

WHAT WAS THAT?

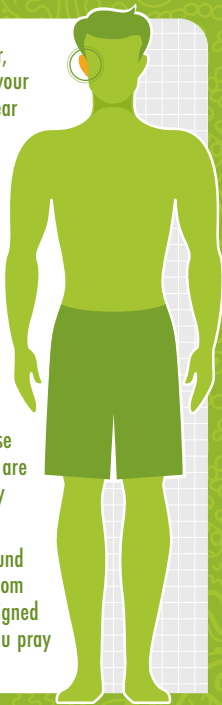


Ear

When sound waves reach your ear, your ear canal channels them to your eardrum. Special glands in your ear canal produce wax, which helps keep the canal clean and fights bacteria. Ear wax traps dust particles that are removed from the ear canal (along with the wax) by an amazing conveyor-belt mechanism.

The sound waves cause the smallest bones in your body to vibrate. These bones in your middle ear are called the hammer, anvil, and stirrup because of the way they are shaped. They are the same size today as on the day you were born!

Once your brain translates the sound waves, you can hear what your mom is saying! The same God who designed your ears also hears you when you pray to him (Psalms 94:9)!



IS IT HOT IN HERE?

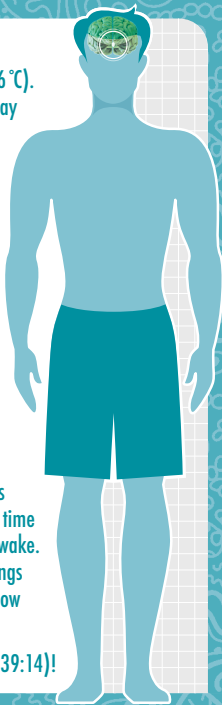


Hypothalamus

When you're healthy, your body temperature is around 98.6°F (38.6°C). But how does your body know to stay at that temperature when it's really hot or cold outside? God designed a small gland at the base of your brain to control your body's temperature. If you get too cold, the hypothalamus tells your muscles to start shivering to produce heat. If you're too hot, the hypothalamus tells your body to start sweating so you can cool off. It helps keep your body at just the right temperature so that all parts can function correctly.

This almond-sized gland also senses light and helps you know when it's time to sleep and when it's time to be awake. The hypothalamus also causes feelings of hunger and thirst so that you know when you need to eat and drink.

We are wonderfully made (Psalm 139:14)!



MAKE A FIST

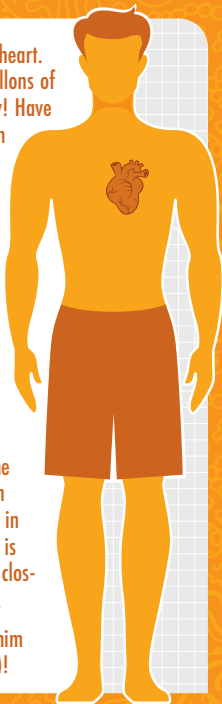


Heart

Your fist is about the size of your heart. Your heart pumps about 2,000 gallons of blood through your body each day! Have you ever heard of a pump that can repair itself and run continuously for 80 years? People could never design something this amazing.

The heart has four chambers that work in pairs. Blood from your body flows into the right side of the heart and then to your lungs, where it picks up oxygen and gets rid of the waste gases. The blood then flows back to the heart, where the left side pumps the oxygen-rich blood to the rest of your body. Special valves in your heart allow the blood to flow in only one direction. Your heartbeat is actually the sound of these valves closing after the heart muscle relaxes.

Our creator God wants us to love him with all of our heart (Mark 12:30)!



WHAT DO YOU THINK?

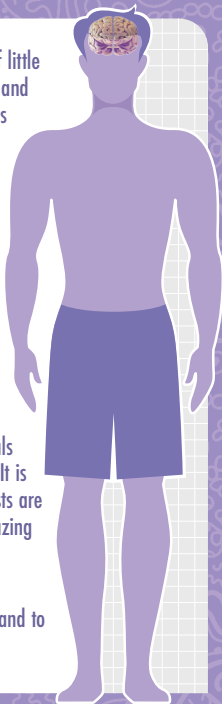


Brain

Your brain is made up of billions of little cells called neurons. These neurons and other cells control different functions of your body. A furrow down the middle of your brain separates it into two halves (hemispheres). Your brainstem controls your breathing, blinking, and your heartbeat. The cerebral cortex is the thinking part of your brain—designed by God and more complex than any supercomputer man could ever make.

Billions of chemical reactions in your brain send tiny electrical signals to control everything in your body. It is such a complex process that scientists are still working to understand the amazing design of the Creator.

God wants us to use our brain to understand his Word (Isaiah 1:18) and to love him with all our mind (Mark 12:30)!



FLEX FOR ME!

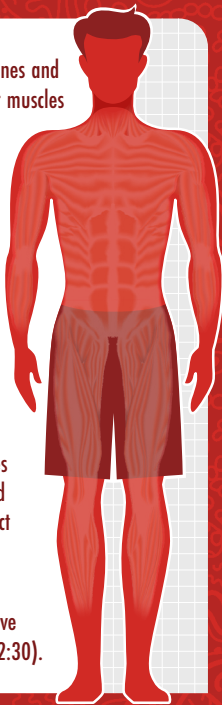


Muscles

Skeletal muscles attach to your bones and move your skeleton. Many of your muscles work in pairs called flexors and extensors. If you lift your wrist toward your shoulder, your biceps flex. To pull your arm back down you flex your triceps.

