



WEEKLY
CHRISTIAN
FOCUS

THE IMPORTANCE OF BONES IN HOLY SCRIPTURE, AND THE IMPORTANCE OF YOURS!

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- **Everything depends on your bones! Obedience to God makes your bones 'fat' and healthy.**
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Warm Greetings to this amazing edition!

Let's have a look together at BONES! For the most part, I am going to let these introductory verses speak for themselves, and I will hope to summarise what I have learned about these amazing Scriptures! These verses

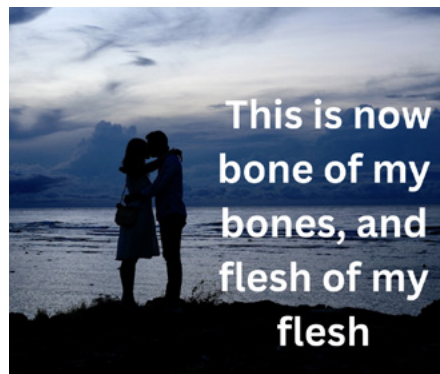
are in chronological order for the most part, so I pray God will show you great things as you read them!

Some of you reading this may be thinking; 'Why is this important to study about 'bones'?' You may have some dull recollection about bones here or there in the Bible, but I do promise you that this edition will both amaze and shock and inspire you if you read it with the help of the Spirit.

Well, we all know about Bones, don't we? **And thankfully God gave us 206 in most people's bodies!**

But let's look to begin with about the many verses in the Bible about the value and importance of Bones, and these are only a few!

- **Many fascinating verses in the Bible about Bones.**



Genesis 2:23

Then Adam said, This [creature] is

now **bone** of my bones and flesh of my flesh; she shall be called Woman, **because she was taken out of (the bone of) a man.**

Genesis 50:25

And Joseph took an oath from the sons of Israel, saying, God will surely visit you, and you will carry up my bones from here. Joseph was highly concerned that his bones did not remain in a heathen land, but rather returned to the Land of Promise which God had promised to his great-grandfather Abraham! (So, Joseph's bones were eventually laid to rest in a specific location, which his father Jacob had previously bought for his generational family, which family, as we know, was the same as his grandfather Abraham!)

Exodus 13:19

And Moses took the **bones** of Joseph with him, for [Joseph] had strictly sworn the Israelites, saying, Surely God will be with you, and you **must carry my bones away from here with you.**

Joshua 24:32

And the **bones** of Joseph, which the Israelites brought up out of Egypt, they buried in Shechem in the portion of ground Jacob bought from the sons of Hamor, the father of Shechem, for 100 pieces of money; and it became the inheritance of the Josephites.

2 Samuel 21: 12 And David went

and took the bones of Saul and Jonathan his son from the men of Jabesh-gilead, who had stolen them from the street of Beth-shan, where the Philistines had hung them up when the Philistines had slain Saul in Gilboa. The Philistines had killed Saul and Jonathan in battle.

2 Kings 23: 13 He brought from there the bones of Saul and of Jonathan his son, and they gathered the bones of those who were hung up. (defeated in battle, ignominiously)
14 And the bones of Saul and Jonathan his son they buried in the country of Benjamin in Zelah in the tomb of Kish, [Saul's] father, and they did all that the king commanded. **And after that, God heard and answered when His people prayed for the land.**

After the bones of Saul and Jonathan were buried back in their home county and tomb, then the people prayed and God healed their land! The ancient peoples knew there was something extremely important about bones, which we today have somehow 'lost'! Perhaps the bones still had a testimony inside them? Perhaps they were a testimony to the following generations, as we shall see in a few minutes!? Perhaps they represented the person who had 'worn' them? But whatever it was, there was something special both in the bones, or about the bones.

1 Chronicles 10:12

All the brave men arose, took away the bodies of Saul and his sons, brought them to Jabesh, and buried their bones under the oak in Jabesh; then they fasted seven days.

More proof of the importance and reverence of the bones by people in the Bible!

Job had a few things to say about Bones and here are a few of many:



Job 10:11 You have clothed me with skin and flesh and have knit me together with bones and sinews.

Job 20:11 His **bones** are full of youthful energy, but it will lie down with him in the dust.

