

Getting Stronger & Getting Better!

KJV Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

KJV Proverbs 15:30 The light of the eyes rejoiceth the heart: and a good report maketh the bones fat.

Fattening the bones is a saying that refers to “making the bones marrowy”!

Bone marrow is responsible for producing new blood cells that both remove waste and carry nutrients to the body!

The ability to fight off disease is found in the bone marrow!

The stem cells either turn into red blood cells if oxygen and nutrients are needed or white blood cells if the body needs to fight off disease.

So making the bones fat means making us stronger and better.

➤ **God is moving right now in our bodies on a molecular level!**

We can't inside your bones or the marrow but deep down on the inside God is doing a work making us better, stronger and more of a blessing.

The Word of God going forth is changing every cell in your body—in the beginning was The Word and The Word was with God and The Word was God, The Same was in the beginning with God.

3 All things were made by him; and without him was not anything made that was made.

The Word created everything down to your microscopic self—and The Word holds all things together down to the molecular invisible you!

KJV Psalm 63:3-5 Because thy lovingkindness is better than life, my lips shall praise thee.

4 Thus will I bless thee while I live: I will lift up my hands in thy name.

5 My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:

David says his bones will be **enriched** with marrow (the best nutrients) and **fatness** (prosperity).

➤ **Making the bones fat is a figure of speech for “internal strength and blessing”!**

➤ So far we’ve learned a **merry heart** (expressed with words) makes us better by providing healing. (**Prov 17:22**)

➤ Also **Good news** (The Gospel of Jesus Christ) makes us better by strengthening our inner—our resolve to live right!

Isaiah says fasting and prayer produces inner strength making us better!
*KJV Isaiah 58:11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and **make fat thy bones**: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.*

➤ **Fasting and prayer makes the strong even stronger in battle!**

Making the bones stronger is an indication that God is at work in us.

Then weakening or breaking the bones can’t be a good thing!

- **Biblically broken bones were a sign of weakness and breaking the bones is utterly defeating an enemy giving them no chance of recovery!**

A man with a broken hand or foot could not serve as priest (Lev. 21:19)

NIV Psalm 10:15 Break the arm of the wicked and evil man; call him to account for his wickedness that would not be found out.

David writes—“*Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.* (**Psalm 51:8**)

David’s sin caused him to be so weak that he was broken inside!

David says let me hear your voice again and I will have joy and gladness

In 2 Sam 12:18-20 after David committed adultery with Bathsheba and impregnated her Nathan the prophet tells him the child will die.

David fasts and prays **7 days** and God does not speak to him—maybe for the first time in his life **he can't hear God or sense His presence!**

*NIV **Psalm 51:10** Create in me a pure heart, O God, and renew a steadfast spirit within me.*

***11** Do not cast me from your presence or take your Holy Spirit from me.*

***12** Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

*NIV **Hebrews 4:12** For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

➤ **The Word of God, His presence and His Spirit gets deep into our bones even to the marrow—it literally changes us on a molecular level!**

*NIV **2 Kings 13:21** Once while some Israelites were burying a man, suddenly they saw a band of raiders; so they threw the man's body into Elisha's tomb. When the body touched Elisha's bones, the man came to life and stood up on his feet.*

[DNA has been known to survive in bone for several thousand years!](#)

[Elisha's bones were so fat with God's anointed presence a dead man touching his bones came to life!](#)

[How much more if we touch the hem of Jesus garment!](#)

The prophet Isaiah tells us plainly what Christ comes to do:

*KJV **Isaiah 53:12** Therefore will I divide him a portion with the great, and he shall **divide the spoil with the strong**; because he hath poured out his soul unto death: and he was numbered with the transgressors; and he bare the sin of many, and made intercession for the transgressors.*

Jesus Christ came to destroy the works of the devil and divide the spoils of His victory over death, hell and the grave.

By faith we understand He has made us to be kings and priests to God!

As we grow strong in The Lord and the power of His might **He shares the spoils with the strong not the weak!**