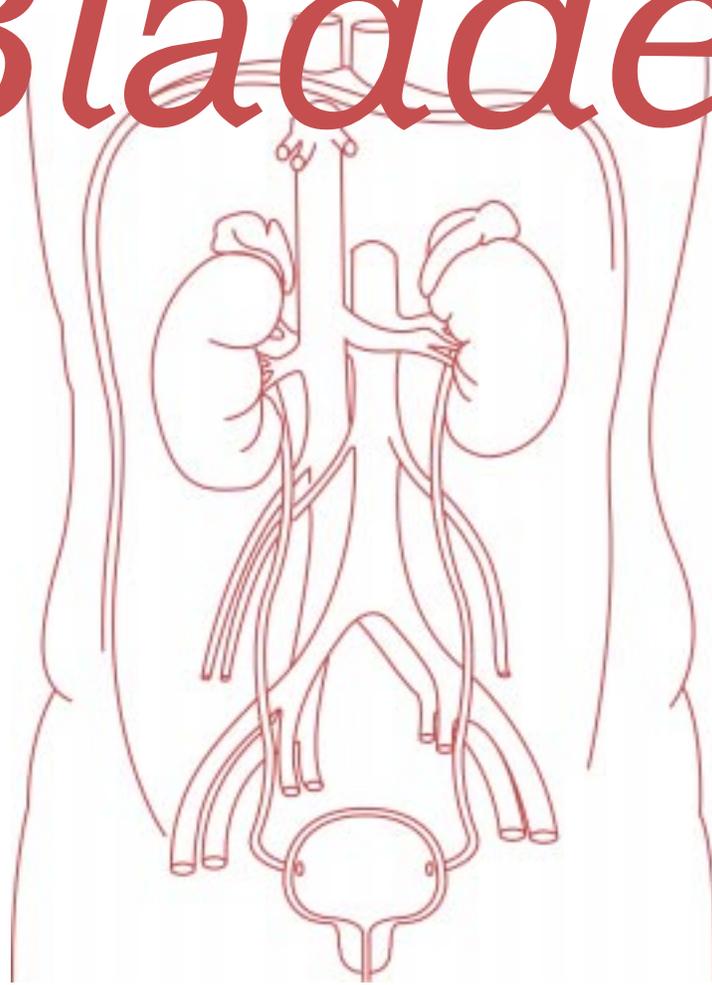


*Designing Your
Own School Program*

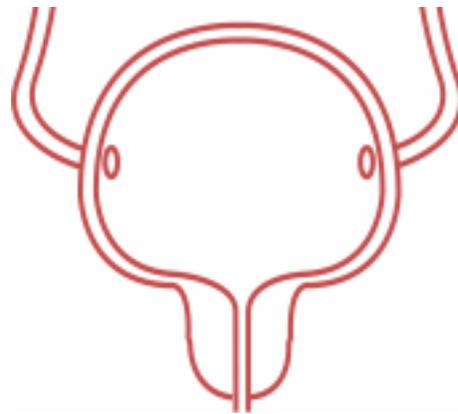
4

The Bladder



A "True Education" Health Series

*“The higher a man is in grace,
the lower he will be
in his own esteem.”*
– Charles H. Spurgeon



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Student Section



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Humility

O! Learn that it is only by the lowly
The paths of peace are trod;
If thou would'st keep thy garments white and holy,
Walk **humbly** with thy God.

The man with earthly wisdom high uplifted
Is in God's sight a fool;
But he in heavenly truth most deeply gifted
Sits lowest in Christ's school.

The lowly spirit God hath consecrated
As his abiding rest;
And angels by some patriarch's tent have waited,
When kings had no such guest.

The dew that never wets the flinty mountain,
Falls in the valley free;
Bright verdure fringes the small desert-fountain,
But barren sand the sea.

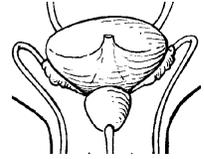
Not in the stately oak the fragrance dwelleth
Which charms the general wood,
But in the violet low, whose sweetness telleth
Its unseen neighborhood.

The white-robed saints, the throne-steps singing kunder,
Their state all meekly wear;
Their praise wells up from hidden springs of wonder
That grace has brought them there.

