

Up to 60% of the human adult body is water.

The brain and heart are composed of 73% water

The lungs are about 83% water

The skin contains 64% water

The, muscles and kidneys are 79% water

The bones are watery: 31% water

H.H. Mitchell, Journal of Biological Chemistry 158

The Hebrews were not Trinitarian but ancient writings give evidence to the presence in Israel of a profound awareness of God's Spirit.

Grenz 470

Ruach: wind and breath, breath indicates the presence of life, the life principle of living creatures. Since life found its source in God, ruach also denoted the divine power which creates and sustains life.

Grenz 470

Function of the Spirit

Creative: Genesis 1:2

Life Giving: Genesis 2:7

Enhances People's Potential: Exodus 31:1-5, Judges 3:10; 6:34

Supernatural Power: Judges. 14:6 Sampson, 1 Samuel 10:6 Prophets

Fosters strength and courage Haggai 2:4-6

Psalm 139:1-14

¹ You have searched me, LORD,
and you know me.

² You know when I sit and when I rise;
you perceive my thoughts from afar.

³ You discern my going out and my lying down;
you are familiar with all my ways.

⁴ Before a word is on my tongue
you, LORD, know it completely.

⁵ You hem me in behind and before,
and you lay your hand upon me.

Psalm 139:1-14

⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,

¹⁰ even there your hand will guide me,
your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"

Psalm 139:1-14

¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

¹³ For you created my inmost being;
you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.