

Every breath and heartbeat is from God

As regards this world, God's work of creation is completed. For "the works were finished from the foundation of the world." [Hebrews 4:3.] But his energy is still exerted in upholding the objects of his creation. It is not because the mechanism that has once been set in motion continues to act by its own inherent energy, that the pulse beats, and breath follows breath; but every breath, every pulsation of the heart is an evidence of the all-pervading care of Him in whom "we live, and move, and have our being." [Acts 17:28.] It is not because of inherent power that year by year the earth produces her bounties, and continues her motion around the sun. The hand of God guides the planets, and keeps them in position in their orderly march through the heavens. {CE ch.24}

We receive our breath from Him; every temporal blessing that we enjoy is His gift. We are dependent upon Him not only for temporal blessings, but for grace and strength to keep us from falling under the power of temptation. We daily need the Bread of Life to give us spiritual strength and vigour, just as much as we need food to sustain our physical strength and give us firm muscles. {ST 5/15/1884}

Our Daily Reward.—Whenever He comes to us, His reward is with Him. He does not leave it in heaven, but gives it to us every day. Daily He gives us confidence and light and blessing. Daily our hearts beat in unison with His great heart of infinite love (MS 116, 1902).

Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature's agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him. Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the restorer. {CH 168}