—*J. D. Burns*

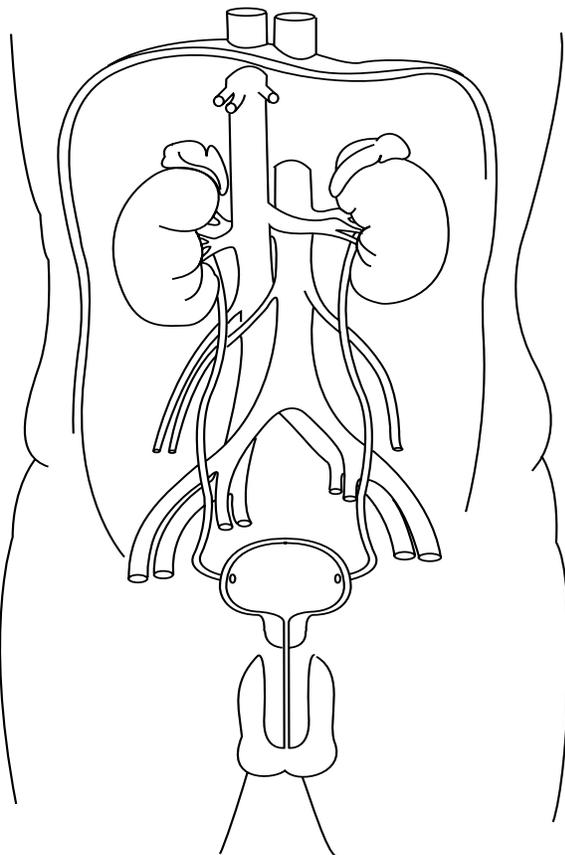


THE BLADDER



Research Waste Disposal

“To what purpose is this waste?”
Matthew 26:8



Color the bladder.

Have you ever thought about how hard it would be to keep a place clean if you did not have a trash can or some other way of getting rid of waste? Some people know firsthand just how dirty and smelly a place can get when their garbage collectors go on strike.

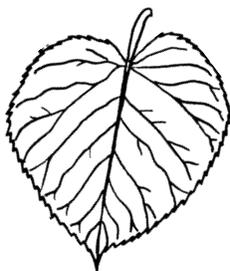
What an unpleasant mess—not to mention the fact that when garbage piles up, disease germs multiply rapidly. It is a very unhealthy situation. In like manner, if waste is not removed from the body temple, the body will become “dirty” inside and, worse yet, sickness and death may result. This is why the organ in your body called the bladder is important. It fills the **humble** role of being the body’s “wastebasket.”

The bladder has a very humble job to do in the body.

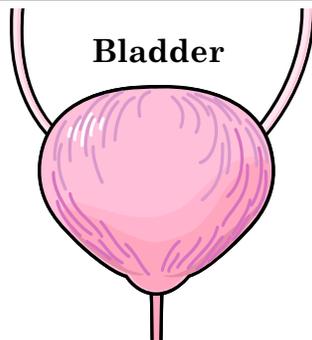
Liquid waste matter is filtered out of the blood as it passes through the kidneys. From each of the two kidneys, it continuously runs down through two long thin tubes to the bladder. The bladder collects it and disposes of it. That is like the action of **humble** believers. When they hear gossip and rumors, or about pride and selfishness in others, they do not return this waste matter into the body (God’s people) by repeating it to someone else. They try to dispose of “the waste” by helping the gossipers stop their gossiping by making a positive statement about the situation or changing the subject.

How important is this work of **humble** believers for the health of God’s chosen people!

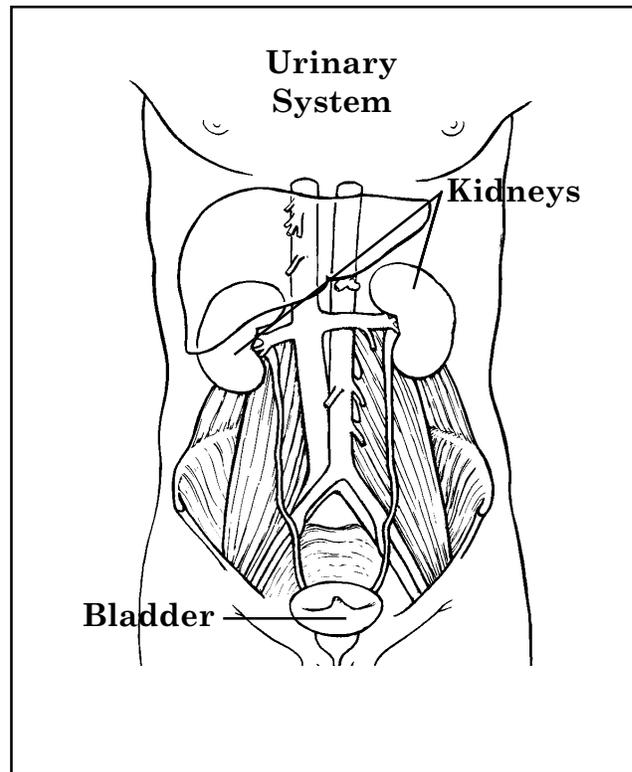
“...He humbled Himself, and became obedient unto death...”