The muscles don't just work on their own—they are interconnected to nerves, blood vessels, connective tissues, and bones. All of these pieces must fit together perfectly and could have never evolved by random processes over millions of years. God created them to function together in perfect harmony.

When we flex our muscles, we can remember that God wants us to love him with all our strength (Mark 12:30).



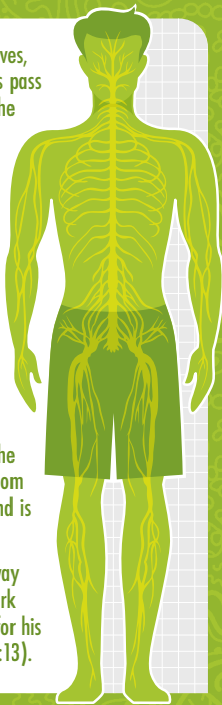
THAT'S SHOCKING!



Nerves

Millions of tiny “wires,” called nerves, run through your body. Nerve cells pass electrical signals so that parts of the body can communicate. Signals are sent from your brain to your body parts or from receptors in the body to the brain. Like electrical wires in your house, your nerves have a covering (myelin) so they don’t short circuit. Without this special layer, signals from your brain could not get to your fingers. High concentrations of nerve endings in your fingertips make them more sensitive than other areas. The longest nerve in your body runs from your lower back to your big toe and is called the sciatic nerve.

The intricate design we see in the way the nerves and other body parts work together reminds us to praise God for his control over everything (Psalm 139:13).



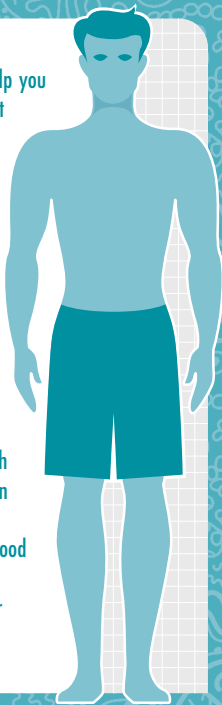
LIKE A CAMERA



Eye

Much like a camera, your eyes help you to see the world around you. Light passes through the lens of the eye, but unlike a camera, the lens actually changes its shape to focus the image. Your eye changes its sensitivity to detect bright sunlight or darkness.

Tiny muscles in your eye control the size of your pupil and the shape of your lens, while muscles outside the eye move to let you look around. If your camera lens gets dirty, you have to wipe it with a cloth, but your eye has a built-in wiper-washer system. All of these components work together with blood vessels, nerves, and the brain—intricately designed by the Creator (Proverbs 20:12).

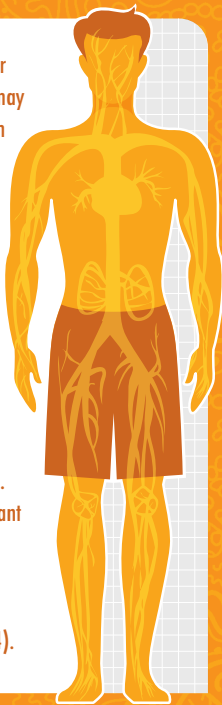


RED OR BLUE?



Blood

Some people think blood is blue or red. While the veins in your skin may appear blue, the blood inside them is always red. Your blood carries oxygen and other gases around the body. Blood is also made up of a clear liquid called plasma, which helps stop the bleeding when you get a cut. The blood also carries many cells that help your body fight disease, waste particles that need to be removed from your body, sugars for energy, and many more things. Your blood performs many important jobs. Scientists are discovering what our Creator has known from the beginning—your blood is an important part of life (Genesis 9:4).



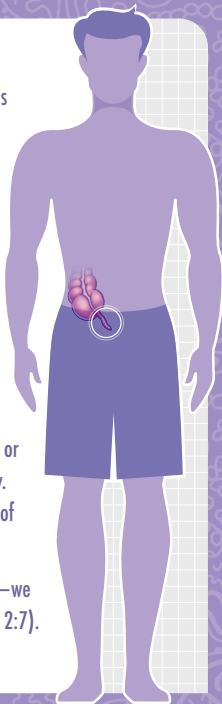
IS IT NECESSARY?



Appendix

You may know someone who had his appendix removed because it got infected and needed to be taken out before it burst. In the past, people thought the appendix was not necessary, a “vestigial organ” or a leftover from evolutionary ancestors. Scientists now know that the appendix plays an important role in helping your body fight diseases. When God designed your body, he didn’t make mistakes or include anything that isn’t necessary. Your appendix is an important part of your body!

God created mankind in his image—we did not evolve as accidents (Genesis 2:7).



TAKE A DEEP BREATH...



Lungs

Your lungs help you get oxygen from the air and pass waste gases out of your body. They cooperate with the blood vessels that carry the gases to the rest of your body.

A muscle called the diaphragm contracts to pull air into your lungs, and special layers of cells lubricate the lungs so they don't get irritated by friction. Tiny hair-like cilia move constantly in coordinated waves to help move dust and other contaminants out of the lungs—the stuff you cough up! All of these things work together to accomplish what God designed them to do.

God has given us the gift of life and we can praise him with every breath we breathe (Psalm 150:6)!

