

Wonderfully Made Series
Study # 20: Variance & Respiratory System
 Bible Sermon Study Notes by Cary Rodgers, pastor

What is the purpose and function of the Respiratory System?

The main goal of respiration is to deliver oxygen to the body and to take away carbon dioxide.

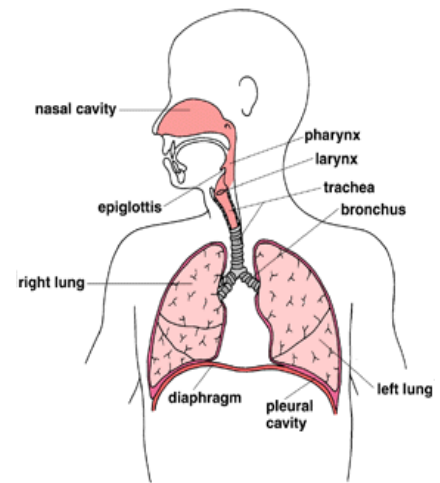
The process of the exchange of gases in the lungs (oxygen and carbon dioxide) is known as respiration.

Since the lungs process air, they are the only internal organs that are constantly exposed to the external environment.

Central to the human respiratory system, they breathe in between 2,100 and 2,400 gallons (8,000 and 9,000 liters) of air each day—the amount needed to oxygenate the 2,400 gallons (9,000 liters) or so of blood that is pumped through the heart daily.

What are the organs that are part of the respiratory system?

1. Nose/mouth
2. Pharynx (throat)
3. Larynx
4. Trachea (windpipe)
5. Lungs
6. Bronchi
7. Bronchial tubes
8. Alveoli
9. Diaphragm



How air enters the lungs

1. Oxygen enters the respiratory system through the mouth and the nose.
2. Nasal cavity in which cilia filters, the mucous membrane then moistens oxygen, the blood capillaries warm the air.
3. The oxygen then passes through the larynx (where speech sounds are produced).
4. The trachea which is a tube that enters the chest cavity.
5. In the chest cavity, the trachea splits into two smaller tubes called the bronchi.
6. Each bronchus then divides again forming the bronchial tubes. The bronchial tubes lead directly into the lungs where they divide into many smaller tubes which connect to tiny sacs called alveoli.

The average adult's lungs contain about 600 million of these spongy, air-filled sacs that are surrounded by capillaries.

7. The inhaled oxygen passes into the alveoli and then diffuses through the capillaries into the arterial blood.

8. Meanwhile, the waste-rich blood from the veins releases its carbon dioxide into the alveoli. The carbon dioxide follows the same path out of the lungs when you exhale.

Diaphragm

- **The diaphragm's job is to help pump the carbon dioxide out of the lungs and pull the oxygen into the lungs.**
- **The diaphragm is a sheet of muscles that lies across the bottom of the chest cavity.**

As the diaphragm contracts and relaxes, breathing takes place. When the diaphragm contracts, oxygen is pulled into the lungs. When the diaphragm relaxes, carbon dioxide is pumped out of the lungs.

Lungs

The lungs are the main organs of the respiratory system. In the lungs oxygen is taken into the body and carbon dioxide is breathed out. The red blood cells are responsible for picking up the oxygen in the lungs and carrying the oxygen to all the body cells that need it. The red blood cells drop off the oxygen to the body cells, then pick up the carbon dioxide which is a waste gas product produced by our cells. The red blood cells transport the carbon dioxide back to the lungs and we breathe it out when we exhale.

Trachea

The trachea (TRAY-kee-uh} is sometimes called the windpipe. The trachea filters the air we breathe and branches into the bronchi

Bronchi

The bronchi (BRAHN-ky) are two air tubes that branch off of the trachea and carry air directly into the lungs.

Upper Respiratory Paths

The Nose

The nose is a characteristic feature of every person. It serves primarily to moisten, warm and clean the air to prepare it for the lungs.

Variance

Jesus will judge us according to our faithfulness, obedience, and works. Making profession means nothing in the judgment.

Isaiah 62:11

11 Behold, the LORD hath proclaimed unto the end of the world, Say ye to the daughter of Zion, Behold, thy salvation cometh; behold, his reward is with him, and his work before him.

Revelation 22:11-12

11 He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.

12 And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be.

It is our character that decides our destiny. Only those who live by the Spirit of God and not in the flesh will make it to the kingdom of heaven.