Leaf



Bladder



A Bag

The bladder is a hollow, muscular bag located in the bottom of the abdomen. It lies just behind the pubis, one of the bones of the pelvis. In the dictionary the word “bladder” translates from a word for leaf or blade. Do you know why? The leaf gives off its waste gas—oxygen—and “**humbly**” takes in our waste gas—carbon dioxide.

Jesus came from heaven and took the lowest position, making “*Himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:*”

*And being found in fashion as a man, he **humbled** himself, and became obedient unto death, even the death of the cross” (Philippians 2:7-8). Christ **humbly** took our sins into His body, like the bladder “**humbly**” takes the waste matter of the body into itself. “Who his own self bare our sins in his own body on the tree” (I Peter 2:24).*

The Lowest Place

Just as the liquid waste, called urine, rushes to the lowest point inside the trunk of the body, so likewise **humble** people take the lowest position. This will not be hard to do when all pride (waste matter) is emptied out of the heart.

Filling

The bladder stores the body’s liquid waste for a few hours. Its muscular walls are very elastic, so, as urine is collected, the bladder stretches in size. Then, when it is partly full, the nerve endings in the wall of the bladder are stimulated. These send messages to the brain. You get a feeling that you need to go the bathroom and empty your bladder or, in other words, urinate.

Control

Special ring-shaped sphincter muscles at the base of the bladder hold the urine in until you, who control these muscles, allow it to come out. Because babies have not yet developed control of their sphincter muscles, they wet their diapers.

Exit

Urine leaves the bladder by way of a narrow tube, the urethra, which is very short in girls, but is longer in boys, as it travels through the penis to the outside of the body.

Urine

The bladder of an adult can hold more than a pint (0.5 liter) of urine. Urine is a slightly acid fluid, made up of urea, creatinine, uric acid, and inorganic salts. In disease, other substances may show up in the urine such as sugar, as in the case of diabetes.



Care

*“For I will pour water upon him that is thirsty,
and floods upon the dry ground.....”*

“Unto the upright there ariseth light in the darkness....”

Isaiah 44:3; Psalm 112:4

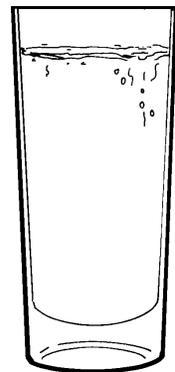
To avoid bladder problems, do not hold your urine too long. This stretches the walls too much and permanently weakens the organ. It is possible, but rare, for the bladder to become so full that it bursts. Death follows. It can remind us how being full of self causes spiritual death. This was the problem of the spiritual leaders in Israel. When the announcement of Christ's birth was made, heaven's embassy passed them by in favor of more **humble** worshippers.

Not drinking enough water will cause the urine to become too acid. In this case there may be a scalding or burning feeling during urination. A good way to tell if you are getting enough water is to look in the toilet bowl before you flush. The water should be very pale in color. It is a good idea to get in the habit of drinking some water after you urinate. It can remind you that those who **empty** themselves by becoming **humble** will be **filled** by God with the “*Water of Life*.” As our Bible lesson puts it: “*I will pour*

*water upon him that is thirsty, and floods upon the dry ground.’ ‘Unto the upright there ariseth light in the darkness’ (Isaiah 44:3; Psalm 112:4). To those who are **humbly** seeking for light, and who accept it with gladness, the brilliant rays from God's throne will shine.*

*Are
you
Humble?*

*Those
who empty
themselves
by becoming
humble,
will be filled
by God with the
“*Water of Life*.”*



Infection

Cystitis is a bacterial infection of the bladder. To avoid problems like this, a person must practice cleanliness. The entrances and exits of the body must always be protected.

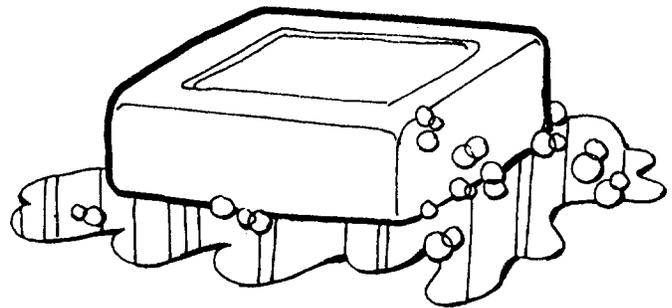
Since the urethra of girls is short and straight, it is easier for bacteria to enter their bladders than it is for boys. If girls will always remember to use the toilet tissue wiping from front to back, the bacteria will not be so readily carried to the entrance of the urethra. Avoid scented or colored toilet tissue. They can be irritating.