Job 21: 23 **One dies in his full strength, being wholly at ease and quiet;**

24 His pails are full of milk [his veins are filled with nourishment], **and the marrow of his bones is fresh and moist,**

25 Whereas another man dies in bitterness of soul and never tastes of pleasure or good fortune.

(There are actually 10 verses in the Book of Job about Bones, which is quite remarkable!)

The Psalms have so much to say about bones, and here are just a few:

Psalms 6:2

Have mercy on me and be gracious to me, O Lord, for I am weak (faint and withered away); O Lord, heal me, for my bones are troubled.

Psalms 22:17

I can count all my **bones**; [the evildoers] gaze at me. This is also understood to be a Messianic Prophecy about Jesus Christ.

Psalms 31:10

For my life is spent with sorrow and my years with sighing; my strength has failed because of my iniquity, and even my **bones** have wasted away. According to these ancient thoughts, our **bones** seem to be the last things in our

body to 'give way'.

Proverbs 12:4

A virtuous and excellent wife [worthy of honour] is the crown of her husband, But she who shames him [with her foolishness] is like rottenness in his **bones**. (AMP translation)

Proverbs 14:30

A sound heart is the life of the flesh: but envy the rottenness of the **bones**.

Proverbs 15:30

The light of the eyes rejoiceth the heart: and a good report maketh the **bones** fat.

Proverbs 16:24

Pleasant words are as an honeycomb, sweet to the soul, and health to the **bones**.

Proverbs 17:22



A merry heart doeth good like a medicine: but a broken spirit drieth the **bones**.

- **Everything depends on your bones! Obedience to God makes your bones 'fat' and healthy.**

Psalms 51:8

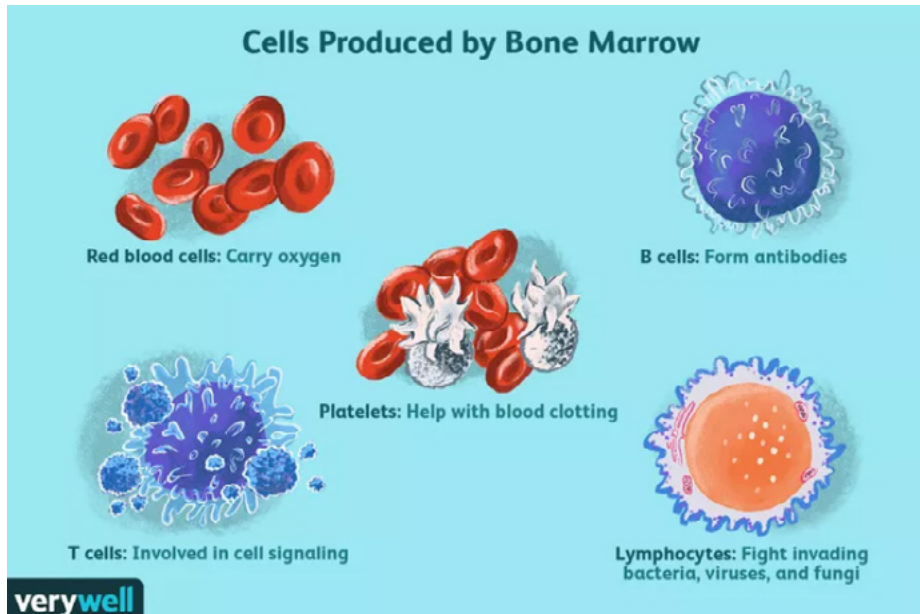
Make me to hear joy and gladness and be satisfied; let

the **bones** which You have broken rejoice. This is an incredible verse! Even our **bones** can be glad and rejoice as we get our hearts right with God, as David did in this Psalm!

Proverbs 3: here we get to the famous verse about bones, that is, that if you are righteous, the marrow inside your bones will be full and regenerative!

• The Power of Righteous Bones in Scripture.

I have been interested in Bones for some time!
I think the thing that first kicked me off about bones was when I read the story of the Prophet Elisha's bones in 2 Kings 13.



<https://www.verywellhealth.com/bone-marrow-anatomy-5076272>

3: 7 Do not be wise in your own eyes;
Fear the LORD [with reverent awe and obedience] and turn [entirely] away from evil.

