



## ENERGY & DISSIPATION

### Wholistic Grace

#### **Introduction: Opening comments [Please take notes]**

#### **Definitions: Mixing Science and the Bible**

**Medical Theology:** What secular science attempts to describe, regarding human anatomy and physiology, cannot adequately account for what they observe. Scientific principles can never offer complete explanations or bring full understanding of the wonders of human creation, without including God's hand!

**Wholistic Gospel:** Sanctifying Spirit, Soul and Body

**Wholistic Grace:** Energizing Spirit, Soul and Body

#### **Read**

- 24 hours per day, 168 hours per week
- That is all you have; that's what we all have!
- Each of us has to decide what we will do with our time.
- Each of us will decide what *energy and resources* will be available to us during that time.
- One perspective: we are all victims confined to this "jar of life."
- The only way to maximize our lives is to fill the volume of that jar, every cubic millimeter (or inch) and leave no wasted space.
- How do you do that?

## Admonition

*“But take heed to yourselves, lest your **hearts be weighed down with dissipation** (carousing), drunkenness, and cares of this life, and that Day come on you unexpectedly.” Luke 21:34*

## Energy

- the strength and vitality required for sustained physical or mental activity
- a person’s physical and mental powers, typically as applied to a particular task or activity
- vitality, vigor, life, animation, vivacity, spirit, fire, passion
- the property of matter and radiation which is manifest as a capacity to perform work (such as causing motion or the interaction of molecules)
- power derived from the utilization of physical or chemical resources, especially to provide light and heat or to work machines

## Dissipation

- Loss of energy; dissipated living
- the squandering of money, energy, or resources
- debauchery, decadence, immoderation, excess, self-indulgence

## Object Lesson: Fill the Jar (Rocks and Salt)

- A life in which you have your “empty spaces” filled with “**air**” is a life of dissipation.
- A life in which your “empty spaces” are filled with “**salt**” is a life 100% poured out for God!
- **Poured out like a drink offering...**
  - *“For I am already **being poured out as a drink offering, and the time of my departure is at hand. I have fought the good fight, I have finished the race, I have kept the faith.**”* II Timothy 4:6-7 NKJV
  - *“Yes, and **if I am being poured out as a drink offering on the sacrifice and service of your faith, I am glad and rejoice with you all. For the same reason you also be glad and rejoice with me.**”* Philippians 2:17-18 NKJV
- **The cost to fill in all the air with salt...**
  - *““If anyone comes to Me and does not hate his father and mother, wife and children, brothers and sisters, yes, and his own life also, he **cannot be My disciple.** And whoever does not bear his cross and come after Me **cannot be My disciple.** ...So likewise, whoever of you does not forsake all that he has **cannot be My disciple. “Salt is good; but if the salt has lost its flavor, how shall it be seasoned? It is neither fit for the land nor for the dunghill, but men throw it out. He who has ears to hear, let him hear!”**”* Luke 14:26-27, 33-35 NKJV

## Three Energy Systems... 10 Types of fuel:

*“Now may the God of peace Himself **sanctify you completely**; and may your whole **spirit, soul, and body** be preserved blameless at the coming of our Lord Jesus Christ.”* I Thessalonians 5:23 NKJV

### Three Critical Questions we will answer today!

1. **Spiritual:** What Animates Life?
  - (1) Spirit of a man
  - (2) Spirit of God
2. **Soul:** What Energizes the Mind, Will and Emotions, Intentions, and Inspirations?
  - (3) Faith
  - (4) Testimony
  - (5) The Word
3. **Body:** What Nourishes the Physical Body?
  - (6) Oxygen
  - (7) Water
  - (8) Sleep
  - (9) Carbs
  - (10) Fat