Parents with allergies may pass on a tendency to urinary tract infections to their children. Foods to which the body is allergic may irritate the bladder and cause it to be unable to resist infection.

Cranberry juice is said to lower the ability of bacteria to stick to the urinary tract cells, allowing them to be more readily flushed out of the body. Carbonated beverages, tea, coffee, and alcohol are all harmful to the bladder.

The bladder can also become inflamed if there is too much starch or sugar in the diet or if food is putrefying* in the colon. A burning pain in the area of the bladder and a desire to urinate frequently are the symptoms.

Wear white cotton underwear that is loose enough to allow air circulation. The urethra may be irritated by dyes in clothing, laundry detergents, and soap. Soaking in a bathtub filled with soap or bubblebath can make it easier for contaminated water to enter the urethra and bladder of girls. A study revealed that dye placed in soapy bath water could be recovered from the bladders in a large percentage of females.



Cleanliness

*rotting

A Low Position

**“Humble yourselves in the sight of the Lord,
and he shall lift you up.”**

James 4:10

The low position and the **humble** role that the bladder plays in the body reminds us also about the low position and **humble** attitude that Joseph and Mary took when there was no room for them at the crowded inn. Put yourself in Mary’s place for a moment. If an angel had visited you and told you that you had *“found favor with God,”* and that you would give birth to the *“Son of the Highest,”* to Whom would be given *“the throne of his father David”* (Luke 1:30, 32), would you expect the birth to be in such low circumstances—with beasts for your attendants?

I wonder how many understood that the Lamb of God was born in an appropriate place for lambs to be born—in a rude building where the beasts were sheltered. Sweet, **humble** Mary, if she did have any expectations about the circumstances of Christ’s birth, was not outwardly disappointed. No complaint is recorded. Evidently, she had the **humility** to move beyond difficulties and disappoint-

ments, keeping in mind the thing that mattered most—God’s glory. *“But Mary kept all these things and pondered them in her heart”* (Luke 2:19). Mary had learned how to empty her life of self, and, as a result, she was filled with God’s Spirit. Her purpose was not her own convenience. She would take the lowest position and bring glory to God in such a meek way that all generations would call her *“blessed.”*

May God bless us with the same spirit so that our hearts may echo her words: *“My soul doth magnify the Lord, and my spirit hath rejoiced in God my Saviour, for he hath regarded the low [humble] estate of his handmaiden”* (Luke 1:46–48).

***“Let the brother
of low degrees
rejoice in that
he is exalted.”***

James 1:9

Reinforce Meditation Exercise

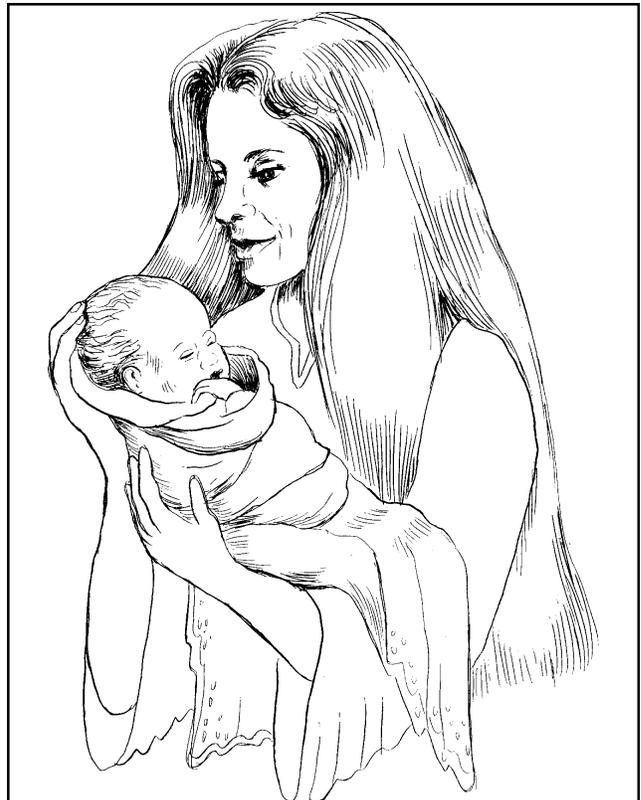
*“And Mary said, Behold the handmaid of the Lord;
be it unto me according to thy word.”*

Luke 1:38

1. What is the concordance definition of the word “*handmaid?*”
2. Are you the Lord’s handmaid (if you are female) or bond servant (if you are a male)?
3. Whose wishes does a servant carry out?
4. Make a list of any hurts or disappointments, that have occurred in your life lately.
5. Take your list before the Lord in prayer. **Humbly** ask Him to rightly interpret each item in the light of His will for you.
6. Ask God to reveal to you how each disappointing person, each circumstance, and each event is an opportunity to reflect God’s grace. *“God...giveth grace unto the **humble**”* (James 4:6).

