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# [Faith and “Faith Legs”](https://public-api.wordpress.com/bar/?stat=groovemails-events&bin=wpcom_email_click&redirect_to=http%3A%2F%2Ffaithencounters.impart.org%2F2024%2F06%2F06%2Ffaith-and-faith-legs%2F&sr=0&signature=6a7707ec64093b1ef7420e6d8e4415c1&blog_id=127938330&user=d4772d34747c29138d6356de987fff13&_e=eyJlcnJvciI6bnVsbCwiYmxvZ19pZCI6MTI3OTM4MzMwLCJibG9nX2xhbmciOiJlbiIsInNpdGVfaWRfbGFiZWwiOiJ3cGNvbSIsImhhc19mZWF0dXJlZF9pbWFnZSI6IjAiLCJzdWJzY3JpYmVyX2lkIjoiNTY2NTEwODc0IiwiX3VpIjoiZDQ3NzJkMzQ3NDdjMjkxMzhkNjM1NmRlOTg3ZmZmMTMiLCJfdXQiOiJhbm9uIiwiZW1haWxfZG9tYWluIjoieWFob28uY29tIiwicG9zdF9pZCI6MzM4OCwidXNlcl9lbWFpbCI6InJpY2tfYmxhaXNkZWxsQHlhaG9vLmNvbSIsImRhdGVfc2VudCI6IjIwMjQtMDYtMDYiLCJlbWFpbF9pZCI6IjcyZmQ0YTRhZWYzOTRhMWI5OGY2ZWM0NmY3YWRhYzIyIiwiZW1haWxfbmFtZSI6Im5ldy1wb3N0IiwidGVtcGxhdGUiOiJuZXctcG9zdCIsImxpbmtfZGVzYyI6InBvc3QtdXJsIiwiYW5jaG9yX3RleHQiOiJGYWl0aCBhbmQgXHUyMDFjRmFpdGhcdTAwYTBMZWdzXHUyMDFkIiwiX2RyIjpudWxsLCJfZGwiOiJcL3dwXC92Mlwvc2l0ZXNcLzEyNzkzODMzMFwvcG9zdHNcLzMzODg/X2VudmVsb3BlPTEmZW52aXJvbm1lbnQtaWQ9cHJvZHVjdGlvbiZfZ3V0ZW5iZXJnX25vbmNlPTNkMWYwMDJmNmQmX2xvY2FsZT11c2VyIiwiX2VuIjoid3Bjb21fZW1haWxfY2xpY2siLCJfdHMiOjE3MTc3MDE0NTIwNDMsImJyb3dzZXJfdHlwZSI6InBocC1hZ2VudCIsIl9hdWEiOiJ3cGNvbS10cmFja3MtY2xpZW50LXYwLjMiLCJfdWwiOm51bGwsImJsb2dfdHoiOjAsInVzZXJfbGFuZyI6bnVsbH0&_z=z)

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So take a new grip with your tired hands and strengthen your weak knees. Hebrews 12:12 NLTThis past week a friend and member of our small group received some very disappointing news. It was very hard to hear, and it was one of those situations where much prayer had gone forth, with good expectations and then poor choices happened and sad news followed. Our small group is really family, so what hurts one hurts us all. As I wrote to encourage her, I actually wrote, "we've all had heart pain that knocks us sideways. You are not alone. We are with you. You will get your faith legs back. They actually are still there." This was the first time I have ever used the phrase "faith legs".Most of us take our legs for granted. I watch my grandchildren hop up from the floor and run around, without thinking! This past year I have had trouble with my knees. Naturally, I have had to slow down a bit when rising from chairs and think twice about floor sitting with my granddaughter because I have to get up again! This has made me much more aware of my legs. We need them to walk, run, hop or skip! But our spiritual legs are even more important.Spiritual battles are taking place all around us, in us, and hopefully through us to victories. Spiritual battles take courage. There are times, even with our spiritual armor put in place, we can receive wounds. We make it through a rough battle, celebrating God's victory, breathing a sigh of relief. But we may not realize we have sustained some damage. When the next battle comes around, we may be reluctant to engage. This is Satan's further attempt at sidelining God's warriors. We find our hands tired (feeble) and our knees weak.After my knees started protesting their job, I went to physical therapy. My PT person showed me various exercises to strengthen my knees--but mainly she said the thing I needed to do was strengthen my hips. I needed strong hips to give me stronger knees and legs. After a season of PT, I finally had an MRI, which discovered, not arthritis, but damaged tendons and ligaments. My orthopedic appointment yielded a "come back and see me when you don't feel safe to walk across the floor". When our spiritual knees and hands are weakened, we need strengthening exercises to become strong again. We need to go back to the Lord, asking for strength and restoration. There is healing in the Presence of the Lord. If we feel frustrated or weak, guilt may keep us from seeking Him, because we think we should/could have been stronger. Weakness just shows us where we need to be strengthened. There should be no guilt involved.This comes back to "faith legs". Paul tells the Ephesians: A final word: Be strong in the Lord and his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. Ephesians 6:10. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Ephesians 13:11. It is God's intention that we learn how to stand firm in our faith. Even amid any no's we might receive. Disappointments are difficult to process. But they shouldn't stop us from fighting on. Victories will never be won without a battle.What may look like failure for a season, is just that. A season. Part of our walk with the Lord is understanding how to fall and then get back up. The godly may trip seven times, but they will get up again. Proverbs 24:16. My friends, we must set ourselves to rise again, not stay down. Often condemnation tries to keep us down, don't let it. Remember: there is no condemnation to those who belong to Christ Jesus. Romans 8:1. When he says no, he means it!Our getting up and back into the fight helps encourage others to do the same. Isaiah 35 encourages us: With this news, strengthen those who have tired hands, and encourage those who have weak knees. Say to those with fearful hearts, Be strong, and do not fear, for your God is coming to destroy your enemies, He is coming to save you. Isaiah 25:3-4. Encouraging others also helps encourage ourselves.Strengthening our spiritual knees is done with prayer, worship and standing on the Word. Jesus' parable about the house built on the rock versus the house built on the sand is true. If we find ourselves wobbly in the storms, we can discover if we are really standing on Him and His Word, or ourselves? Tests and trials come. If there are weak spots in your foundation, strengthen them with the Word. Keep on pursuing Him and His ways. Strengthen those faith legs, my friend. We need you! Father, I thank you for showing us our weak areas. I thank you we can go back to you and learn to strengthen those weak areas. Teach us to walk, with the whole armor of God, not just the parts we think are important. Teach us to wield the sword of the Spirit as well. Thank you for stronger faith legs today. In Jesus' Name, amen. |