### 1. **Spiritual:** What Animates Life?

- (1) Spirit of a man
- (2) Spirit of God

## **Spiritual Energy: *You have the Spirit who is from God***

- **Which Spirit is animating you?**
  - **The Spirit of Man or the Spirit of God**
  - *“For what man knows the things of a man except **the spirit of the man** which is in him? Even so no one knows the things of God except **the Spirit of God**. Now **we have received, not the spirit of the world, but the Spirit who is from God**, that we might know the things that have been freely given to us by God.” I Corinthians 2:11-12 NKJV*
- **Two Options: Why do I do what I do?**
  - **The Spirit of God animates the Inward Man; Sin animates the flesh**
  - *“For I delight in the law of God **according to the inward man**. But I see **another law** in my members, warring against the law of my mind, and bringing me into captivity to **the law of sin which is in my members**.” Romans 7:22-23 NKJV*
- **You have a choice; make a choice!**
  - **The Holy Spirit or the Flesh**
  - *“There is therefore now no condemnation to those who are in Christ Jesus, **who do not walk according to the flesh, but according to the Spirit**. {5}...For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be **carnally minded is death, but to be spiritually minded is life and peace**. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God. **But you are not***

**in the flesh but in the Spirit, if indeed the Spirit of God dwells in you.** Now if anyone does not have the Spirit of Christ, he is not His. And if Christ is in you, **the body is dead because of sin, but the Spirit is life because of righteousness.** But **if the Spirit of Him who raised Jesus from the dead dwells in you,** He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.” Romans 8:1, 5-11 NKJV

- **Animated by the Spirit of God or Animated by Carnality (Fulfilling the Flesh)**
  - **The Mind of Christ (is animated by the Spirit)**
  - “For “who has known the mind of the Lord that he may instruct Him?” **But we have the mind of Christ.**” I Corinthians 2:16 NKJV
  - “casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ,**” II Corinthians 10:5 NKJV
  - “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but **be transformed by the renewing of your mind,** that you may prove what is that good and acceptable and perfect will of God.” Romans 12:1-2 NKJV
- **Walk in the Spirit or Lusts of the Flesh (Two Energy Sources)**
  - “I say then: **Walk in the Spirit, and you shall not fulfill the lust of the flesh.** For **the flesh lusts against the Spirit,** and the Spirit against the flesh; and **these are contrary to one another,** so

*that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law.” Galatians 5:16-18 NKJV*

- **Works of Flesh vs. Fruit of the Spirit**

- *“Now the **works of the flesh** are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.” Galatians 5:19-21 NKJV*

- *“But the **fruit of the Spirit** is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ’s have crucified the flesh with its passions and desires. If we live in the Spirit, let us also walk in the Spirit.” Galatians 5:22-25 NKJV*

## 2. **Soul:** What Energizes the Mind, Will, Emotions, Intentions, and Inspirations?

- (3) Faith
- (4) Testimony
- (5) The Word

## Soul Energy: *I will give you rest*

- **Pursue Jesus: Rest for you Soul (burdens)**
  - *“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and **you will find rest for your souls.** For My yoke is easy and My burden is light.”*  
Matthew 11:28-30 NKJV

## How do you “go to Him”?

- **Faith:** There are two types of faith; one is a gift, the other a practice.
  - **Gift: by the righteousness of Christ**
    - *“Simon Peter, a bondservant and apostle of Jesus Christ, To those who have obtained like **precious faith with us by the righteousness of our God and Savior Jesus Christ:**” II Peter 1:1 NKJV*
  - **Practice: by faith you believe He is who He says He is!**
    - *“Now **faith is** the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good testimony. **By faith we understand that the worlds were framed by the word of God,** so that the things which are seen were not made of things which are visible. ...But **without faith it is impossible to please Him,** for **he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.**” Hebrews 11:1-6 NKJV*



