

HOW BEAUTIFUL ARE OUR FEET

The human body is an amazing, astounding creation of Almighty God the Creator.

An engineering marvel.

A highly complex network composed of muscle and tissue, organs and systems, skin and bone.

All of its parts functioning like a well-coordinated, high-precision machine.

From the top of our heads to the soles of our feet.

In this article, we will examine a certain part of the human anatomy. A remarkable combination of mechanical complexity and structural strength: OUR FEET.

Each human foot contains 26 bones, so both feet together have 52 bones.

Since the entire human body has 206 bones, that means about roughly one quarter or 25% of all the bones in our body are located in our feet.

Each foot has 33 joints and about 29 muscles.

Together, our feet involve roughly 50 plus muscles, 200 plus tendons, and 100 plus ligaments. In addition to a network of blood vessels, skin, soft tissue and nerves. All these components are a good reminder of how complex our feet are.

Working together, they're not just simple supports; but intricate structures that handle balance, movement and weight distribution every day.

The soles of our feet are estimated to have about 200,000 nerve endings. Specialized sensory receptors that send signals to our brain to help it constantly adjust posture, coordination, and movement.

Without us even consciously thinking about it.

Studies estimate that the human foot is built to handle enormous pressure. When we walk, the force on our feet can be about one and a half times our body weight. When we run or jump, it can rise to twice that or more.

This combination of flexibility and resiliency enables our feet to support our bodies and allows us the flexibility to move and adapt.

Although our feet have been more commonly referred to as the least attractive part of the human body, the prophet Isaiah speaks of them in a strikingly different way.

Isaiah's words describe a powerful image of dignity and mission.

“How beautiful upon the mountains
Are the feet of him who brings good news,
Who proclaims peace,
Who brings glad tidings of good,
Who proclaims salvation,
Who says to Zion,
'Your God reigns!'" (Isaiah 52:7).

During Isaiah's time, news traveled much slower than today's instant, on-demand, round-the-clock, 24/7 news cycle.

Isaiah did not have satellite feeds, cable and network TV newscasts, talk radio, smart phones, email, text messaging, social media or internet access like we do today. Neither did he have newspapers or magazines, air mail or overnight, hand-delivered courier service.

The most direct and the quickest method of delivering the news was by personal messenger who ran the dusty, hilly and hot plains of Palestine.

Messengers in the ancient world often travelled dangerous, demanding routes through rough terrain, harsh weather, and the threat of bandits. The arrival of the messenger bearing good news was deeply welcomed.

The glad tidings Isaiah's messenger carried was the good news of the Kingdom of God.

And this world today desperately needs that good news. And the commitment of the messenger to deliver it.

Suffering humanity urgently needs that awesome, wonderful message of lasting peace and joy. The world tomorrow of prosperity, the wonderful abundant life pictured by the Kingdom of God!

Like those messengers of old, we in the Constant Church of God are privileged to carry this same good news to the world today.

The same message the apostles took to the house of Israel and to the Gentiles.

But, along the route we travel, there will be temptations and distractions. Satan hates God's Church. He knows his time is short (Revelation 12:12).

"And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come" (Matthew 24:14). The end of this present evil world under the influence of Satan the devil.

That's why Satan is determined to destroy the work of God that His Church is doing.

Jesus exhorts us to avoid the path of the wicked. Keep our eyes firmly fixed on Him, the Head of the True Church (Ephesians 1:22; 5:23). He is the Only One Who can and will keep our feet on track.

God didn't give us this assignment to bring His message of good news to the whole world only for us to fail.

He's going to help us succeed.

God gave us His Bible as a road map to keep us headed in the right direction.

So, Jesus tells us the law is a lamp and a light (Proverbs 6:23). "Take hold of my words with all your heart; keep my commands, and you will live (Proverbs 4:4). When you walk, your steps will not be hindered, And when you run, you will not stumble" (verse 12).

One day the rest of the world will understand how magnificent the message that we are carrying truly is.

They will, as the prophet Isaiah prophesied, praise our beautiful feet!

God has promised His faithful, loyal and steadfast messengers this awesome and incredible destiny of being members of His Family (Hebrews 2:6-8).

That awesome promise is the centerpiece of the message He has given us to carry: the good news of the Kingdom of God.

The best news there is!