

The Prayer Class

Purpose: *To encourage greater participation and joy in prayer*

The Prayer Class meets in God's Throne Room 24/7

In him and through faith in him we may approach God with freedom and confidence Ephesians 3:12.

Teacher: Abe Funk

Date: June 27, 2024

Lesson: Beautiful Feet

Welcome to The Prayer Class:

Thank you, God, for making my beautiful feet. Help me to use them to serve you today. Amen!

Bible Reading: 1 Corinthians 12:15-25

If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body. The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment. But God has combined the members of the body and has given greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other.

Key Verse: *If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body 12:15*

Background and Lesson:

Our feet get a bad rap; with 250,000 sweat glands that produce half a pint of sweat every day, our feet can get smelly. People often dislike their feet and keep them hidden and covered as the undesirable part of their body. But feet are the foundation of our bodies for support, balance, posture, and overall well-being, like the foundation of a house. Each foot has a total of 26 bones, 33 joints, 19 muscles and tendons and over 100 ligaments. The 8,000 nerves give us the sense of balance. Our feet are our primary mode of transportation and are essential for our mobility. They can give us information about our overall health even before it shows up elsewhere. Feet even have a month of the year named for them on August 17 as *I Love My Feet Day*.

Problems with feet are very troublesome; and I know. I've have used orthotics a good part of my life, and careful about the shoes I buy. I recently had the middle bone of my right little toe surgically removed because for some unknown reason it was growing sideways with a spur on the inside—ouch!

It was a small bone in my little toe—but was it ever a BIG problem. Thank God for Podiatrists, and there are very few of them, and few choosing that important specialty.

We visited our missionaries in Ethiopia, and to check on food and water projects we had done during the famine in the 1980s. It was very gratifying to see the people pumping clean water. Each day we drove past a shoe store in Addis Ababa, and always there was a group of people looking at the shoes in the window display and discussing them with great interest. One day I saw that all these people were barefoot; they had never worn shoes. It was an interesting aha moment for me.

The Bible has much to say about feet, and their importance to our bodies, as Paul tells us in our Bible Reading. It was easy finding another 25 references to feet in the Bible; some used symbolically.

- To sit at the feet of a teacher: Paul was educated at the feet of Gamaliel Acts 22:3 (ESV)
- To fall at the feet in humility: Lot bowing to angel messengers in Genesis 19:1
- To put under the feet as in conquest, Joshua 10:24; and God placed all things under Christ's feet and as head of the *church* Ephesians 1:22.

In Bible times washing a guest's feet was an act of hospitality Luke 7:44. It was an act of humility when Christ washed the feet of his disciples John 13:4-15. To remove one's sandals was an expression of worship Exodus 3:5, and before entering a holy place it was necessary to remove one's shoes.

Our Bible reading emphasizes the importance of all our body parts, because they form the entirety of a normal human body. Paul uses this lesson to illustrate that the body of Christ is likewise made up of many parts, and each part has a different but equally important function. This harmony of the Christ's body, the church is important to prayer as well. While we pray individually prayer is not designed to be only a private exercise. Prayer is also corporate, praying with our brothers and sisters in Christ.

God sees our feet as beautiful when we walk in his truth, in his paths of righteousness and share the Gospel message with others. *How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings...* Isaiah 52:7, and quoted in Romans 10:15.

Quote: Sometimes we have to use our feet to answer our own prayers

Think About This:

Think about some way that you can use your feet to serve God and bless someone today.

A Prayer for You:

May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ Romans 15:5-6.

My Notes and what To Pray for:

Add your prayer requests here: yourself, family, church family, missionaries, & leaders in government

Note: All Scriptures are from the NIV Bible unless otherwise indicated

Devote yourselves to prayer, being watchful and thankful Colossians 4:2

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