- **Testimony:** If you tell your testimonies, God will give you more testimonies to tell.
  - *“My **tongue will declare** your righteousness and praise you all day long.”* Psalm 35:28 NKJV
  - *“The one who believes in the Son of God **has this testimony** within him. The one who does not believe God has made Him a liar, **because he has not believed in the testimony** God has given about His Son.”* 1 John 5:10 NKJV
- **The Word:** The Bible is alive and contains the power to separate things animated by the Spirit from things that energize the soul!
  - **Dividing the soul from the spirit:** *“Let us therefore be diligent to enter that rest [Sabbath], lest anyone fall according to the same example of disobedience. **For the word of God is living and powerful**, and sharper than any two-edged sword, **piercing even to the division of soul and spirit**, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.”* Hebrews 4:11-13 NKJV
- **Practice:** immerse yourself in God’s Word. Meditate on the Scriptures day and night and them DO THEM!
  - **Mediate on the Word:** *“Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the Lord, And in His law he **meditates day and night.**”* Psalms 1:1-2 NKJV

- **Mediate on your Calling:** *“Do not neglect **the gift** that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. **Meditate on these things; give yourself entirely to them**, that your progress may be evident to all. **Take heed to yourself and to the doctrine. Continue in them**, for in doing this you will save both yourself and those who hear you.”* I Timothy 4:14-16 NKJV
- **Mediate on a Godly Life:** *“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—**meditate on these things. The things which you learned and received and heard and saw in me, these do**, and the God of peace will be with you.”* Philippians 4:8-9 NKJV
- **Pursue Godliness:** Godliness is wholistic integrity: when you spirit, soul and body are in alignment with God!
  - *“For bodily exercise profits a little, but **godliness is profitable for all things**, having promise of the life that now is and of that which is to come. This is a faithful saying and worthy of all acceptance.”* I Timothy 4:8-9 NKJV
  - *“But you, O man of God, flee these things and **pursue** righteousness, **godliness**, faith, love, patience, gentleness.”* I Timothy 6:11 NKJV
- **Pursue Freedom:** When God’s way is the only way, you are totally free.

- *“Stand fast therefore in the liberty by which **Christ has made us free**, and **do not be entangled again** with a yoke of bondage.” Galatians 5:1 NKJV*
- *“Therefore if the Son makes you free, **you shall be free indeed**.” John 8:36 NKJV*
- **Pursue Trust:** When you delight in the Lord you will be doing all thing His way. That is the indicator that you trust Him!
- *“Delight yourself also in the Lord, And He shall give you the desires of your heart. Commit your way to the Lord, **Trust also in Him**, And He shall bring it to pass.” Psalms 37:4-5 NKJV*

### 3. **Body:** What Nourishes the Physical Body?

- (6) Oxygen (Fire)
- (7) Water (Exchange)
- (8) Sleep (Electric)
- (9) Carbs (Gas)
- (10) Fat (Oil)

### **Body Energy: you are the temple of God**

**Body:** We have come full circle. If the Spirit that is animating you is the Spirit of God, and not man, the Body being occupied by that Spirit becomes the temple of God!

- *“Do you not know that you are the temple of God and that **the Spirit of God dwells in you?** If anyone defiles the **temple of God**, God will destroy him. For the temple of God is holy, **which temple you are**.” I Corinthians 3:16-17 NKJV*

- *“Do you not know that your bodies are **members of Christ**? Shall I then take the members of Christ and make them members of a harlot? Certainly not! ...Or do you not know that **your body is the temple of the Holy Spirit who is in you**, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”* 1 Corinthians 6:15, 19-20 NKJV
- **Fuel for the Body:** There are Five energy sources fueling the body.
  - **Oxygen (fire)**
    - **Aerobic respiration:** The cells burn oxygen. Note: cancer cells cannot burn oxygen for fuel, only sugar. (See carbs and fats below).
    - This energy source is obviously the most important.
    - Why? because you can live without it for only a few minutes.
  - **Water (Exchange)**
    - **Exchange:** It is in the blood and interstitial fluid (between the cells) that all nutrients are transferred to the cells and all waste material is transferred out of the cells.
    - Inside the cells all the organelles (cell organs) and all the chemical functions take place in a liquid environment.
    - The water in your body, much like the battery in a car, must be filled with the proper electrolytes (minerals), in order to maintain a charge!
    - Every neuron (nerve cell) in the body communicates with the next in a fluid gap between cells called a synapse. This is true for the central nervous system (brain and spinal cord), as well

as the peripheral nervous system (every nerve beyond the spine).

