



The Podiatry Lesson

Message by Arthur Crane, 17th March, 2019



Now that I, your Lord and Teacher,
have washed your feet, you also
should wash one another's feet.

John 13:14 (NIV)

The context of this verse is the final or
passion week, Thursday, at the end of supper.

Podiatry: A. Physical ➡ B. Spiritual

A, Physical

Feet

- Take the weight of the body
- They walk, run, leap, kick, swim
- Often not looked after but just ignored, treated with some abuse and disdain, mistreated as one of the less beautiful parts of the body
- Transport the body, mind and soul through the rough and smooth the hazards of life. Affect BALANCE
- Wherever our feet get to I guess we, our ears, eyes, minds and hearts/emotions get there too.

Our feet become a picture of our life; in a word, our feet are our life. If our feet could talk ...

Need care

- Feet need the TLC treatment – and in playing any sport we need to get the foot-work right.
- in trouble – we take our feet to the foot doctor.
- Feet come into contact with the earth and get sore and dirty and need special attention.
- And we pay a penalty if we neglect this duty.

A. The spiritual outworking of foot washing

Just as in the physical realm, so also in the spiritual, our feet, hearts and minds are drawn into contact with earthly things. They get sick, heart sick, with the heartaches, worries and pains of this earthly life.

So, speaking of Lot in Sodom and Gomorrah Peter, in 2 Pet 2:8, says that he was “a good man *suffering spiritual agonies* day after day at what he saw and heard of their lawlessness” (J B Philips New Testament).

The King James version uses the phrase “*vexed his righteous soul ...*”

Demands a taking off

John 13:4 speaks of Humility.

- A taking off – “he made himself nothing” Philippians 2:7 (Jesus) ... *made himself nothing by taking on the nature of a servant ...*
- removal of airs, names and titles, pride, and high and mighty superior ‘better than the other’ arrogances
- and he began to wash
- talk to someone you don’t normally talk to
- make amends for that of a few months / years ago and leave a bunch of flowers on their doorstep

and a putting on “... *known for her good works.*” 1 Timothy 5:10

- The podiatrist puts on a gown.
- **a towel suitable** to the purpose “*by taking the very nature of a servant*” John says that “*he became flesh.*”
- Have a listening ear for someone going through hard times, ‘difficult patch.’
- Share words of prayerful love and appreciation - sorrow with those that sorrow That’s IDENTIFICATION.
- Call someone to say, “I’m thinking of you.”
- Give the weary heart rest.
- Ephesians 5:2; ... *And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to Go for a sweet smelling aroma.*
- John 13:14 “... *so you also should wash one another’s feet.*”

Be a basin and wash one another’s feet