1:2**).

2. Hang up the phone and pray. I never cease to be amazed at how much time some people spend on their cell phones. Is all that talking necessary or profitable? *"Pray without ceasing"* (**1 Thes 5:17**). *"The effective prayer of a righteous man can accomplish much"* (**James 5:16**).

3. Get up out of bed an hour earlier and come to Bible study. *"As the door turns on its hinges, so does the sluggard on his bed"* (**Proverbs 26:14**).

4. Cut down your credit card purchases and give. Give to the poor. Increase your contribution at church. *"One who is gracious to a poor man lends to the Lord, and He will repay him for his good deed"* (**Proverbs 19:17**). *"It is more blessed to give than to receive"* (**Acts 20:35**).

5. Change the conversation from sports, weather, and politics to spiritual things. Do that at home. *"These words, which I am commanding you today, shall be on your heart. You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up"* (**Deut. 6:6-7**). Do that at work, too. *"He who wins souls is wise"* (**Proverbs 11:30**).



Preacher's point – This may not look like the typical list given by "life coaches" on how to improve your life, but it deals with some of the most important issues of this life and beyond. We could all improve our lives by implementing this list.

# *Fearfully Made*

Bob Tuten

My friends, how would you like to have an automobile that manufactures its own fuel from raw materials, does its own cleaning and repairing, and which would replace its worn out parts? Impossible, you say? Yes, for anyone except God (**Matt 19:26**). The human body is just such a marvel of engineering excellence!

The great engineers of ancient Rome who designed and constructed the dome atop the Pantheon were themselves decked with a dome-shaped skull atop their heads. The famous arch-supported aqueducts of Rome were designed by men with arched feet which give springy support for the body's weight, and arched ribs forming a flexible cage protecting the organs within the chest. The famous Greek and Egyptian columns were conceived by men held upright by two columns, their legs.

Human bones combine strength and flexibility. The shinbone can bear about thirty times the weight of the man it supports. Iron could do no better and would be far too heavy and inflexible. This marvelous structure is encased in a tissue which neither chips, splinters, nor weathers away.

The heart far surpasses any pump ever engineered by man. Pulsating at average of 70 times a minute, forty million times a year, this tiny pump moves 7,000 quarts of fluid a day, nearly 200,000 tons in the average lifetime.

Where in the realm of industrial special-ties can one find a high-pressure filtering apparatus like the kidneys? They can filter 200 quarts of fluid daily, though being composed of only two structures, each small enough to fit into the palm of your hand.

Consider the body's circulatory system. It is made up of about 100 thousand miles of "roads and pipelines" – arteries, veins, and capillaries – which transport the life-sustaining nourishment to some 30,000,000,000,000 cells! The body's five quarts of blood make a complete circuit of this vast system in only about one minute!

Where among the engineering feats of men can one find a better environmental control system than the human body? It regulates its temperature with an ingenious application of thermostatic control at about 98 to 99 degrees Fahrenheit regardless of surrounding air temperature. Body heat is generated by a process known as metabolism. Molecules of glucose are shattered within the body and energy is

# News and Notes

## Members:

- \* Virginia Bryant has knee replacement surgery scheduled for tomorrow.
- \* Chris Gertsch had a blackout spell Thursday morning. He is going for some testing in the morning.
- \* Estelle Hayes is still having problems with her knee and eyes.
- \* Cotton Read continues to have breathing problems.

## Friends and Family:

- \* Bruce Diamond, a friend of John Moore, recently suffered a heart attack.
- \* Peggy Ridings, **Sandra Boyd's mother, has been moved to a nursing home.**

Absent: Chris Gertsch (Dresden), Ken and Rhonda Hull (Canada/Michigan).

New Reports: Chad Lynn (WV).

subsequently released as heat. The body is cooled by the process of evaporation through perspiration. This is cooling by changing water to vapor, basically the same system now used in modern refrigeration.

My friends, if you are tempted to say, "There is no God," consider these and many more marvels of your body. The Psalmist addressed God saying, "*I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well*" (**Psalm 139:14**).

Truly, the "*fool hath said in his heart, there is no God*" (**Psalm 14:1**).



*"Give thanks to the LORD, for He is good; for His lovingkindness is everlasting."* **Psalm 118:29**