



**Feet! Feet! Feet!**  
Bible Study

Sing: "Take My Life and Let it Be" (verses: 1, 2, 6)

**Have you thought much about feet?** Usually, none of us do. Have you ever thought about how many types of feet there are? A favourite Dr. Seuss book talks about feet. It makes a list of them... "left foot, right foot, wet foot, dry foot, front feet, back feet, red feet, black feet, slow feet, quick feet, trick feet, sick feet, up feet, down feet, clown feet, small feet, big feet, pig feet, his feet, her feet, fuzzy fur feet, oh, how many feet you meet" (Dr. Seuss, *The Foot Book*, Grolier Direct Marketing, Sherman Turnpike, Danbury, CT 06816).

**Feet. How much thought do we give them?** When someone gives you a compliment, do you think they mean your feet? Usually they mean your clothes, your hair, or your face. When was the last time that you dressed up, had a last look in the mirror and said, "I really like my feet"!

Feet. Oh, we think of them when we try to buy shoes, and our feet are too wide, or too big, or too narrow, for the beautiful pair of shoes on the shelf – of which there is only one pair! We think of our feet when we feel like Cinderella, squeezing our swollen, hot feet into a pair of sleek sandals to go to an evening wedding during the hot summer. We think of our feet when they ache, after a day of hard work, or we feel the pain of a Plantar's Wart. We think of our feet when we have an injury, and are unable to walk. Actually, it is during some of those "slow times" that we do think about our feet, and perhaps can identify with the many feet in Dr. Seuss' book.

**Have you ever stopped to think how marvellous our feet are?** When God created Adam and Eve in the garden, He did not run out of energy when it came to their feet, as in the final stroke of a painting job where we just give it the last swish. Rather, with precision and accuracy He created our feet with the intent of enjoyment. They would be part of a wonderful body that could work, run, swim, and play sports, dance, and sit still.

**Read Genesis 1:31. What do we read about what God created? Was it just "good"?**

**Did you know** that the foot and ankle contain 26 individual bones, 33 joints, 19 muscles, tendons, blood vessels, nerves, skin and tissue? All of these individual components make our foot work together like a computer enabling us to balance, walk, run, jump, and climb; they also enable us to carry the entire weight of our bodies. We have five toes that wiggle and bend; a toenail covering the tips for protection from injury. The great toe, or big toe, is very important, enabling us to keep our balance, and pushing forward every time we take a step. The front part of the foot, or ball, helps us to jump. The arch, or centre part of the foot, acts like a shock absorber and helps decrease the impact of every step that we take. The foot bones are created in such a way as to form two length-wise and one cross-wise arch. Arches, we know, are architecturally very strong and are able to provide more support than any other type of construction. Is this an accident, or a coincidence? **Read Psalm 139: 13, 14.**

Our beautiful bodies are a gift from God, the Creator, for us to care for. **Read 1 Corinthians 6:19.**

Wow! Amazing feet! We could add that to Dr. Seuss' "Foot Book." Amazing feet!! **But...if these appendages are so amazing, why are there corns and calluses, Plantar's Warts and hammer toes, bunions and ingrown toenails; why are some feet crippled and don't walk, why are some feet stricken with gangrene and the sickening smell of rotting flesh?**

**Why is this?** Why do we suffer from feet ailments? Why do we suffer from an injured foot when it may not even be our fault (i.e. a car accident)? Why must a baby suffer from clubfeet (talipes equinovarus)? What did the baby do? What has been happening since creation? **Read Romans 8:22.**

**So, what now? Does God just leave us with our healthy or unhealthy feet to discover our own destiny, on a lonely footpath?**

No, God sent Jesus to live the perfect life for us; His feet took Him to the cross where He was crucified in our place, taking our sins upon Himself. **Read Psalm 22:16.**

Death did not hold Him, and Jesus was raised to life on the third day. He appeared to the disciples, and said: **Read Luke 24:39.**

God, knowing that we would have doubts, and temptations, fears and insecurities, gives us comforting words, about leading us throughout our life.

Read the following:

**Psalm 119:105**

**Psalm 40:1, 2**

**Psalm 56:13**

**Psalm 66:9**

**While on earth, what did Jesus do as an example for us?**

**Read John 13:5.**

**What does Jesus want us to do?**

**Read John 13:14, 15.**

**What are we as fellow Christians to do with our feet?**

**Read Isaiah 52:7 and**

**Romans 10:14, 15**

The best job our feet can do for our Lord is taking us to share the love of Jesus with others, thereby bringing them into God's family for eternity.

