

Wonderfully Made Series
Study #11: Here am I & Bone Types
Bible Sermon Study Notes by Cary Rodgers, pastor

Six categories of bones

- 1. Long bones**
- 2. Short bones**
- 3. Flat bones**
- 4. Irregular bones**
- 5. Sesamoid bones**
- 6. Pneumatized bones**

1- Long Bones

Long Bones that are longer than they are wide are called long bones. They consist of a long shaft with two bulky ends or extremities. Long bones are some of the longest bones in the body, such as the Femur, Humerus and Tibia but are also some of the smallest including the Metacarpals, Metatarsals and Phalanges. They are primarily compact bone but may have a large amount of spongy bone at the ends or extremities. Both ends of the bone are covered in hyaline cartilage to help protect the bone and aid shock absorption.

2- Short Bones

Short bones are roughly cube shaped with vertical and horizontal dimensions approximately equal. They consist primarily of spongy bone, which is covered by a thin layer of compact bone. Short bones have a primary function of providing support and stability with little movement. Short bones include the bones of the wrist and ankle. Examples of short bones are the Carpals and Tarsals in the wrist and foot.

3 - Flat Bones

Flat bones are thin, flattened, and usually curved. They are strong, flat plates of bone with the main function of providing protection to the bodies vital organs and being a base for muscular attachment. The classic example of a flat bone is the Scapula (shoulder blade). The Sternum (breast bone), Cranium (skull), Pelvis and Ribs are also classified as flat bones. Anterior and posterior surfaces are formed of compact bone to provide strength for protection with the center consisting of cancellous (spongy) bone and varying amounts of bone marrow. In adults, the highest number of red blood cells are formed in flat bones.

4 - Irregular Bones

These are bones which do not fall into any other category, due to their non-uniform shape. Good examples of these are the Vertebrae, Sacrum and Mandible (lower jaw). They primarily consist of cancellous (spongy) bone, with a thin outer layer of compact bone.

5. Sesamoid Bones

Sesamoid bones are usually short or irregular bones, imbedded in a tendon. The most obvious example of this is the Patella (knee cap) which sits within the Patella or Quadriceps tendon. Other sesamoid bones are the Pisiform (smallest of the Carpals) and the two small bones at the base of the 1st Metatarsal. Sesamoid bones are usually present in a tendon where it passes over a joint which serves to protect the tendon.

6. Pneumatized Bones

Pneumatized bones, or bones containing air, stand out because their cavities have been lined with a layer of mucous membrane containing air.

They can be found in the frontal bone, the ethmoid bone and the upper jaw (maxilla).

Next lesson on bones we will look at how they repair themselves...

Here Am I

How much work needs to be done for the kingdom of God in saving souls out of the fire of sin?

Matthew 9:37, 38

37 Then saith he unto his disciples, **The harvest truly is plenteous, but the labourers (Gk: Toiler/Worker) are few (Gk: puny);**

38 Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.

What does Jesus commission His workers to do?

Mark 16:15

15 And he said unto them, **Go ye into all the world, and preach the gospel to every creature.**

John 20:21

21 Then said Jesus to them again, **Peace be unto you: as my Father hath sent me, even so send I you.**

John 15:16

16 **Ye have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it you.**

But what is the problem?

Matthew 22:14

14 For many are called, but few (Gk: puny) are chosen

Why are a few chosen to do this work?**Matthew 8:19 - 22**

19 And a certain scribe came, and said unto him, Master, I will follow thee whithersoever thou goest.

20 And Jesus saith unto him, The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head.

21 And another of his disciples said unto him, Lord, suffer me first to go and bury my father.

22 But Jesus said unto him, Follow me; and let the dead bury their dead.

Luke 14:16 - 20

16 Then said he unto him, A certain man made a great supper, and bade many:

17 And sent his servant at supper time to say to them that were bidden, Come; for all things are now ready.

18 And they all with one consent began to make excuse. The first said unto him, I have bought a piece of ground, and I must needs go and see it: I pray thee have me excused.

19 And another said, I have bought five yoke of oxen, and I go to prove them: I pray thee have me excused.

20 And another said, I have married a wife, and therefore I cannot come.

Excuses, excuses, excuses!!!

Why so many excuses?

(Parable of the sower)

Luke 8:14

14 And that which fell among thorns are they, which, when they have heard, go forth, and (the reason why they "go forth" is because they are choked out) are **choked with cares and riches and pleasures of this life**, and bring no fruit to perfection.