8
It will be health to your body [your marrow, your nerves, your sinews, your muscles—all your inner parts]
And refreshment (physical well-being) to your **bones**.

9
Honour the LORD with your wealth
And with the first fruits of all your crops (income);

Reverencing the Lord, and Giving to God as an act of obedience, brings health, refreshment and strength to your bones.

So we can see that; The condition of our bones are connected to our obedience to God's Word.

physical contact simply with the **BONES** of God's Prophet! This is a clear example of the Power of (Righteous) Bones.

And again:

2 Kings 23:17 Josiah said, What is that monument I see? The men of the city told him, It is the tomb of the man of God who came from Judah and foretold these things that you have just done against the altar of Bethel.

18 He said, Let him alone; let no man move his bones. So they let his bones alone, with the bones of the prophet that came out of Samaria.

• The Bones of the Wicked and the Unrighteous.

Just as a righteous person's bones have great power even in death, and after death, the same is true in a negative way for the 'wicked'. After a continuously wicked life, Jezebel died an ignominious death, the dogs ate her flesh, and her unrecognisable carcass (bones) were left on the ground in a field. Gruesome. All prophesied beforehand.

2 Kings 9:36

Wherefore they came again, and told him. And he said, This is the word of the LORD, which he spake by his servant Elijah the Tishbite, saying, In the portion of Jezreel shall dogs eat the flesh of Jezebel;

2 Kings 9:37

And the carcase (Bones) of Jezebel shall be as dung upon the face of the field in the portion of Jezreel; so that they shall not say, This is Jezebel.

Verse 20 Elisha died, and they buried him. Bands of the Moabites invaded the land in the spring of the next year.

21 As a man was being buried [on an open bier], such a {Moabite} band was seen coming; and the man was cast into Elisha's grave. And when the man being let down touched the bones of Elisha, he revived and stood on his feet.

Here is a dead man being cast into the Prophet's Elisha's



grave, for some reason. His body touches the bones of the great Prophet of God, Elisha. The dead man is restored to life through

• Closing Thoughts

No study about bones would

be complete without telling you about the one chapter in the Bible that is devoted in large part to **bones**! Since I believe this chapter means a lot of different things to different people, I recommend you read it prayerfully, and that is Ezekiel chapter 37 verses 1-13. The Valley of dry **bones** and what God said to Ezekiel about those **bones**.



▶ How are your **bones** today? Are your **bones** righteous and pleasing to God or not?

How does this apply to us today and what should we do about our **bones** and the **bones** of our friends and relatives?

So, it is clear the health of our **bones** depend on our love for God and others. A merry heart, good words, reverencing the Lord, a sound mind and giving financially or materially to God all contribute to the state of our **bones**!

Also even other people can affect the condition of our **bones** as we saw in Proverbs 12:4!

Sin and iniquity also destroy our own **bones**.

Although this study, I think only scratches the surface of the power of our **bones**, I encourage you to study more. This week and going forward, pay attention to your own **bones**. Notice how the **bones** of other believers 'look'. Can you see or notice any correlation to your **bones** and your spiritual relationship with the Lord in light of these verses today?

Now some of you may be upset if you have had a hip or knee replacement, some of your **bones**

will therefore be missing! You haven't been able to 'keep all your **bones**' like Jesus did. I feel sure the Lord will wink at this. Just do the best you can with the **bones** you have left while still on this earth. Praise the Lord.

Don't get too worried about that. Otherwise you will be like the lady who was listening to the preacher shouting about 'hell'. **He got to the point in his sermon that in hell, there would be 'weeping and gnashing of teeth'!** The dear old lady thought for a moment and said, 'but Pastor, I ain't got no teeth!'

'Don't worry, sister', he replied, 'teeth will be provided!'

God bless you.

Until next week,

Jerry for the WCF TEAM

Have mercy on me and be gracious to me, O Lord, for I am weak (faint and withered away); O Lord, heal me, for my **bones** are troubled.