- Water (CSF: cerebral spinal fluid) also bathes the outside of the central nervous system (Brain and Spine) to protect and nourish it.
- Water is third on the list of importance as you can only live a few weeks without water until you die. (It is listed second here because it is a necessary foundation for understanding the nervous system.)
- **Sleep (Electric)**
  - Sleep is the charging station that recharges your batteries (your nervous system).
  - You can have every mineral and nutrient you need and all the water necessary, but if you don't plug into the charger, your batteries eventually go dead.
  - Sleep is actually the second most important energy source for the body, as you can only go a few days without sleep, until your batteries are fully depleted (dead).
  - If the batteries die, you die!
- **Carbs (gas)**
  - The sugar in fruit is the primary fuel source burned as the quickest source of (food) energy in your cells.
  - *"And God said, "See, I have given you every **herb that yields seed** which is on the face of all the earth, and **every tree whose fruit yields seed; to you it shall be for food.**"* Genesis 1:29 NKJV

- Note: the green herbs are the primary source of minerals! In nature they present as “mineral salts.” And this is why there are two driving forces for hunger, the need for something sweet (energy) and the need for minerals (to hold the electric charge).
- Note: a healthy human cell easily burns both oxygen (aerobic respiration) and sugar (anaerobic respiration) for energy.
- A cancer cell (once fully mutated in stage 4) can only burn sugar. The cell cannot burn oxygen nor fat for energy. That is why getting off all carbs and fueling the body with fats only is an excellent way to prevent and treat cancer.
- Note: the early stages of cancer are adaptive stages that keep the cell alive long enough to give the body a chance to heal. If cells moved from normal to Stage 4 immediately, people would die rather quickly, as soon as a cell mutated. In other words, the slow progression is a safety valve for survival, which gives your body time to change!
- **Fat (oil)**
  - Fats are a slower burning greater source of energy.
  - Your body can be “forced” to use fat for fuel if you purposely limit your carbohydrate intake to less than 50 grams per day.
  - Absent the presence of sugar in the blood, the body will liberate fatty acids from fat cells to be processed as a fuel source.
  - This will move the body into ketosis, which is when your body burns ketones for fuel (a byproduct of fat metabolism).

- A healthy body can move seamlessly between burning sugar and burning fat for energy.
- Most people have used so many processed carbohydrates throughout their lives that they have a tough time switching to fat for fuel. The transition requires persistence and willingness to suffer a loss of energy (bonking) until the rusted “railroad track switcher” loosens up. SLEEP MORE AS NEEDED until the switching mechanism is repaired.

## **Dissipation: *the squandering of God’s 10 resources***

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**Dissipation:** It would be bizarre for a believer to squander God's resources.

- **Don't live like a pagan!**

- *“Therefore, since Christ suffered for us in the flesh, **arm yourselves also with the same mind**, for he who has suffered in the flesh has **ceased from sin**, that he **no longer should live the rest of his time in the flesh for the lusts of men, but for the will of God**. For we have spent enough of our past lifetime in doing the will of the Gentiles—when we walked in lewdness, lusts, drunkenness, revelries, drinking parties, and abominable idolatries. In regard to these, they **think it strange that you do not run with them in the same flood of dissipation**, speaking evil of you.”* 1 Peter 4:1-4 NKJV

- **Dissipating Habits:** Do not be a fool. Understand the will of God. Redeeming the Time—Stop wasting your time! **(Fill the Jar!)**

- *“See then that you walk circumspectly, not as fools but as wise, **redeeming the time**, because the days are evil. Therefore **do not be unwise**, but understand what the will of the Lord is. **And do not be drunk with wine, in which is dissipation; but be filled with the Spirit**,”* Ephesians 5:15-18 NKJV

- **Energy Giving Habits:** long life and peace!

- *“My son, **do not forget my law**, But let your heart keep my commands; **For length of days and long life And peace they will add to you.**”* Proverbs 3:1-2 NKJV