

“BEHOLD MY FEET!”

Luke 24:39

By Dale DuVerney

Did you know that the average person, engaging in non-strenuous activity, walks approximately **4 miles** every day or about **115,000 miles** in a lifetime? That's enough to go around the circumference of the earth four times. Our foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles – in fact, 1/4 of all the bones in the human body are down in your feet!

Did you know that your feet can mirror your general health? Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet. Often foot ailments can be your first sign of more serious medical problems.

The Bible has a lot to say about feet! When Israel crossed Jordan: *“And it shall come to pass, as soon as the soles of the feet of the priests who bear the ark of the LORD, the Lord of all the earth, shall rest in the waters of the Jordan, that the waters of the Jordan shall be cut off, the waters that come down from upstream, and they shall stand as a heap”* (Joshua 3:13). Hannah prayed, acknowledging that God would: *“guard the feet of His saints, but the wicked shall be silent in darkness. For by strength no man shall prevail”* (1 Samuel 2:9). David praised God: *“You enlarged my path under me, so my feet did not slip”* (Psalm 18:36). Of course, David prophesied of the Christ’s crucifixion in Psalm 22: *“For dogs have surrounded Me; the congregation of the wicked has enclosed Me. They pierced My hands and My feet. . .”* David lamented about the seeming prosperity of the wicked when he said: *“But as for me, my feet had almost stumbled; my steps had nearly slipped”* (Psalm 73:2). Solomon warned about keeping company with wicked men because: *“their feet run to evil, and they make haste to shed blood”* (Proverbs 1:16). Among the six things God hates is: *“A heart that devises wicked plans, feet that are swift in running to evil”* (Proverbs 6:18).

Isaiah would write: “How beautiful upon the mountains are **the feet of him who brings good news**, who proclaims peace, who brings glad tidings of good things, who proclaims salvation, who says to Zion, “Your God reigns!” Paul would later apply that very passage to the Gospel age (Romans 10:15).

In our New Testament we find an interesting passage where our Lord told his disciples: “Behold My hands and **My feet**, that it is I Myself” (Luke 24:39). **I want to look, for a moment, at the feet of our Lord and how much we can learn by simply looking at the Lord’s feet.**

WE LEARN ABOUT LOVE AND SUFFERING FROM OUR LORD’S FEET (Psalm 22:16).

There was no greater suffering than the crucifixion! As we read the account of the crucifixion in the Gospel accounts and historical records, we can summarize the following to be true. Once our Lord arrived at Golgotha, Simon was ordered to place the patibulum on the ground, and Jesus was quickly thrown backward, with His shoulders against the wood. The legionnaire felt for the depression at the front of the wrist. He drove a heavy, square wrought-iron nail through the wrist and deep into the wood. Quickly, he moved to the other side and repeated the action, being careful not to pull the arms too tightly, but to allow some flexion and movement. The patibulum was then lifted into place at the top of the stipes, and the titulus reading "Jesus of Nazareth, King of the Jews" was nailed into place. Then the left foot was pressed backward against the right foot. With both feet extended, toes down, a nail was driven through the arch of each, leaving the knees moderately flexed. Jesus was now crucified.

As Jesus slowly sagged down with more weight on the nails in the wrists, excruciating, fiery pain shot along the fingers and up the arms to explode in the brain. The nails in the wrists were putting pressure on the median nerve, large nerve trunks which traverse the mid-wrist and hand. As He pushed himself upward to avoid this stretching torment, He placed His full weight on the nail through His feet. Again there was searing agony as the nail tore through the nerves between the metatarsal bones of this feet. At this point, another phenomenon occurred. As His arms fatigued, great waves of cramps swept over the muscles, knotting them in deep relentless, throbbing pain. With these cramps came the inability to push Himself upward. Hanging by the arm, the pectoral muscles, the large muscles of the chest, were paralyzed and the intercostal muscles, the small muscles between the ribs, were unable to act. Air could be drawn into the lungs, but could not be exhaled. Jesus fought to raise Himself in order to get even one short breath. Finally, the carbon dioxide level increased in the lungs and in the blood stream, and the cramps partially subsided.