Color this picture.

7. Mary glorified God by **humbly** accepting her lot of being in a **humble** building where beasts are kept on the night she gave birth to the Christ child. What treasure does God have wrapped up in your “disappointing” surroundings or circumstances? It could be the very thing that will “*exalt you in due time*” (I Peter 5:6).



Humility

*Little children, bow the knee.
Jesus loves **humility**.
In all your ways be meek and mild;
Jesus loves a lowly child.*

*Jesus, when He came to earth,
Was a child of **humble** birth;
His earthly parents He obeyed,
And then to Caesar tribute paid.*

*He set a pattern here for you,
To render honor where it's due;
And thus in all things when you can
Obey the laws of God and man.*

- L.M. Gates

**Read the story,
“How Prayer is Answered.”**



How Prayer is Answered

One of the pupils in a school in Germany came to his master one day in great trouble, because, as he said, God would not answer his prayer.

“And what did you pray for?”

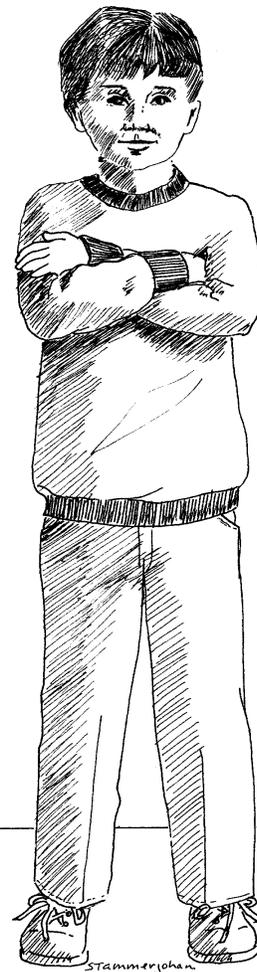
“I prayed to God that He would give me a **humble** heart.”

“And why do you think that He has not heard you?”

The child said, with tears, “Since I prayed for this the other boys have been cross and unkind to me. They tease me and mock me at every turn, so that I can hardly bear it.”

“My dear boy, you prayed that God would give you a **humble** heart, and why, then, should you be vexed if the other boys are the means of **humbling** you? Here you see that God does really answer you. It is in this way He sees fit to send you a **humble** mind.”

The poor child had not thought of that. He had fancied that God would take some other way with him, and thus he was mistaken in thinking that his prayer was not answered.



Review

Place I - II - III

Place II - III

1. Circle any of these things that remind you about the bladder:

sink wastebasket
toilet hot water bottle

2. Liquid waste is called _____.

3. How does the bladder remind you of **humility**? _____

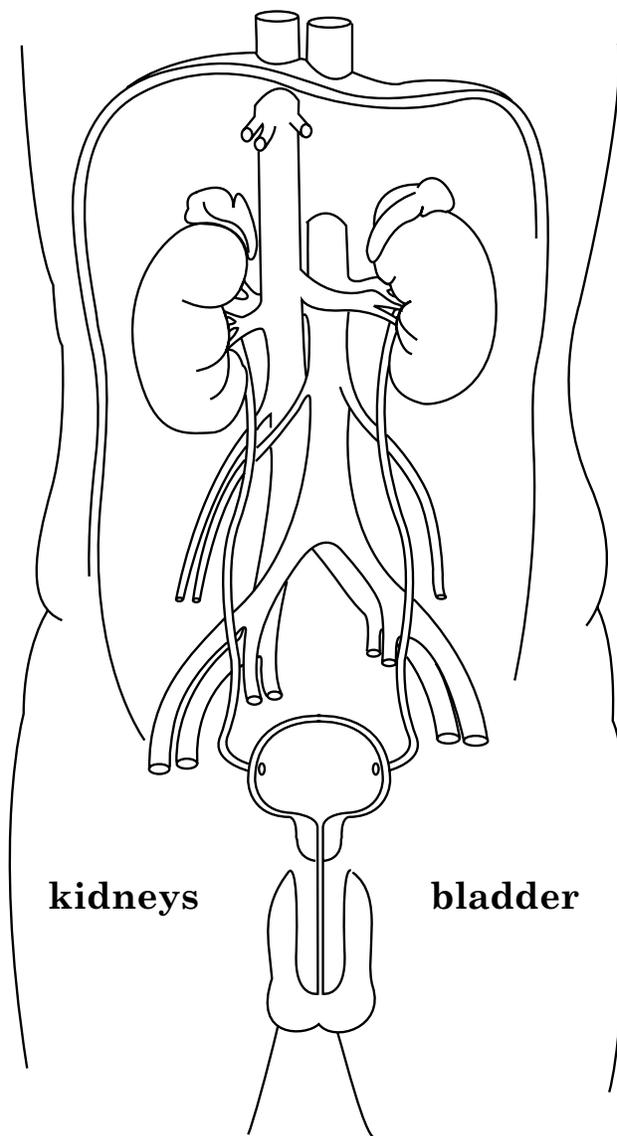
4. Circle the correct answer. The bladder is found in the lower part of the