[Bones and their importance - Google Search](#)

[What are the 7 important functions of bones? - Google Search](#)

[How many bones in a human body - Google Search](#)

[2 Kings 13 AMPC - In the twenty-third year of Joash son - Bible Gateway](#)

Fun Facts About Bones Did You Know?

The adult human body has 206 of them.

There are 26 bones in the human foot.

The human hand, including the wrist, contains 54 bones.

The femur, or thighbone, is the longest and strongest bone of the human skeleton.

The stapes, in the middle ear, is the smallest and lightest bone of the human skeleton.

Arms are among the most commonly broken bones, accounting for almost half of all adults' broken bones. The collarbone is the most commonly broken bone among children.

Bones stop growing in length during puberty. Bone density and strength will change over the course of life, however.co

The only bone in the human body not connected to another is the hyoid, a V-shaped bone located at the base of the tongue.

Bones are made up of calcium, phosphorus, sodium, and other minerals, as well as the protein collagen.

Bones function as the skeleton of the human body, allow body parts to move and protect organs from impact damage. They also produce red and white blood cells.

Fun Facts About Joints Did You Know?

Joints are the place where two bones meet or connect.

Ligaments are short bands of tough fibrous connective tissue that function to connect one bone to another, forming the joint.

Tendons are made of elastic tissue and also play a key role in the functioning of joints. They connect muscle to bone.

A coating of another fibrous tissue called cartilage covers the bone surface and keeps the bones from rubbing directly against each other.

Some joints move and some don't. Joints in the skull don't move.

Synovial joints are movable joints.

They make up most of the joints in the body and are located mostly in the limbs, where mobility is critical. They contain synovial fluid, which helps them to move freely. Ball and socket joints, such as hip and shoulder joints, are the most

mobile type of joint. They allow you to move your arms and legs in many different directions.

Ellipsoidal joints, such as the one at the base of the index finger, allow bending and extending.

Gliding joints are found between flat bones that are held together by ligaments. Some bones in the wrists and ankles move by gliding against each other.

Hinge joints are those in the knee and elbow. They enable movement similar to the way a hinged door moves.

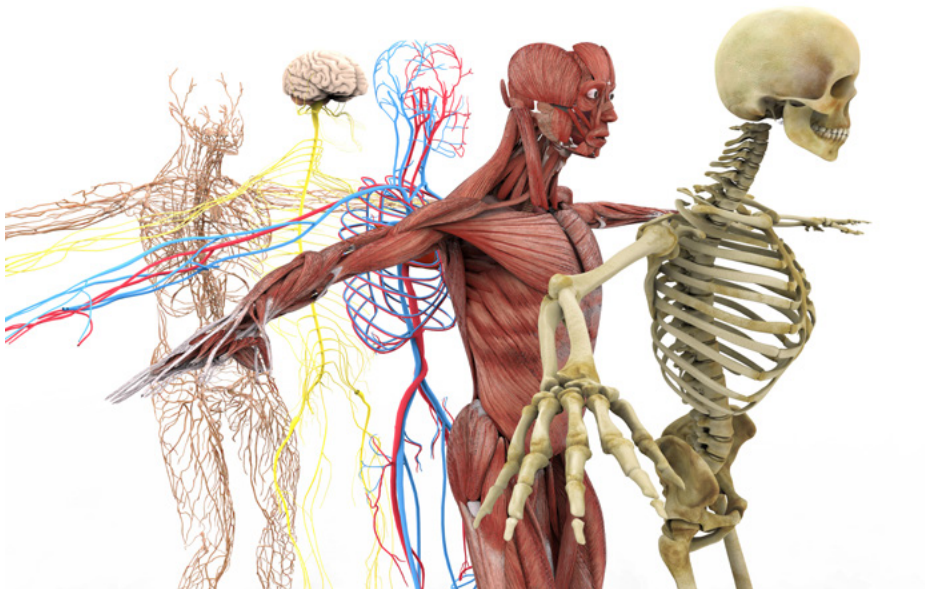
Skeletal System Organization

Bone is a biological marvel from Mother Nature; it makes vertebrates distinct from other life forms. Bone has the same strength as cast iron, but achieves this remarkable feat while remaining as light as wood. The front leg of a horse can withstand mechanical stress from heavy loads while

to functional demands, and can repair itself.