The Bible mentions variance as a works of the flesh. Variance is an issue that many of God's people struggle to overcome. In the home, school, and church variance is promoted in many ways and rarely talked or preached

about as a serious offense to God. Many don't know that it is wrong. Variance in many ways are rewarded in our schools, homes, and workplaces.

Galatians 5:16-23

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

18 But if ye be led of the Spirit, ye are not under the law.

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, **variance, emulations, wrath, strife, seditions**, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

What is variance? Deep meaning and we must pay attention.

Variance (Greek): eris [er'-is]

Of uncertain affinity; a **quarrel**, that is, **(by implication) wrangling: - contention, debate, strife – Strong's Greek Dictionary**

A) Quarrel: 1) an angry dispute or altercation; a disagreement marked by a temporary or permanent break in friendly relations.

2) a cause of dispute, complaint, or hostile feeling: - dictionary.com

B) Wrangling: a noisy or angry dispute; altercation. - dictionary.com

God made us to be intelligent, emotional, and social beings. This is one of the reasons why He created the institution of marriage and families, but sin has marred all these things. In family or friend relationships there will be times of disagreements, but God's people must learn how to handle them effectively, reasonably, and Godly. Satan will tempt those to feel angry in disagreements into a noisy dispute. But we **MUST NOT** yield! We must keep a level head spiritually and allow the Holy Spirit to have control of our thinking, emotions, and behavior in a disagreement. The only time yelling is a good thing is when there is danger. "Look out" when someone is in danger. "Stay in the yard" when a child is about to go in the street or calling someone's name from far distance.

Proverbs 29:22

22 An angry man stirreth up strife, and a furious man aboundeth in transgression.

Disagreements can get very contentious and emotionally charged with anger. Lifting your voice to a noisy level in a dispute is not of God but the works of the flesh. Intense loud arguing is an emotional shouting contest with at least two or more people like husband and wife or child. This shuts down true communication that can lead to more strife, anger, and disputing.

Proverbs 15:18

18 A wrathful man stirreth up strife: but he that is slow to anger appeaseth strife.

Proverbs 26:21

21 **As coals are to burning coals, and wood to fire; so is a contentious man to kindle strife.**

What is the meaning of contention?

Contention (Greek) = brawling - Stong's Hebrew Dictionary

Brawling is referring to one who quarrels angrily and noisily; wrangle. - Dictionary.com

Contention: noun 1) a struggling together in opposition; strife. 2) **a striving in rivalry; competition;** contest. 3) strife in debate; dispute; controversy. 4) a point [contended](#) for or affirmed in controversy. - dictionary.com

Competition - There is nothing wrong with outside or inside recreational and group activities or exercises that promote good health and a closer walk with God. Any recreational games or sports that promote rivalry, competition, and contest is not of God. The main goal of these sports is to bring down your opponent down and lift up yourself. They not only promote competition but also the works of the flesh such as envy, pride, jealousy, and selfishness. Competitive sports strive for a corruptible prize or trophy. This is what the world promotes and according to the Bible is competition (variance) which is the works of the flesh. Competitive sports and games open up a flood of temptations that work against the spirit of God and promote the works of the flesh, variance.

“Some of the most popular amusements, such as football and boxing, have become schools of brutality. They are developing the same characteristics as did the games of ancient Rome. The love of domination, the pride in mere brute force, the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.

Other athletic games, though not so brutalizing, are scarcely less objectionable because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus **fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities.**

They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness, with their terrible results.” {Ellen White, Education p. 210.3}

Competitive sports are promoted by the world, not Jesus. There are always winners and losers. And there is a great deal of time wasted trying to improve and prepare. We have been taught from a very young age in the professed church that competition was okay and acceptable to God. Competitive sports is not approved by God, it is the works of the flesh, variance. It also promotes idolatry especially among professional sports. Those who excel in the sport professionally are hailed as heroes and idols. They are worshiped by the millions of people who sacrifice their time and money for their sport's idols. This is sin. Only God should be worshiped, not any man.

Luke 4:8

8 And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

God's people are to desire and run for an incorruptible crown of Glory. For those who endure and make it to the finish line of glory will all be winners. The losers are ALL the wicked who will be destroyed.

1 Corinthians 9:24-25

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

What are some alternatives to competitive sports?

