

Gravity: Friend or Foe?

Gravity as a Friend

- ▶ Allows us to walk
- ▶ Keeps things in place
- ▶ Allows for the muscles to develop
- ▶ Helps maintain proper BP
- ▶ Causes waterfalls and rain
- ▶ Keep the sun near the sun

Gravity as a Foe

Have you ever noticed that your pants feel a little tighter around the waist at the end of the day? Have you ever adjusted your rearview mirror up in the morning and then down at night? Did you realize that after the age of 20, you've been losing an average of 1/2" in height every twenty years? Do you suffer from varicose veins, swollen feet or an aching back? If you responded yes to any of these questions, you are a victim of the inescapable, compressive force of gravity.

The results of gravity's constant downward pull on our faces, shoulders, backs, necks, chests, organs, legs and feet are painfully obvious to most of us. Gravity never gives up, nor does it discriminate. Young or old, couch potatoes or athletes - we will all experience change to our bodies as a result of life on this planet!

Exercising will help keep you fit and trim - but exercise is both beneficial and harmful to your body. How can that be? It's called compression fatigue: the more we run, the more weight we lift, the more our bodies pay the toll from gravity.

Spine

Perhaps, the most noticeable effect of gravity on the body is compression of the spine. Our spine consists of vertebrae and sponge-like discs. The downward force of gravity causes the discs to lose moisture throughout the day, resulting in a daily height loss of up to 1/2" - 3/4"! The moisture returns to the disc overnight, but not 100%. Over a lifetime, a person can permanently lose between 1/2" - 2" in height!

Waist

Height loss not only effects the health of your back, but acts like a “domino effect” on the rest of your body. Your organs become compressed and your waist measurement increases (without actual weight gain). Some people call these love handles, but they could be compression wrinkles because they are, in part, a direct result of compression of the spine! This also effects your ability to move and bend, which can seriously hinder your ability to perform simple daily activities.

Organs

Gravity wreaks havoc on the inside of your body as well. Over time, organs begin to prolapse, or fall, from their rightful place in your body. Organ function becomes less efficient. It's not uncommon for people to experience bladder, kidney and digestive problems due to prolapsed organs.

Circulation

If gravity can prevent water from flowing uphill, it can also prevent the blood in our bodies from freely flowing upward. Over time, gravity takes a toll on the circulatory system, which may cause varicose veins, decreased scalp circulation and swollen limbs. Poor circulation to the eyes, ears, skin, scalp and brain is one reason why our most valuable organs deteriorate over a lifetime.

Procedures

- ▶ Lift up your right arm for two minutes.
Lower your arm and compare your right and left hands.
- ▶ Measure someone standing then lying down.

Consider this: astronauts grow two inches while in space! During weeks in orbit, astronauts' discs continue to absorb moisture from the blood stream. With no gravitational pull to squeeze moisture out, the discs remain plump, making their spines longer and themselves taller. In fact, space suits are designed to accommodate the extra two inches spinal stretch.

From these experiments we can see the effects of gravity, but while we have problems due to gravity we would actually have many more and worse problems including the fact that our earth would not stay in an orderly orbit around our sun but would fly away as soon as gravity were removed. Not only would the earth fly away, but the water would leave earth and our atmosphere as well. All would be chaos! Life could not exist on earth without gravity

So while we might wish we could live as astronauts, we are doing pretty well here. God has created all things well and we should never question his wisdom and goodness to us. Gravity holds things together. But what keeps gravity where it needs to be?

And he is before all things, and by him all things consist. Colossians 1:17

The Greek verb for consist means to cohere, preserve, or hold together. Extrabiblical Greek use of this word pictures a container holding water within itself. The word is used in Colossians in the perfect tense, which normally implies a present continuing state arising from a completed past action.

Jesus invented gravity and by him it consists and works to keep things as they should be.

The End