The common method of ending a crucifixion was by **crurifracture**, the breaking of the bones of the leg. This prevented the victim from pushing himself upward; the tension could not be relieved from the muscles of the chest, and rapid suffocation occurred. The legs of the two thieves were broken, but when the soldiers approached Jesus, they saw that this was unnecessary. Apparently, to make doubly sure of death, the legionnaire drove his lance between the ribs, upward through the pericardium and into the heart. John 19:34 states, "And immediately there came out blood and water." Thus there was an escape of watery fluid from the sac surrounding the heart and the blood of the interior of the heart. This is rather conclusive post-mortem evidence that Jesus died, not the usual crucifixion death by suffocation, but of heart failure due to shock and constriction of the heart by fluid in the pericardium.

Friends, our Lord suffered this great suffering on our behalf, in our stead (John 3:16-17; Hebrews 2:9). Our Lord's pierced feet were a testimony to the great love our God has for each one of us! (Rom. 5:6-9; Gal. 1:3-5).

WE LEARN ABOUT POWER AND HEALING FROM OUR LORD'S FEET (Matthew 15:30).

The miracles our Lord worked and manifested attested to His authority and deity! Peter could point back to those miracles to prove that Jesus was Who He claimed to be (Acts 2:22). In Matthew 15:30 we find that those who brought their sick unto Jesus, **cast them at His feet**. There was no where else to go, no other hope for their condition. Friends, this is still true today. When it comes to our sin problem, there is no other place to go (John 14:6; Acts 4:12). There is still healing at the feet of Jesus!

WE LEARN ABOUT AUTHORITY FROM OUR LORD'S FEET (Eph. 1:22-23)

Who is Jesus? He came from the Father (John 16:28). He came with the Father's message (John 12:48-49; Hebrews 1:1-3). He was given all power (authority) in heaven and on earth (Matthew 28:18). He was enthroned as King of kings and Lord of lords (Daniel 7:13-14; Acts 1:8; 1 Timothy 6:15). He will reign until the last enemy, death, is destroyed (1 Corinthians 15:24-27). When Paul wrote that all things are "under his feet," that means you and me! Just because one does not submit to King Jesus does not mean that one is not amenable to him. If they refuse to submit in this life, they will submit when they face Him in judgement (John 5:22).

WE LEARN ABOUT MERCY FROM OUR LORD'S FEET (Luke 7:36-50)

The narrative states: "*And behold, a woman in the city who was a sinner, when she knew that Jesus sat at the table in the Pharisee's house, brought an alabaster flask of fragrant oil, and stood at His feet behind Him weeping; and she began to wash His feet with her tears, and wiped them with the hair of her head; and she kissed His feet and anointed them with the fragrant oil*" (Luke 7:37-38).

Here we find a woman, a sinner, who humbled herself and found peace and forgiveness at the feet of Jesus! How many of us today are seeking that kind of peace at the feet of the Christ? Simon, in whose house this occurred, could only see a sinner - Jesus saw the potential. Simon could not look past the past, Jesus pointed their eyes toward the future. We must learn to be merciful if we expect it from God, and we learn it right at the feet of Jesus.

WE LEARN ABOUT OUR FUTURE AT THE FEET OF JESUS! (Luke 24:38-40)

Following the crucifixion the disciples of Jesus were discouraged. Peter had followed the Lord “afar off,” and eventually denied ever knowing the Christ. The rest of the disciples, minus John, were scattered as sheep with no shepherd (Matthew 26:31). The disciples did not understand His teaching that He would rise again (John 20:9-10). In fact, they thought at first someone had come and stolen the body (John 20:2, 8). But, as proof that He was alive, **Jesus showed them his hands and his FEET** (Luke 24:36-40). His resurrection, dear friends, is the basis on which our future hope of eternal life is based! (Cf. 1 Cor. 15:20-23). The message of the resurrection of Christ is the Gospel of our salvation (1 Cor. 15:1-3). It is the form or pattern that we ourselves submit to in obedience to Christ (Romans 6:1-6, 17).

CONCLUSION

We have seen the feet of our Lord in His suffering for us, His power over all that harms us, his authority over us, in His mercy granted us, His teaching to us, His resurrection as our hope and our feet’s responsibility. Angels fall at His feet in submission, adoration and worship (Revelation 7:9-14). Shouldn’t we?