



Our Daily Dying

Did you know that in order to live, your body must physically die daily? That's right. Thousands of our body cells die daily in order to keep us alive. It is like having a car – for those who have a car, you know that the older the car gets, the more parts need replacing or fixing for the car to continue running properly. Sometimes you may need to replace a light, buy new tires, or even purchasing a new battery. Then, at some point after all of the time and money that has been put into the car for replacements, you may wonder, “is there even anything that is still original about this car anymore?”

Regardless, as a car owner, you are aware that fixing old parts or installing new ones is essential for your being able to still drive it. That is exactly what happens with our bodies. The old cells die every day to make space for new cells. Without this “daily dying,” there is no way to live.

Life begins with two cells merging together. How is this possible? That out of a single cell, an entire complex body unit is formed? A human body consists out of over 200 different types of cells that keep the organism running. In the beginning, everything is still operating quite simply. The little human begins growing through the process of cell division. Amidst this seemingly simple process, one might wonder how the complex parts of the body are formed; for instance, the hands and feet.

First, the hand grows slowly, and then finally little fingers are formed and are all connected through webbings in between the fingers. What is interesting is that around the seventh week of life, those cells mysteriously die, and then a miracle happens – a complete hand with five fingers are produced, and continue growing to what their normal size will be before birth.

Another example of a complex body part formed from a cell is the eye. If the nucleus of our developed eye cells will not die, we would all be born with cataracts and be practically blind. The dying of those nuclei make it possible that our vision is clear and undamaged.

We see that even before a baby is born, millions and millions of body cells have come and gone. Without the continual “death” of these cells, so to speak, there would not be any progress in human growth.

Certain bone cells called “osteoclasts” reduce old bone tissue by withdrawing minerals out of the bone. This creates a little hole that makes space for new tissue. What one cell

reduces, the other one builds up. Another group of bone cells called the “osteoclasts” are responsible for filling those little holes with calcium. Little by little now, these cells build themselves into a new bone tissue until they cannot survive anymore and fossilize. The balance between the constant reducing of the bone and building up of the bone is the reason why our bones are stable and flexible.

Almost all body cells in our organism change themselves continually. Cells of the intestine and of blood vessels only take a few days to be replaced. Did you know that red blood cells live for exactly 120 days? It is amazing because we see prophetic symbols not only in the Bible, but also everywhere in the human body and even in nature. The skin and some of our internal organs take up to weeks or even months to perform this process. The remodeling of bones takes a bit longer than these. In fact, it takes about ten years for our entire skeleton to regenerate a “new” skeleton. Muscle cells take even longer – up to 15 years. But, certain parts of the brain, nerve system, and sweat glands take the longest—this process lasts a lifetime.

At some point in life, we know that we will all die (if the Lord does not come before then). But, until then, it should be our desire to be healthy as long as possible. Paradoxically, this health is only possible if many of our body cells die on a daily basis. Life and health depend upon our cells dying at the correct time. This programmed cell death is essential because our own body cells can become a burden or even a danger to the body. Therefore, each cell has a built-in mechanism which basically tells it when it must die. This process is called “apoptosis.” The cells receive signals from outside of the cell or even from within the cell, causing it to basically self-destruct from the inside out. The cell dies in its perfect shell. When this process begins, for a while, hardly any ac-

tivity can be seen from the outside of the cell. The cell initially cuts off all connections and communications between neighboring cells. The “self-destruction” genes contained inside of it have already been activated, and then it is just a matter of time when the cell begins to die, until finally all that can be seen is little bubbles outside of the cell. This then leads to the cell bursting into little “apoptosis bodies,” which are then eaten and recycled by neighboring cells, or scavenger cells. The entire process takes about 45 minutes. If this system does not function properly, it is dangerous to your health because there is a risk that these cells will turn into cancer cells and degenerate. This is harmful because there are some things that can never be replaced when they are broken or defective. When cells die, the kidney is left to deal with the “leftovers.” Therefore, it is important to have healthy kidneys, and to support them so that they can expel these leftovers. (At the end of this article, please find an herbal tea recipe that provides a healthy support for the kidneys and their function.)

The spirit of dying to self is not only witnessed in our bodies, but it can also be seen in nature. For example: The Malaysian Ant (“Camponotus Saundersi”), when faced with a predator, has the unique ability to squeeze its abdomen so hard that it pops. This causes a sticky liquid to cover its predator, which disables its ability to fight. Then, the ant itself dies. Another type of ant has interesting characteristics, as well. The “Forelius posillus” ant from Brazil ends its work before sundown.

When all of the ants go in their nest for the night, two ants come out of the ant hill and close the entrance hole in the nest to such a thorough degree, that any other insect will not be able to tell where the entrance is. These two ants are most likely not going to be able to enter any longer, since their chances of survival in the night are very slim. In both of these cases, creatures in nature become sacrifices for themselves and for their communities. Another example would be the bee: A bee basically sacrifices itself without thinking twice about its hive. If threatened, the bee will sting without hesitation, especially when defending its hive. Once the stinger is used, the bee dies. When this bee dies, an alarming scent is given off, encouraging the rest of the hive to sting in the same area. Therefore, the death of one bee helps the hive stay alive and well protected.

The Natural followed by the Spiritual

Howbeit that was not first which is spiritual, but that which is natural; and afterward that which is spiritual. 1 Corinthians 15:46.

God teaches us many lessons through nature that we might understand spiritual things. Therefore, God shows us by means of our own body that we must die daily, in order to have space for something new and rejuvenating to come in. God calls us daily to die to ourselves, that He might develop Himself in us more perfectly. If this process does not take place or is disturbed, then it can become that “spiritual cancer” that will begin to grow within us. But, God is patient with us and works with us in the state in which we present ourselves to Him. If we have made mistakes in the past that have impacted us negatively and have left their “mark” on us, so to speak, He will make these to work for His good and for our own good by transforming it into something positive. And as we start to be transformed into His likeness, all the honor and glory of this change will belong to Him only.

“Heaven will be cheap enough, if we obtain it through suffering. We must deny self all along the way, **die to self daily**, let Jesus alone appear, and keep His glory continually in view. I saw that those who of late have embraced the truth would have to know what it is to suffer for Christ’s sake, that they would have trials to pass through that would be keen and cutting, in order that they may be purified and fitted through suffering to receive the seal of the living God, pass through the time of trouble, see the King in His beauty, and dwell in the presence of God and of pure, holy angels.” *Early Writings*, 67.

Verily, verily, I say unto you, except a corn of wheat fall into the ground and die, it abideth alone; but if it die, it bringeth forth much fruit. John 12:24. Let us all strive to die daily to self so that we will be “as one dead,” as we approach Midnight. May God raise us up at His appointed time, that we might “bring forth much fruit” at the Midnight Cry.

Kidney Tea:

- Birch Leaves: 2 oz
- Stinging Nettle: 2 oz
- Horsetail: 1.5 oz

Take all of the dried herbs and mix them together. Take 1 tsp of each herb and add to 1 cup of boiling water. Let it steep 10 minutes. Drink this tea three times per day for three to four weeks.

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