

Every Breath, Every Heartbeat

Commentary for February 1, 2022 — Each One Is A Gift From God

You have received several billion small gifts from God since your birth. Every heartbeat you have and every breath you take has been granted through the amazing system God prepared for us in our marvelous physical bodies.

There will come a time when your last heartbeat takes place, and your last breath will occur. I will die. You will die. We all will die. The patriarch Job prayed and asked during his suffering:

“If a man die, shall he live again? all the days of my appointed time will I wait, till my change come. You shall call, and I will answer You: You will have a desire to the work of Your hands.”

• *Job 14:14–15*

Adam’s First Breath — For Himself and For All Mankind

We all understand the first breath occurred in Adam as explained in Genesis: **“YHWH God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul”** (Genesis 2:7).

After that initial breath from God, up to now as you read these words, human beings born from Adam and Eve have been breathing and having a heartbeat ever since.

“The spirit of El [God], it has made me, And the breath of Him Who-Suffices [the Almighty], it preserves me alive.”

• *Job 33:4, Concordant Literal Old Testament*

The **“spirit of man”** (1 Corinthians 2:11) given by God to every person is unique to us. It makes us individuals even though all human beings have a **“spirit of man”** within them. We do not control that spirit. God our Father has power over such things, not human beings:

“There is no man that has power over the spirit to retain the spirit; neither has he power in the day of death: and there is no discharge in that war [to stay alive]; neither shall wickedness deliver those that are given to it.”

• *Ecclesiastes 8:8*

Below is a formula to calculate the number of heart beats in your own life. It is from the internet article [“Heart Beats Per Lifetime.”](#)

$$80 \text{ yr} = 80 \text{ yr} \left(\frac{365 \text{ days}}{1 \text{ yr}} \right) \left(\frac{24 \text{ hr}}{1 \text{ days}} \right) \left(\frac{60 \text{ min}}{1 \text{ hr}} \right) \left(\frac{80 \text{ beats}}{1 \text{ min}} \right) = 3,363,840,000 \text{ beats}$$

The estimate is for an 80 year old person is 3.3 BILLION heart beats. Truly, each of us as children of Adam are **“fearfully and wonderfully made”** (Psalm 139:14).

“Neither is [God] worshipped with men’s hands, as though he needed anything, seeing He [1] gives to all life, and [2] breath, and [3] all things. And has made of one blood all nations of men for to dwell on all the face of the earth ...”

• *Acts 17:25–26*

Again, the word **“breath”** refers to the time when YHWH **“breathed”** life into Adam. Up to the present moment you read these words, a similar **“breath of life”** continues to enter your lungs, and gives life to pump your blood throughout your body. Every human offspring of Adam and Eve has been breathing and having heartbeats ever since.

Of course, as God told the Israelites in the wilderness, **“the life of the flesh is in the blood”** (Leviticus 17:11) which was part of an explanation why the Israelites were not to consume blood from animals (verse 12). The blood must be drained before the flesh was to be prepared, cooked, and eaten.

“The life of the flesh is in the blood” is true of all breathing creatures. And it is also where heartbeats come in to play. The heartbeat is evidence that **“the breath of life”** is distributed throughout the body, supplying every cell with the oxygen it needs until that cell dies and is eliminated from the body.

“... for the soul of all flesh is its blood; as its soul is it. So, I said to the sons of Israel:

‘The blood of any flesh you shall not eat, for the soul of all flesh, it is its blood. Anyone eating it, he shall be cut off.’

• *Leviticus 17:14, Concordant Literal Old Testament*

This rule did not apply to Gentiles who were free to do as they pleased regarding blood.

Our Future Expectation

“For our conversation [citizenship] is in heaven; from whence also we look for the Savior, the Lord Jesus Christ: Who shall change our vile body, that it may be fashioned like unto His glorious body, according to the working whereby he is able even to subdue all things unto himself.”

• *Philippians 3:20–21*

The apostle Paul makes an interesting analogy. Just as Christ has full power and authority to reconcile all things to His Father through Himself (Philippians 2:5–11), so too He has the power to transform our bodies to **“be fashioned like unto His glorious body.”**

When we put on “immortality” we will not need a heartbeat. That will be part of our old physical body, amazing and miraculous as it is. It will no longer be required.¹ Blood will not course throughout bodies. Every part of our immortal bodies will be composed of God’s Holy Spirit, like Christ’s glorified immortal body of **“flesh and bones”** is at present (Luke 24:39). If we breathe, we will breath God’s Holy Spirit.

David Sielaff
david@askelm.com

¹ See my May 2020 Commentary [“Your Resurrection; Paul’s Comparisons in First Corinthians Chapter 15](#), where our glorious immortality is explained by the apostle to the Gentiles.”