chest abdomen kidneys

5. On the diagram to the right draw a line connecting the part to its name.

6. What are four things that can cause bladder problems?

7. What do a leaf and the bladder have in common? _____



8. What shape is a sphincter muscle? _____

9. What causes the nerve endings in the wall of the bladder to be stimulated? _____

10. Emptying the bladder can remind us that _____ needs to be emptied out of the life.

11. How did Christ empty Himself?

12. What is the urethra? Choose the correct answer.

- a. the tube leading from the kidney to the bladder
- b. the tube by which urine leaves the bladder and body.

13. About how much urine can the adult bladder hold? _____

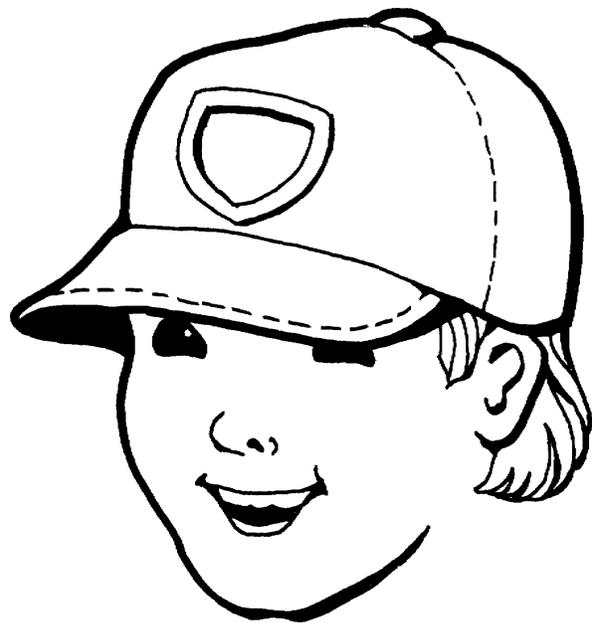
14. What are two things you can do to take good care of your bladder?

15. What are some of the causes of a burning pain in the area of the bladder and a desire to urinate frequently?

Place III

16. Memorize the parts of the bladder. Then, without looking, draw a picture of it labeling each part.

17. Orally explain the spiritual meaning of the bladder.



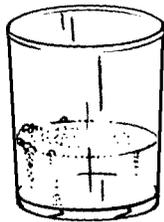
Remind

1. Sing the hymn, “Thou Didst Leave Thy Throne.”

2. **Humbly** take the “lowest place” when there are only a few comfortable seats for others to sit in. Do not be like the haughty priests whom the angels passed by with the announcement of Christ’s birth. They were of that class who *“love...the chief seats in the synagogues, and the uppermost rooms at feasts which...for a pretence make long prayers: these shall receive greater damnation”* (Mark 12:38-40).

3. Offer to empty the compost bucket and the trash, when you see the need. It can remind you to let go of the pride and self-serving motives in your heart.

4. After emptying your bladder, drink some water to replace the lost fluid. It can remind you how the *“Water of Life”* (thoughts of Jesus and His Word) will fill the vacuum made when pride is emptied out of your life.



5. When you remove the plug or stopper to let the water flow out of the sink or bathtub, be reminded of how the sphincter muscles control the liquid waste flowing out of the bladder.

6. When you are going some place in the car as a family and there is no room left in the front seat, **humbly**, uncomplainingly, take a back seat, remembering the example of Joseph and Mary. Maybe you could even volunteer to sit in the back seat before the front seat fills up. (Read Luke 1:52.)

7. Notice a stream rushing down the mountain and determine to take the lowest position.

8. When riding in town notice the manholes, etc. for the sewage pipes under the surface. God has designed a marvellous sewage system for the body temple. It has living pipes and the bladder is connected to them. It is part of God’s wonderful design to keep your body temple pure and clean.