Bones provide a rigid structure – the skeleton. Like an architectural framework, skeleton forms an internal structure that provides resistance to the force of gravity, move through space, and carry the physical body with grace and dignity. The large bones of the lower limbs support the trunk when standing. The fused bones of the cranium surround the brain to make it less vulnerable to injury. Vertebrae surround and protect the spinal cord and bones of the rib cage help protect the heart and lungs of the thorax. Bones work together with muscles as simple mechanical lever systems to produce body movement.

<https://bioquad.com/pages/skeletalsystem>



this 1500-pound animal gallops at 40 miles per hour. The wing bone is able to keep birds aloft through entire migrations, sometimes over 10,000 miles without landing. The antlers of deer, used as weapons in territorial clashes with other deer, undergo tremendous impacts without a fracture – ready to fight another day. Without question, bone is the ultimate biomaterial. It is light, strong, adaptable

I WILL PRAISE THEE; FOR I AM
FEARFULLY AND WONDER-
FULLY MADE:
MARVELLOUS ARE THY
WORKS;
AND THAT MY SOUL
KNOWETH RIGHT WELL.
PSALMS 139:14

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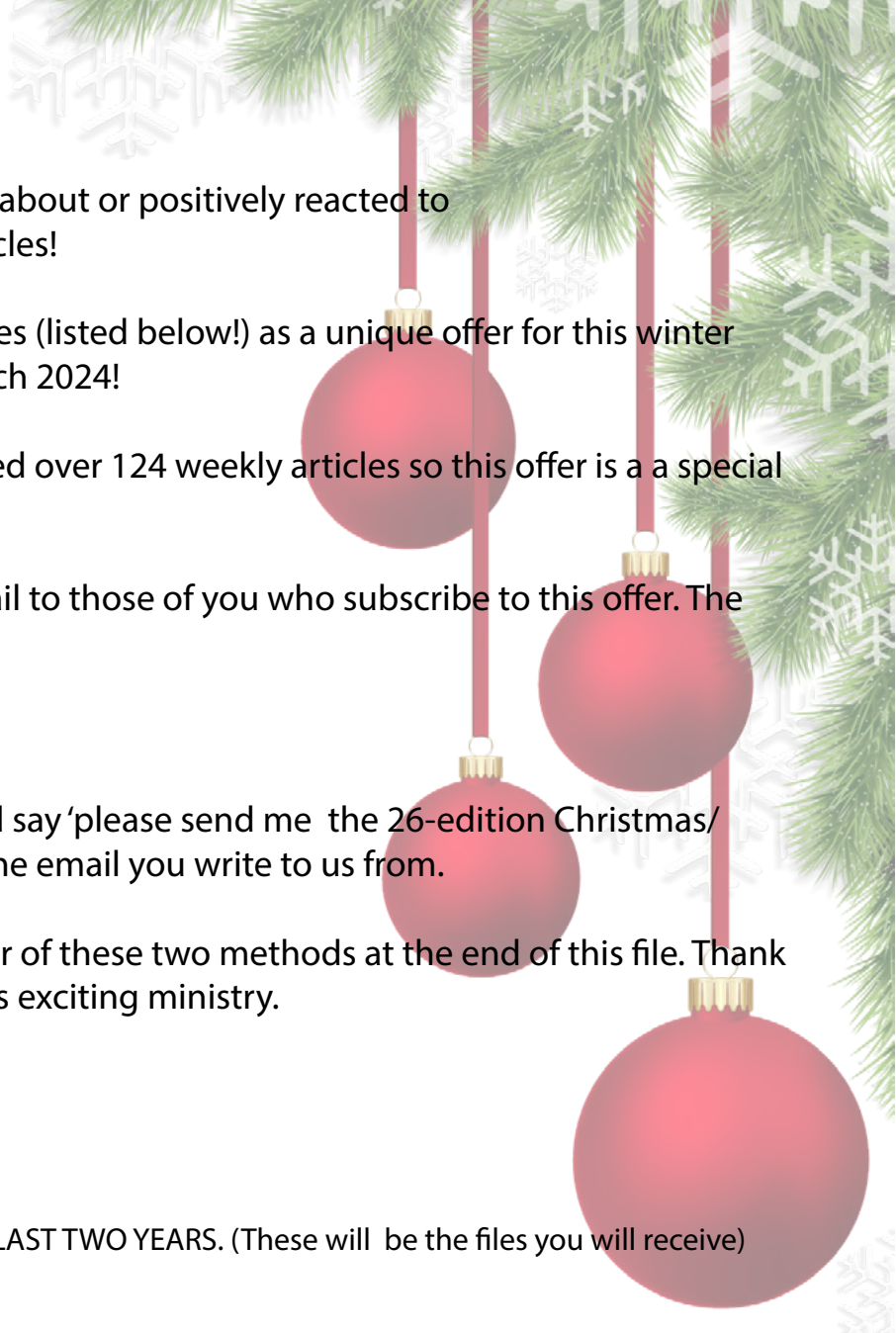
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Dear Precious Friends in Christ,

