

# THE HOLY SPIRIT

## THE PRESENCE OF THE HOLY SPIRIT

1. God's Thoughts numberless (vs. 17-18): **Three hundred million cells** die in the human body every minute. Estimates have placed the total number of cells in the body at **10-50 trillion** so you can afford to lose a few hundred million without a hitch. Every day an adult body produces 300 billion new cells. The human brain is the most complex structure that is known to exist on earth. There are about **ten thousand million** nerve cells in the human brain. Each nerve cell puts out between ten thousand and one hundred thousand connecting fibers by which it makes contact with other nerve cells in the brain. Altogether the total number of connections in the human brain approaches a **thousand million million**. Then there are one hundred billion neurons all linked to each other in a complex network. Every single neuron is connected to **50,000 other neurons** with incredibly small fibers called synapses. There are **One quadrillion** synapses which allows messages to flow through your brain instantly.

2. Touch finger tips exercise (vs. 15, 16 God watches and sees): Our eyes are amazing. But they see nothing in comparison to what God sees. God saw our unformed bodies. He sees what isn't even there. But do you know how God created your ability to see? You need two things to be able to see. One is your eye. The other is the optic centre of your brain. As we develop before birth our body begins growing optic nerves. These are microscopic nerves and there are about one million of them. They start to grow from the eye toward the optical section of our brain. At the same time the same number of optic nerves start growing from the optical section of our brain toward the eye. Each of these one million optic nerves grow toward the other set and must connect to its precise mate for the eye to see. (touch finger tips together)

Humans are the only animals to produce emotional tears. In the animal world, humans are the biggest crybabies, being the only animals who cry because they've had a bad day, lost a loved one, or hurt for someone else.

3. Globe illustration (vs. 13): The human body is estimated to have 60,000 miles of blood vessels. To put that in perspective, the distance around the earth is about (?) 25,000 miles, making the distance your blood vessels could travel if laid end to end more than two times around the earth. The human brain cell can hold 5 times as much information as the Encyclopedia Britannica. Or any other encyclopedia for that matter. Scientists have yet to settle on a definitive amount, but the storage capacity of the brain in electronic terms is thought to be as much as 1,000 terabytes. The National Archives of Britain, containing over 900 years of history, only takes up 70 terabytes.

4. Ball Toss (vs. 9 speed of light): Nerve impulses to and from the brain travel as fast as 170 miles per hour. Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body. (Turn and catch a ball)

Verse 23, Over 90% of diseases are caused or complicated by stress. Stress does

more than just wear you down each day. It could also be increasing your chances of having a variety of serious medical conditions like depression, high blood pressure and heart disease.

Here are a few more bits of information about how God created us.

Smell test - orange, chocolate, coffee, vanilla, garlic, cloves: Your nose can remember 50,000 different scents. Women are born better smellers than men and remain better smellers over life. Studies have shown that women are more able to correctly pinpoint just what a smell is.

By the age of 60, most people will have lost about half their taste buds. Men, that might be why your wife's cooking starts to all taste the same.

Take one step; how many muscles did you use to take that one step? You use 200 muscles to take one step. That's a lot of work for the muscles considering most of us take about 10,000 steps a day.

5. But what is all of this in comparison to the greatest quality of our bodies? Where can I go from Your Spirit? (vs. 7)

Where can I flee from Your presence?

I can never escape from your Spirit!

I can never get away from your presence!

If I go up to heaven, You are there;

If I go down to the grave, You are there.

God created our bodies to be in His presence.

God wants to be with us.

God, who designed and created you, wants to dwell with you.

And more than that, He wants to dwell in you.

You were created to be the temple of God's presence.

The Bible tells us that God dwells in temples.

In the Old Testament, Solomon built a temple.

It was a magnificent structure.

King Solomon prayed to dedicate the Temple with these words:

(2 Chronicles 6:41-7:3)

But that temple was eventually destroyed (2 Chronicles 36:15-19).

It was destroyed in war because Israel sinned against God.

But the New Testament speaks of a new temple.

It is not made of stones, and gold, and cedar.

It is made of bones, and muscles, and skin.

You are God's temple.

Paul talks about this temple a couple of times.

The first time is 1 Corinthians 3:16.

Don't you know that you are God's temple?

Paul says that God's Spirit dwells in you.

But this temple of the Holy Spirit is not individuals alone.

It is referring to the whole body of believers.

It is referring to the Church.

Collectively, all together, we are the temple of the Holy Spirit.

The body of Christ is the dwelling place of the Holy Spirit.

God's Spirit dwells in the people of faith.

Peter told the religious leaders of the old temple about Jesus.

He said, Jesus **"is the stone which was rejected by you builders, but which has become the head of the corner. And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved."** (Acts 4:11-12)

God's Spirit dwells in the temple created by Jesus.

He is here in our midst right now.

The Holy Spirit knits us together.

He takes a bunch of individuals and knits us as a body.  
**"Rather, speaking the truth in love, we are to grow up in every way into Him who is the head, into Christ, from whom the whole body, joined and knit together by every joint with which it is supplied, when each part is working properly, makes bodily growth and upbuilds itself in love."** (Ephesians 4:15-16)

But Paul says something else about the temple of the Holy Spirit in 1 Cor. 6:19.  
Here Paul is talking about you and me.

God created your body to be the temple of the Holy Spirit.

The Holy Spirit is not only present in the community of faith.

But He, the Spirit of the living God dwells in the person of faith.

Anyone who has put their faith in Jesus receives the Holy Spirit.

You may not live the perfect Christian life.

But if you know Jesus' forgiveness, the Spirit of God dwells in you.

You may not be fully conscious of His presence.

But where Jesus is His Spirit also is.

It is the Holy Spirit who brought us to trust in Jesus.

It is the Holy Spirit who helps us recognize Jesus' voice.

And by Jesus we recognize the Holy Spirit's presence.

We recognize that we are not our own.

We were bought with a price.

So we glorify God in our body.

The Holy Spirit's presence means we have different desires.

We desire that which will enable us to be holy.

We put on the helmet of salvation.

And we take the sword of the Spirit, which is the word of God.

And we pray at all times in the Spirit, with all prayer.

Every word that comes out of my mouth is pleasing to God.

**"Thank You for making me so wonderfully complex! Your workmanship is marvelous - how well I know it. ... Point out anything in me that offends You, and lead me along the path of everlasting life." Amen.** (Psalm 139:14, 24)

All Heaven Declares