9. Read the story, “He Humbled Himself.”

“He Humbled Himself”

There was a young man who, when schools for imbeciles* began to be opened in Europe, moved with benevolence, and possessing wealth and leisure, went to Europe to study the methods of helping such people; and finding they were feasible, came back to open a like institution. He advertised for the most imbecile child that he could possibly get, and the worst one that came was a little fellow five years old, who never had stood, or taken a step, or chewed a hard substance; had no power of movement; could only lie a helpless mass of flesh on the floor. That was the child whom this man was to cure somehow, and whose latent** ability he was somehow to bring forth. He tried in every way, but did not succeed. At last he determined to have the boy brought up for about half an hour every day, and laid on the carpet in his room, and he would lie down beside him to see if he by any means could stir any sort of suggestion in the helpless lump of flesh. That he might not waste his time, he was accustomed to read aloud.



It went on this way for six months, and there was no sign of recognition, until one day, utterly wearied, he stopped reading, and noticed that there was a strange restlessness in the little mass of humanity. At once he put himself in connection with it, and there was a trembling movement of the hand; he put his head down toward the little hand, and at last, after great effort the helpless child laid his fingers tremblingly on his lips, as if to say, “I miss that noise, please make it.” He knew that he had control of the boy, and by careful manipulation of his muscles he taught him to walk. Five years after that, the boy stood on a platform, and read, repeated the names of the presidents of the United States, and answered accurately many questions concerning the national history of this country.

*Imbecile - weak; feeble; destitute of strength, either of body or of mind.

**present, but not visible or active

Was there ever any condescension? And then the young man thought again within himself: "Yes, there was one other condescension, when He who was God Himself, lowered Himself to my capacity in the incarnation, and lay down beside me, and watched me, and helped me, and waited twenty years until at last I put my fingers on His

lips, and said: "*Speak, Lord; for thy servant heareth.*"

Blinded and smitten and made imbecile by sin, we could not know God were it not that Jesus Christ had lowered Himself into our humanity, and that He waits for us, that He may wake us into life.

"Let this mind be in you, which was also in Christ Jesus:

*"Who, being in the form of God,
thought it not robbery to be equal with God:*

*"But made himself of no reputation, and took upon him
the form of a servant, and was made in the likeness of men:*

*"And being found in fashion as a man, he humbled himself,
and became obedient unto death, even the death of the cross.*

*"Wherefore God also hath highly exalted him,
and given him a name which is above every name:*

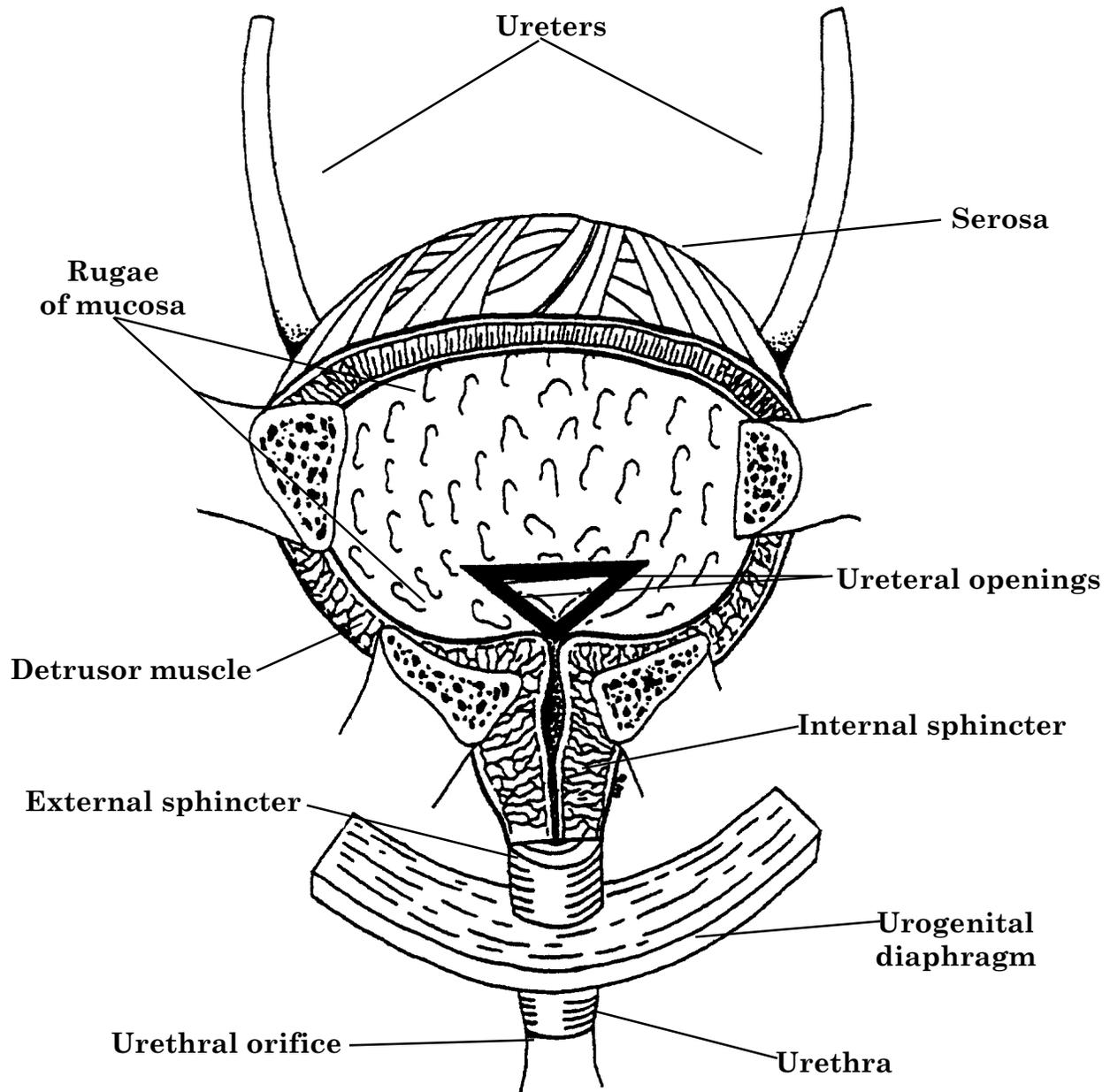
*"That at the name of Jesus every knee should bow,
of things in heaven, and things in earth,
and things under the earth;*

