

Wonderfully Made Series
Study # 22: Greatest Need & Diverticulitis
Bible Sermon Study Notes: Pastor Cary Rodgers, Jr.

Last week we studied the digestive system. Today we are going to look at fiber and one of the major diseases of the digestive system is wrecking havoc on millions of people and their colons.

Fiber, it's in you to get the junk out of you!

Why fiber?

ADDS BULK
ACTS LIKE BROOMS
ABSORBS WATER

Two types of fiber

- 1. Soluble fiber**
- 2. Insoluble fiber**

Soluble Fiber

- Dissolves in water to form a gel-like material.
- Digested by your body
- Lowers blood cholesterol and glucose levels.

Examples:

Oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

Insoluble FIBER

- Passes through the bowels without being broken down, and helps other foods to move through your digestive system more easily.
- Increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools.
- Keeps bowels healthy and helps prevent constipation and other digestive problems, such as irritable bowel syndrome.
- Helps keep you feeling fuller for longer, helps with weight loss

Examples:

Whole-wheat flour, wheat bran, wholegrain rice, fruits, nuts and many vegetables.

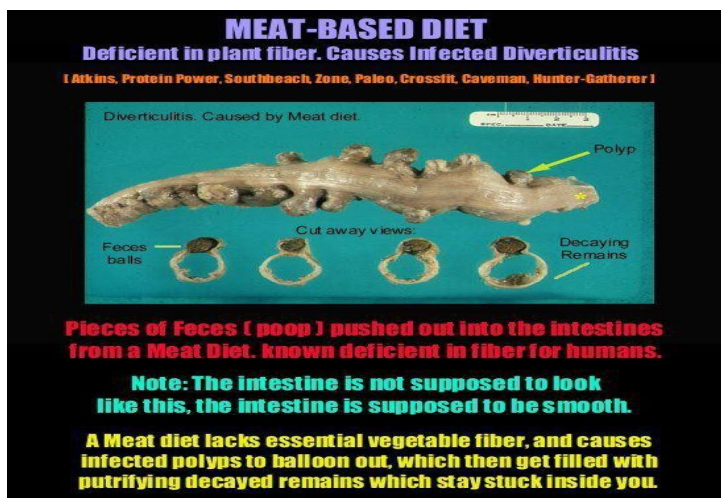
Overall Benefits of Fiber!

- Normalizes bowel movements. Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may also help to solidify the stool because it

absorbs water and adds bulk to stool. For some, fiber may provide relief from irritable bowel syndrome.

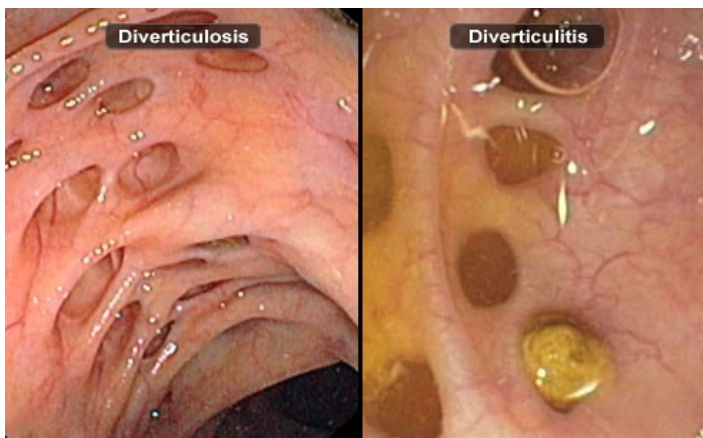
- Helps maintain bowel integrity and health. A high-fiber diet may lower your risk of developing hemorrhoids, and small pouches in your colon (diverticular disease).
- Lowers blood cholesterol levels. Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad," cholesterol levels. Epidemiologic studies have shown that increased fiber in the diet can reduce blood pressure and inflammation, which is also protective to heart health.
- Helps control blood sugar levels. Fiber, particularly soluble fiber, can slow the absorption of sugar, which for people with diabetes can help improve blood sugar levels. A diet that includes insoluble fiber has been associated with a reduced risk of developing type 2 diabetes.
- Aids in weight loss. High-fiber foods generally require more chewing time, which gives your body time to register when you're no longer hungry, so you're less likely to overeat. Also, a high-fiber diet tends to make a meal feel larger and linger longer, so you stay full for a greater amount of time. And high-fiber diets also tend to be less "energy dense," which means they have fewer calories for the same volume of food.

Diverticulitis is a very common disease of the colon.



