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Grace Notes Radio Program

TOPIC: Think Right Thoughts – What is LOVELY? (Part 2)

SONGS: OVERWHELMED The wonder of it all

INTRO: Welcome to Grace Notes. So far, in our study on ‘Thinking Right Thoughts’ we’ve found that according to Philippians 4 verse 8, God’s WORD, God’s WAYS, God’s WILL, God’s WISDOM and GOD’S WORKS are right things to think about. The next phrase in the verse says to think on things that are ADMIRABLE. What are they? Well...just look out your window. On today’s program, Barbara Sandbek will share about God’s WONDERS.

I don’t know about you, but I have a very limited perception of my environment. That’s why I appreciate scientific facts – they help me expand my horizons. Did you, know, that...

The oceans of the world contain more than 340 quintillion gallons of water.

The known universe stretches more than 200 sextillion miles.

The earth weighs 6 sextillion metric tons.

It’s hard to comprehend the greatness of these created things. And it’s even more difficult to understand the greatness of God, their creator, who holds the waters "in the hollow of his hand", measures the universe by the width of his hand, and sees the earth as but "dust on the scales". King David wrote in Psalm 40:5...

Many, O LORD my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

I appreciate King David’s humble attitude – and God did, too. Oh, I’ll never forget how God responded to Job when he DEMANDED an answer for his trials. God’s convicting words are recorded both for him and for those of us who think we deserve to know everything God does and why. Job 37:14-16 reads...

"Listen to this, Job; stop and consider God's wonders. Do you know how God controls the clouds and makes his lightning flash? Do you know how the clouds hang poised, those wonders of him who is perfect in knowledge?

God goes on to explain that he has all the forces of nature at His command. No one completely understands such common occurrences as rain or snow, and if Job can’t explain these, how can he possibly explain or even question God?

God’s works of creation are marvelous. Yet an even more magnificent work of His is that of the human body.

It's a marvelous machine, precise and efficient, strong and flexible, made with a frame of bone and cartilage, joined together with hinges and joints and lubricated for movement by the body's own manufactured jelly-like fluid. The hand is the most useful tool ever designed. It can perform thousands of operations. The body has an intricate chemical plant that changes food into living tissue which causes growth of flesh, blood, bones and teeth. It even repairs damaged parts. It also converts food into energy which drives the body machine and keeps it warm. It has a built-in thermostat which regulates a consistent temperature and triggers millions of tiny sweat droplets when it overheats. The brain is the center of a complex computer system which sends billions of bits of information throughout the body to control every action. The info is carried back and forth through nerves. There's more wiring and electric circuitry in just ONE brain that in all the computer systems put together.

What we see with our brain is carried there from the eye, which has a lens that focuses images automatically thousands of times a day. The iris automatically opens and closes to control the amount of light that enters the eye. We see in color, motion and with sound. The ear has a perfect musical instrument inside. Vibrations reach the ear through the auditory canal and eventually reach the cochlea, which is similar to a piano. It has more than 2400 strings, which enable us to detect more than 1500 different tones. The cochlea sends signals along nerves to the brain where we perceive it as sound. This transfer goes from air to liquid which is one of the most difficult problems known to science. But God does it through the design of three small bones (ossicles) that never change size from the time we're born. Ears are one of the most efficient sound detectors known to man – detecting sounds as loud as a jet yet as soft as the rustle of leaves. The heart is a muscular pump that forces blood through thousands of miles of blood vessels, carrying food and oxygen to every part of the body. It pumps approximately 12 pints of blood a minute, or 40/50 gallons a day.

Is it possible for something so complex, so efficiently designed to just happen? Of course not! The human body is more complex than anything ever made by man! We should marvel at this miracle from God – this gift to us.

But even more so, we should marvel that a God, who can do things far greater than we can ever perceive, would be interested enough to be involved in such detail in the formation of our bodies.

Listen to what David wrote in Psalm 139..

**...You created my inmost being; you knit me together in my mother's womb.
...My frame was not hidden from you when I was made in the secret place.
When I was woven together in the depths of the earth, Your eyes saw my
unformed body. All the days ordained for me were written in Your book
before one of them came to be.**

That's a love far greater than even a mother's love. It reminds me of a song...

**The wonder of springtime and harvest
The wonder of sunrise I see
But the wonder of wonders that thrills my soul
Is the wonder that God loves me!**

**And this same God who lovingly creates in detail, watches and protects us
throughout our entire life. So I say to you. Think on God's **WONDERFUL WORKS.**
When you do, you'll find you'll have **NO COMPLAINTS...only praise to the
Almighty for His **GREAT and AWESOME WORKS FOR YOU and IN YOU.******

Listen to the words of Psalm 145..

**The LORD IS GRACIOUS and COMPASSIONATE, SLOW TO ANGER and RICH IN
LOVE. The LORD IS GOOD to all; he has compassion on all he has made...The
LORD is FAITHFUL to all his promises and loving toward all he has made. The
LORD UPHOLDS all those who fall and LIFTS UP all who are bowed down. The
LORD is RIGHTEOUS in all his ways and LOVING toward all he has made. The
LORD is NEAR to all who call on him, to all who call on him in truth. He
FULFILLS THE DESIRES of those who fear him; he HEARS THEIR CRY and
SAVES THEM. The LORD WATCHES OVER all who love him...
My mouth will speak in praise of the LORD. Let every creature praise His holy
Name for ever and ever.**

******* WRITER: Dylan Tomas**

***** OVERWHELMED *****

*Perfect in love
Lord, You came to earth
To rescue me
You took my place upon that cross
The stains that held me back
Were washed away
You made me whole
Your love has set
The broken captives free
Your love released
The chains once binding me
I'm found in grace
In love's embrace
My heart is overwhelmed*

*I stand redeemed
Your Spirit now alive within my heart
I walk with you all of my days
I shall live to glorify You God
Hear my soul rejoice
Your love has set
The broken captives free
Your love released the chains once binding me
I'm found in grace
In love's embrace
My heart is overwhelmed*

*Sings my soul of how
Your love has set me free
Sings my heart of how
Your mercy rescued me
Hear my cry of endless love
To my Savior and to my King
My heart is overwhelmed
Sings my soul of how
Your love has set me free
Sings my heart of how
Your mercy rescued me
Hear my cry of endless love
To my Savior and to my King
My heart is overwhelmed*

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