

**The Body-Part 3
These Bones
(The Skeletal System)**



The pictures shown above are the best artwork of mine that I could find to represent the intricacies of the human body. The top left corner was the base. I then took that base and duplicated it multiple times over to create each of the other pictures. As you can see, each one is different. This is how I view God's most precious handiwork; you and me.

There are 206 bones in the adult human body (22 in the skull, 26 in one foot, 3 in each ankle, 27 in one hand, 8 in each wrist, and 7 in the neck among the other bones in our bodies). The actual bones are not all that make up the skeleton. There are also a network of tendons, ligaments, and cartilage that connect the bones and help in the function of the skeleton. Besides movement, our skeletal system has other functions that we rarely think about unless your job or education causes you to. The functions of the skeletal system are to support the body, facilitate movement, protect the internal organs, store and release minerals and fat, and produce blood cells. Are Paul's words in Romans 12 beginning to form a real picture in your mind?

Romans 12:4-5 - For as we have many members in one body, but all the members do not have the same function, 5 so we, being many, are one body in Christ, and individually members of one another.

I have personally been fascinated by human anatomy and physiology since I can remember. It is humbling at times how God uses our passions and desires to help us understand Him and His ways. I hope by now, you are seeing that God does not do anything by coincidence or accident. EVERYTHING He does is purposeful for His ultimate plan regarding His Kingdom. This includes His construct of the human body and how each part enables and facilitates another. Each bone in the skeletal system operates in unison with others. What happens when part of the system fails? That is when pain and/or disease comes in.

Let us look at one common diagnosis that most of us have either dealt with ourselves or know of someone that has. This is important to the purpose of these writings because it is not only important to know how the body operates but also what can happen when even the slightest thing is off. If one thing is out of alignment, problems in functionality more times than not will occur (in the natural as well as the spiritual realm).

Carpal Tunnel Syndrome:

If you have ever dealt with this, even in a mild sense, it limits what you are able to do with your hands. Being limited even for a small period of time can throw other things off. I'm a writer, a stay-at-home mom, and an artist. My hands are super important on a daily basis. If I am in too much pain to write then these posts won't be able to get to whom they are intended for. If my body and hands aren't functioning properly, I may not be able to cook for my family without struggle. If my hands are in too much pain I would not be able to paint or draw without serious discomfort. From what I know about this syndrome, it comes on due to repeating the same functions/actions over and over and over again without rest. Although we associate this diagnosis with the hand, it actually starts in a nerve located in the wrist. See how things are connected?

When we start to make our daily routine with God just that, a daily "routine", we can run into issues within ourselves because He has become less than our Lord, Savior, Bridegroom, and Friend and more of a convenience for us. When this happens to us, we limit the tangibility and presence of God working within us and have even more limited resources to present to others. We are all part of His Body. What happens to one part can become a functionality problem to the whole.

There is one thing specifically I wish to share regarding our bones. I want to share this to increase our knowledge in the

natural way of things. Our skeletal system supports our bodily structure. Bone mass and density usually decreases with age but there are ways to slow this process which God designed Himself. I feel if we all have some basic understanding into how our bodies work we can begin to either reverse certain things or prevent certain things that we have come to accept as normal this day in age. **(Warning: Do Not take this as medical advice. Please talk to your healthcare provider before drastically changing anything in your diet or your natural daily routine.)**

We know that Vitamin D and Calcium are building blocks for strong bones and healthy teeth (yes, our teeth are a part of the skeletal system). Here is something that I did not know until I began an in-depth study on vitamins and minerals. Vitamin D is a key player in Calcium absorption which in turn supports bone health. However, the vitamin D must be "activated" by a hormone produced by the parathyroid gland for this process to happen. Our natural human bodies have all these moving parts. If one gear is not functioning properly, it can disrupt the entire machine. Vitamin D also helps in managing blood sugar levels because Calcium is necessary for insulin secretion. We can get vitamin D in our diet through certain fishes and dairy products. We can get most of our Calcium through dairy products as well. Because some of our bodies aren't able to have certain food products (i.e. cow's milk), there are alternatives which are fortified with Vitamin D and Calcium. Here is the fascinating part to me, the best source for our daily vitamin D intake is the sun. Hello!!

As I was studying this and found this out it seemed so simple yet we have complicated it. I do not advocate going in the sun without sunscreen but 15 minutes to an hour (depending on skin tone and pigment) without sunscreen on a regular basis can naturally increase your vitamin D intake.

How can we sum up all this information to relate to The Body of Christ? First, we break everything down. With my current studies, this is what I am doing. I am studying vitamins and minerals to understand their role and function in facilitating the human body. My goal: to begin and have my body function as it was designed to. Our skeletal system has many functions. Without the foundation of our bones, other bodily systems would function poorly if at all (like our muscles which are attached to our bones). Within this writing I have shown two examples (carpal tunnel syndrome and the relationship between vitamin D,

Calcium, and the parathyroid gland) of how when one thing goes wrong it disrupts the system as a whole.

If we as The Body of Christ have ANY member that is not functioning as they should, it disrupts the eternal picture. This is not for judgment but for mercy. Plain and simply put, what you go through (whether I know it or not) affects what I go through. If you are the median nerve in the wrist and I am the hand, the suffering of you affects me just like it does with carpal tunnel syndrome. If I am the parathyroid gland and not in full function, and you are vitamin D, then the one that is Calcium does not get absorbed and used for the purposes of The Body because one impacts the other. I pray someone is getting this. The other side of this is if we are not taking proper care of our natural bodies (which I know I am not yet) then we may not be able to do those things assigned to us from Heaven.

I know this is a lot of information. There are links below if anyone wishes to continue in this realm of research. I pray it is somewhat cohesive for whatever God's ultimate design is in having me present this.

Get in the sun (Son) and allow the processes to take place that He designed to take place within you for your Kingdom purpose/destiny and those of The Body.

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Sources:

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