Diverticulosis symptoms

- Nausea
- Vomiting
- Fever
- Chills
- Bloating
- Gas
- Constipation/diarrhea
- Not feeling hungry



Diverticulitis is small, bulging sacs or pouches of the inner lining of the intestine

(diverticulosis) that become inflamed or infected. Most often, these pouches are in the large intestine (colon).

How long can you hold your breath? There is a point that more than anything else, one of your greatest needs is fresh oxygen. At this point fresh air has the highest priority in your life. Without it we would all perish!

It is only by the mercy and love of God that we are not all consumed.

Lamentations 3:22-23

22 It is of the LORD'S mercies that **we are not consumed**, because his compassions fail not.

23 They are new every morning: great is thy faithfulness.

Your greatest need is not more money, more time, more food or a bigger house. Your greatest need more than oxygen is Jesus Christ. He is the only way to eternal life. Without Him we would ALL perish without hope.

Acts 4:12

12 Neither is there salvation in any other: for there is none other name (Jesus) under heaven given among men, whereby we must be saved.

There is no salvation through any man, only Jesus.

Ephesians 2:18

18 For through him we both have access by one Spirit unto the Father.

1 Peter 1:21

21 Who by him do believe in God, that raised him up from the dead, and gave him glory; that your faith and hope might be in God.

The world's greatest need is Jesus. He is our only path of truth.

John 14:6

6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Why do some people not believe in God?

Thought Answer 1:

Because they do not know their condition. They do not know their sickness.... They do not know their fate with eternal death.

Jesus is coming very soon, the end is right upon us and there are millions of people who are not ready! Are you ready? When the world is in the grips of a pandemic like the

coronavirus that has the potential to wipe out millions of people, many see their fate if nothing is done. We have seen in the past few weeks that people are willing to give up their liberties, jobs, social connections, entertainment, sports, close businesses. Parades and celebrations canceled. The NBA, College March Madness tournaments, and other professional sports have postponed or suspended the season and tournaments. That's a BIG deal. The people are not complaining. Movie theaters closed. Stock markets are dropping. Businesses are losing billions of dollars. Nothing else matters, stop this virus! Many schools have canceled their on campus classes to online only. Airlines canceling hundreds of flight. People are stocking up on toilet paper, food, face masks, hand sanitizers. They are washing their hands for twenty seconds like never before.

People are afraid! They are scared. They think that getting rid of the virus is their great greatest need. But when it comes to the gospel, the everlasting covenant, the ten commandments, and the second coming of Jesus, the world and the modern Babylonian churches have no urgency. They are complacent and unbelieving! Many believe that they can defy the commandments of God and still be saved in the kingdom of God.

The greatest need is not getting rid of the coronavirus, it is Jesus. Just imagine people getting their souls prepared for the heavenly kingdom like the world is preparing to stop this pandemic.

When a serious pandemic comes like the coronavirus people see their mortality, helplessness, weakness, and vulnerability.

Jesus is real. His Word, the Holy Bible, promises that He will return. Washing our hands many times is great in times like these, but the greatest need that the world needs is the washing and the cleansing blood of Jesus Christ.

Jesus is the only one who has the power and virtue to supply ALL our needs. (never forget)

Philippians 4:19

19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Powerful examples:

2 Kings 4:1-7

1 Now there cried a certain woman of the wives of the sons of the prophets unto Elisha, saying, Thy servant my husband is dead; and thou knowest that thy servant did fear the LORD: and the creditor is come to take unto him my two sons to be bondmen.

2 And Elisha said unto her, What shall I do for thee? tell me, what hast thou in the house? And she said, Thine handmaid hath not any thing in the house, save a pot of oil.

3 Then he said, Go, borrow thee vessels abroad of all thy neighbours, even empty vessels; borrow not a few.

4 And when thou art come in, thou shalt shut the door upon thee and upon thy sons, and shalt pour out into all those vessels, and thou shalt set aside that which is full.

5 So she went from him, and shut the door upon her and upon her sons, who brought the vessels to her; and she poured out.

6 And it came to pass, when the vessels were full, that she said unto her son, Bring me yet a vessel. And he said unto her, There is not a vessel more. And the oil stayed.

7 Then she came and told the man of God. And he said, Go, sell the oil, and pay thy debt, and live thou and thy children of the rest.

Did God supply the widow needs? We like the woman in this incredible testimony must have faith and obey God's word. What if this woman did not have faith to obey God's commands, she would have not received the oil and her sons would have become slaves to the creditor.