**Prayer:** Dear Heavenly Father, thank you for our feet. So, often we take them for granted, and do not realize what a marvellous creation they are. Guide our feet, so that we use them for Your honour and glory. Lead us so that we may be able to tell other people about Your great love for us. In Jesus' Name. Amen.

**Sing:** "Go Tell it on the Mountain"

Psalm 56:13 *"For you have delivered me from death, and my feet from stumbling, that I may walk before God in the light of life."*

Psalm 66:9 *"Praise our God, O peoples, let the sound of his praise be heard; he has preserved our lives and kept our feet from slipping."*

**While on earth, what did Jesus do as an example for us?**

John 13:5 *"After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."* Jesus, although God and King, took on a servant role and washed the disciples' dirty feet.

**What does Jesus want us to do?**

John 13:14,15 *"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."* We are not to be proud and boastful; we are to be humble servants of our Lord.

**What are we as fellow Christians to do with our feet?**

Isaiah 52:7 *"How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, Your God reigns!"*

Romans 10:14,15 *"how, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can they preach unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'"*

The best job that our feet can do for our Lord is taking us to share the love of Jesus with others, thereby bringing them into God's family for eternity.

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## Leaders Guide

### Feet! Feet! Feet!

#### Leader's Guide

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Read Genesis 1:31.

"God saw all that He had made, and it was very good." It was not only "good"; it was "very good."

**Did you know** that the foot and ankle contain 26 individual bones, 33 joints, 19 muscles, tendons, blood vessels, nerves, skin and tissue? All of these individual components make our foot work together like a computer enabling us to balance, walk, run, jump, and climb; they also enable us to carry the entire weight of our bodies. We have five toes that wiggle and bend; a toenail covering the tips for protection from injury. The great toe, or big toe, is very important, enabling us to keep our balance, and pushing forward every time we take a step. The front part of the foot, or ball, helps us to jump. The arch, or centre part of the foot, acts like a shock absorber and helps decrease the impact of every step that we take. The foot bones are created in such a way as to form two length-wise and one cross-wise arch. Arches, we know, are architecturally very strong and are able to provide more support than any other type of construction. Is this an accident, or a coincidence? Read Psalm 139:13, 14.

*"For you created my inmost being, you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."*

Our bodies are no accident, they are precisely created by the hands of our loving God. Our amazing feet are "hand-crafted" by the Creator of the Universe.

Our beautiful bodies are a gift from God, the Creator, for us to care for. Read 1 Corinthians 6:19.

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your body."*

Wow! Amazing feet! We could add that to Dr. Seuss' "Foot Book." Amazing feet!! **But...if these appendages are so amazing, why are there corns and calluses, plantar's warts and hammer toes, bunions and ingrown toenails; why are some feet crippled and don't walk, why are some feet stricken with gangrene and the sickening smell of rotting flesh?**

**Why is this?** Why do we suffer from feet ailments? Why do we suffer from an injured foot when it may not even be our fault (i.e. a car accident)? Why must a baby suffer from clubfeet (talipes equinovarus)? What did the baby do? What has been happening since creation? Read Romans 8:22.

We all know the answer; it is sin. In some instances we do not take care of our bodies – and as a result we suffer the consequences – wearing too tight shoes, not doing proper foot care, etc. Some problems are due to accidents – falling, chopping our foot off, motor vehicle accidents, through our own or someone else's fault. This is again the result of sin. Congenital problems (from birth), or debilitating diseases are also a result of sin. Since creation, the whole world has slowly been breaking down. Read Romans 8:22, 23 *"We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies."*

**So, what now? Does God just leave us with our healthy or unhealthy feet to discover our own destiny, on a lonely footpath?**

No, God sent Jesus to live the perfect life for us, His feet took Him to the cross where He was crucified in our place, taking our sins upon Himself. Read Psalm 22:16.

*"They have pierced my hands and my feet."*

Death did not hold Him, and Jesus was raised to life on the third day. He appeared to the disciples, and said... Read Luke 24:39.

*"Why are you troubled, and why do doubts rise in your minds. Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have."*

God, knowing that we would have doubts, and temptations, fears and insecurities, gives us comforting words, about leading us throughout our life.

Psalm 119:105 *"Your word is a lamp to my feet and a light for my path."*

Psalm 40:1, 2 *"I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand."*