1) Grow and work in a garden 2) Hiking in the woods 3) Walking 4) Climbing a tree 5) Building projects 6) Working in the yard 7) Landscaping 8) Cutting grass 9) Planting flowers 10) Running outside 11) Cleaning projects 12) Planting fruit trees 13) Help make repairs around the house 14) Rowing or paddling a boat in a nature setting 15) Family camping 16) Splitting wood 17) Jump roping 18) Raking leaves 19) Learn a physical trade – carpentry, plumbing, masonry, flooring, electrical, roofing, etc... 20)

All these activities are practical and useful that will promote good exercise. Some of these can be self employment businesses.

In school, the classrooms have become a battleground of competition. From elementary school to the university we are taught to compete against our classmates. Some students excel while others fail. Does our current grading system really tell if students truly understand and master various subjects that are taught to them in school? There is more emphasis on a grade rather than mastering the subjects. There is no emphasis on working together in the classroom to make sure that all students succeed. We are taught to memorize facts to do well on test instead of learning practical ways to apply the subjects taught to everyday living. Students who get A and B's are puffed up in this competitive war while others who don't make the dean's list or honorable mention are viewed as failures, lazy, and unproductive. The schools systems set up an environment of variance.

All students should be taught how the subject applies to everyday life. The student should be taught the subject matter until they understand it. Each student should help each other to make sure all students understand and master the subject starting from elementary school.

The highest education is the word of TRUTH. It is practical for everyday life and eternity. The Bible should be each child's first study book. Amen. All students should know how to grow food and work with their hands and develop characters that reflect the character of God.

The modern school system teaches what they think is important instead of what is important to God.

Variance in summary is a dispute or debate that can become a noisy arguments and competition. All these are works of sinful flesh not the spirit of God. We must overcome in order to enter the Heavenly Canaan. Amen. Our homes, schools, and churches should not be a battleground of contentious debating. Both sides are wrong even though one may be right in its argument.

Children Are Confused by Parents at Variance.-- “The family firm must be well organized. Together the father and mother must consider their responsibilities, and with a clear comprehension undertake their task. **There is to be no variance.** The father and mother should never in the presence of their children criticize each other's plans and judgment. {AH 314.2}

If parents do not agree, let them absent themselves from the presence of their children until an understanding can be arrived at.” {Ellen White, Adventist Homes p. 314}

How to avoid variance in the home when there are disagreements. We are all humans and do not always agree or see eye to eye on everything, but we must learn how to handle them in love without yielding to the temptation of variance. The family and spouses must implement policies on how to deal with disagreements. They must discuss and agree with policies.

The following are examples and ideas that your spouse and family can consider to avoid variance:

First, disagreements must be a matter of prayer individually and as a family.

Second, have a family policy in place that disagreements will not become debates of back and forth wrangling. For example, husband argues with wife, “I am right, you are wrong.” Wife responds, “No, I am right and you are wrong.” This back and forth wrangling is counterproductive in disagreements and works of the sinful flesh.

Third, spouses do not discuss in anger in a disagreement. Cool off first.

Fourth, do not discuss or punish children in anger.

Fifth, children of the home must understand to do what they are told by their parents without arguments or debates.

Sixth, if there is a misunderstanding or disagreement, give all persons at least 5 minutes to hear them without interference or interruption. Or, you can write out your position and thoughts.

Seventh, parents should not discuss their disagreements in front of the children especially if there is disagreements on how a disobedient child should be punished. Go in private and discuss. Be united on how punishment should be given to a disobedient child.

Eighth, no name calling or character assassination. Such attacks is a sign of counterproductive communication. “You never listen.” “You are lazy.” “You make me sick.” “You can’t do nothing right.”

Nine, don’t puff up yourself and credentials with each other. Speak in love and listen to each other.

Ten, never debate the Bible. This is not wise but works of the flesh. If a spouse disagrees with doctrines of the Bible present it with love. If he or she still disagrees with you make it a matter of prayer and ask God for wisdom.

Eleven, if there is still disagreement after discussion, respect each other. Pray for wisdom from God, but don’t force. Don’t nag or provoke each other into variance or wrangling.

Isaiah 58:4

4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.

Strife, debate, and wrangling with noisy arguing is not of God but works of the flesh.

Is cry aloud against the abominations variance?

Variance and reproving of sin is not the same. Cry aloud against the abominations is to help save a soul from destruction. It is not done in an argumentative way but out of love for souls.