Even though she had faith in the instructions from the prophet Elisha, she had to take action. The incredible thing here is that her sons cooperated by getting the pots for their mom. If they were lazy and lacked faith, they would have become slaves. Powerful testimony.

2 Kings 4:38-41

38 And Elisha came again to Gilgal: and there was a dearth in the land; and the sons of the prophets were sitting before him: and he said unto his servant, Set on the great pot, and seethe pottage for the sons of the prophets.

39 And one went out into the field to gather herbs, and found a wild vine, and gathered thereof wild gourds his lap full, and came and shred them into the pot of pottage: for they knew them not.

40 So they poured out for the men to eat. And it came to pass, as they were eating of the pottage, that they cried out, and said, O thou man of God, there is death in the pot. And they could not eat thereof.

41 But he said, Then bring meal. And he cast it into the pot; and he said, Pour out for the people, that they may eat. And there was no harm in the pot.

Next verses – example of how God multiplied the school of the prophet's food

2 Kings 4:42-44

42 And there came a man from Baalshalisha, and brought the man of God bread of the firstfruits, twenty loaves of barley, and full ears of corn in the husk thereof. And he said, Give unto the people, that they may eat.

43 And his servitor said, What, should I set this before an hundred men? He said again, Give the people, that they may eat: for thus saith the LORD, They shall eat, and shall leave thereof.

44 So he set it before them, and they did eat, and left thereof, according to the word of the LORD.

Remember, how Jesus multiplied the food to feed the 5000 and 4000 people!

Mark 8:19-21

19 When I brake the five loaves among five thousand, how many baskets full of fragments took ye up? They say unto him, Twelve.

20 And when the seven among four thousand, how many baskets full of fragments took ye up? And they said, Seven.

21 And he said unto them, How is it that ye do not understand?

In the desert God supplied the need of water from a ROCK?

Exodus 17:3-6

3 And the people thirsted there for water; and the people murmured against Moses, and said, Wherefore is this that thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?

4 And Moses cried unto the LORD, saying, What shall I do unto this people? they be almost ready to stone me.

5 And the LORD said unto Moses, Go on before the people, and take with thee of the elders of Israel; and thy rod, wherewith thou smotest the river, take in thine hand, and go.

6 Behold, I will stand before thee there upon the rock in Horeb; and thou shalt smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel.

Jesus is that great Rock of our salvation that will make a way of things that are impossible with man. Jesus was pierced with nails and a stave on his side, the Rock on the cross, blood on his hands and feet. When he was pierced on His side, blood and water of life come out like the Rock in the desert.

John 7:37-38

37 In the last day, that great day of the feast, Jesus stood and cried, saying, **If any man thirst, let him come unto me, and drink.**

38 **He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.**

John 19:34

34 But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water.

1 Kings 17:9-16

9 Arise, get thee to Zarephath, which belongeth to Zidon, and dwell there: behold, I have commanded a widow woman there to sustain thee.

10 So he arose and went to Zarephath. And when he came to the gate of the city, behold, the widow woman was there gathering of sticks: and he called to her, and said, Fetch me, I pray thee, a little water in a vessel, that I may drink.

11 And as she was going to fetch it, he called to her, and said, Bring me, I pray thee, a morsel of bread in thine hand.

12 And she said, As the LORD thy God liveth, I have not a cake, but an handful of meal in a barrel, and a little oil in a cruse: and, behold, I am gathering two sticks, that I may go in and dress it for me and my son, that we may eat it, and die.

13 And Elijah said unto her, Fear not; go and do as thou hast said: but make me thereof a little cake first, and bring it unto me, and after make for thee and for thy son.

14 For thus saith the LORD God of Israel, The barrel of meal shall not waste, neither shall the cruse of oil fail, until the day that the LORD sendeth rain upon the earth.

15 And she went and did according to the saying of Elijah: and she, and he, and her house, did eat many days.

16 And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the LORD, which he spake by Elijah.

Many more examples throughout the Bible how God supplied the needs of His people impossible situations for man. This is the power that we must depend on in the last days but we must believe! God will take care of His own. Amen.

Psalms 37:25

25 I have been young, and now am old; yet have I **not seen the righteous forsaken, nor his seed begging bread.**

Hebrews 13:5-6

5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

God will never leave us nor forsake us! Even in the midst of intensity, God will supply all your needs and will be right by your side.

Hebrews 13:5-6

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6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

Jesus says, Matthew 28:18**lo, I am with you always, even unto the end of the world.**
Amen.

Appeal

Our Greatest need is Jesus, we are helpless and hopeless without Jesus....