In other words, your fire and desire to do God's work is killed or choked out with the cares and riches and pleasures of this life!

Cares (Gk: (through the idea of distraction); solicitude)

Solicitude – a state of anxiety or concern (worry!)

an attitude expressing excessive attentiveness

What does Jesus say that we should do with our cares (worries, anxieties, etc.)?

Matthew 11:28 - 30

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

30 For my yoke is easy, and my burden is light.

Who are chosen?**Isaiah 6:8, 9**

8 Also I heard the voice of the Lord, saying, Whom shall I send, and who will **go** for us? Then said I, Here *am* I; send me.

9 And he said, **Go**, and tell this people, Hear ye indeed, but understand not; and see ye indeed, but perceive not.

Matthew 4:18 – 22

18 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, **Follow me, and I will make you fishers of men.**

20 And they straightway left *their* nets, and followed him.

21 And going on from thence, he saw other two brethren, James *the son* of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets; and he called them.

22 And **they immediately left** the ship and their father, and followed him.

Do you want to raise your hand and say “here am I send me”? Do you realize that you are volunteering to be thrown into God's gold refining fire?

Take up the cross of Christ daily!

Luke 9:22 – 24

24 Saying, **The Son of man must suffer many things, and be rejected of the elders and chief priests and scribes, and be slain, and be raised the third day.**

23 And he said to *them* all, **If any man will come after me, let him deny himself, and take up his cross daily (sacrifice), and follow me.**

24 **For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.**

When you accept the call and say Lord “here I am send me! What does God do to reveal your true character and motive as a professed soldier for Christ?

Abraham's call to sacrifice his son – the promise

Gen_22:1 And it came to pass after these things, that **God did tempt [HW=test]** Abraham, and said unto him, Abraham: and he said, Behold, **here I am.**

Why does God test His soldiers?**Deuteronomy 8:2**

2 And thou shalt remember all the way which the LORD thy God led thee these forty years in the wilderness, to humble thee, *and* to prove thee, to know what *was* in thine heart, whether thou wouldest keep his commandments, or no.

1. God wants to reveal what is truly in your heart.... who you truly serve**1 Peter 1:7**

7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:

2. So God can get the glory when you pass the test!

Job 23:10

10 But he knoweth the way that I take: *when* he hath tried me, I shall come forth as gold.

3. To refine your character into the character of Jesus Christ**James 1:2 - 4**

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing *this*, that the trying of your faith worketh patience.

4 But let patience have *her* perfect work, that ye may be perfect and entire, wanting nothing.

4. To develop patience. In order to be a resident of heaven you must have it (Revelation 14:12)**God's test prepares you and I for the final crisis!**

“When the testing time shall come, those who have made God’s Word their rule of life will be revealed. In summer there is no noticeable difference between evergreens and other trees; but when the blasts of winter come, the evergreens remain unchanged, while other trees are stripped of their foliage. So the false-hearted professor may not now be distinguished from the real Christian, but the time is just upon us when the difference will be apparent. Let opposition arise, let bigotry and intolerance again bear sway, let persecution be kindled, and the half-hearted and hypocritical will waver and yield the faith; but the true Christian will stand firm as a rock, his faith stronger, his hope brighter, than in days of prosperity.” GC88 602

Do you know that when the Lord calls and you say, Here I am, you are connecting with the Great, “I am”? What is God's response when you answer “here I am”?**Isaiah 58:6 - 9**

6 *Is* not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

7 *Is it* not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, **Here I am**. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

Appeal**Genesis 22:1**

1 And it came to pass after these things, that God did tempt Abraham, and said unto him, Abraham: and he said, Behold, **here I am**.

Genesis 46:2

2 And God spake unto Israel in the visions of the night, and said, Jacob, Jacob. And he said, **Here am I**.

Exodus 3:4

4 And when the LORD saw that he turned aside to see, God called unto him out of the midst of the bush, and said, Moses, Moses. And he said, **Here am I**.

1 Samuel 3:4

4 That the LORD called Samuel: and he answered, **Here am I.**

Isaiah 6:8

8 Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, **Here am I; send me.**

Acts 9:10

10 And there was a certain disciple at Damascus, named Ananias; and to him said the Lord in a vision, **Ananias.** And he said, Behold, **I am here,** Lord.

God is calling you? What is your response?

Are still willing to accept God's call? He is only looking for workers. All will be tested. The only way to pass is to daily take up the cross of Christ.