*"And that every tongue should confess that Jesus Christ
is Lord, to the glory of God the Father."*

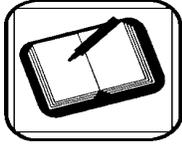
Philippians 2:5-11

Illustration

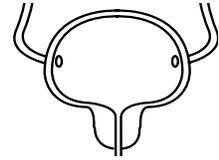
Urinary Bladder



Urinary Bladder and Female Urethra



Mark Your Bible



Humility

1. With whom does God dwell?

Isaiah 57:15 – “For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and **humble** spirit, to revive the spirit of the **humble**, and to revive the heart of the contrite ones.”

2. What does God require of you?

Micah 6:8 – “He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk **humbly** with thy God?”

3. What does God give to the humble?

James 4:6 – “But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the **humble**.”

4. The prayers of a humble person have weight with God.

Psalms 9:12 – “When he maketh inquisition for blood, he remembereth them: he forgetteth not the cry of the **humble**.”

Psalms 10:17 – “Lord, thou hast heard the desire of the **humble**: thou wilt

prepare their heart, thou wilt cause thine ear to hear.”

5. What will be the result of humbling ourselves before God?

James 4:10 – “**Humble** yourselves in the sight of the Lord, and he shall lift you up.”

6. What comes before honor?

Proverbs 15:33 – “The fear of the Lord is the instruction of wisdom; and before honour is **humility**.”

7. What are the requirements for riches, honor and life?

Proverbs 22:4 – “By **humility** and the fear of the Lord are riches, and honour, and life.”

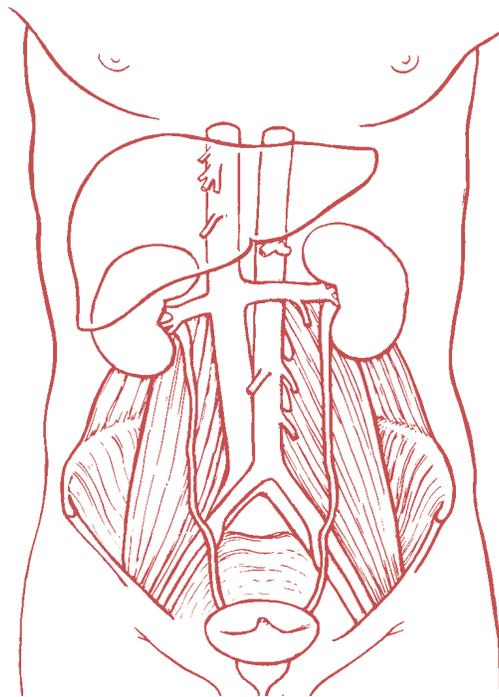
8. What kind of person will God save?

Job 22:29 – “When men are cast down, then thou shalt say, There is lifting up; and he shall save the **humble** person.”

9. What kind of mind do God’s elect have?

Colossians 3:12 – “Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, **humbleness** of mind, meekness, longsuffering.”

*When our bladder
needs to be emptied
it consumes
all of our attention.
It is hard to think
about anything else.
When self consumes
all of our attention
it needs to be emptied
out of our lives.*



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Mark 4:29