Here below is a list of the most talked about or positively reacted to WEEKLY CHRISTIAN FOCUS (WCF) articles!

We are offering these twenty six articles (listed below!) as a unique offer for this winter period of October 2023 to end of March 2024!

We have now, by God's grace produced over 124 weekly articles so this offer is a a special blessing.

We will send these as a zip file via email to those of you who subscribe to this offer. The price is only £22. (++)

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Love in Christ
Jerry for the WCF TEAM

MOST FEEDBACK ON WCF ARTICLES IN THE LAST TWO YEARS. (These will be the files you will receive)

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WEEKLY #30 THE FEMINIZATION OF THE CHURCH

WEEKLY #33 JOHN THE BAPTIST - LESSONS FOR TODAY

WEEKLY #43 THE GREAT LOVE OF GOD FOR US!

WEEKLY #51 JESUS STARTS HIS GALILEAN MINISTRY!

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WEEKLY #67 A DREAM IN BARBADOS! (Mind-boggling testimony!)

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WEEKLY #75 RAISING CHILDREN FOR JESUS PART I

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WCF #100 THE CHRISTIAN'S RELATIONSHIP TO WORLDLY SOCIETY

WCF #103 WHO DO YOU BARBECUE WITH?

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The WCF are weekly articles written on a wide variety of topics, primarily with a Biblical foundation and viewpoint. They also deal with many of the spiritual and physical things that are happening in the world today. The majority are serious or fascinating and also have some element of humour in some of them! They are written by Jerry Finch for the most part and graphic designed by Andreas Ortiz in his own unique and inspiring way!

These articles are not your usual half a page Christian devotional, but rather are usually 4 to 8 pages long and also often contain supporting links to other articles or videos on the internet for deeper research.

These articles are getting such a good reception globally, that they are also being translated into other languages! We thank God!

Our goal as a ministry is to glorify God and point people to the Word of God which can be applied to every aspect of our lives in our relationship with Him and others and with the world in general. These are both exciting and challenging times we live in, and the WCF tends to keep up with what is going on in every sense, spiritually and mentally and Biblically.

If you are new to the Weekly Christian Focus we can tell you that anyone can also subscribe and receive their first free 8 weekly articles by email, simply email us (see below.)

After those first 8 weeks, everyone has the option of becoming a 'Premium Subscriber', which at present is £70 per year or about £5.80 per month, although we welcome you to apply for an exemption under some circumstances. (** see below)

God bless you with a wonderful rest of the year and new year inspite of the atrocities and wars around us all. If you have any questions or thoughts please email us at this dedicated email.

wcf@nym.hush.com

Our love in Jesus, Jerry and Andreas

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People can qualify to get continuous free WCF weekly articles, (if they enjoy them and for as long as God supplies them) under these conditions:

- (i) they are full time or part time missionaries and or evangelists, and have severe financial constraints.
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www.missionarychristian.org

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- (iv) they can apply for other reasons, which they can express by email according to their personal situation, which the WCF team will prayerfully consider.

Obviously, we would hope and expect that the majority of people who wish to receive these weekly mailings can afford a gift of some type, which will go to help missions and develop this ministry.

Our love and prayers to all of you! Jerry and Andreas

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(You can also request our full title list of articles 01-125 at this moment!) (0-125 produced up to October 2023)