

TERRA NOVA

Listening to Your Feet

By Tim Cosby



Give careful thought to the paths for your feet and be steadfast in all your ways. Proverbs 4:26

Have you ever had a charley horse in your foot? It'll make you forget about all of your other problems. At least for a few seconds. Dr. Bruce Jacob, a Podiatrist in Sterling Heights MI, says foot problems may foretell unexpected consequences. If your feet are sending out painful messages, it is important to listen. Usually it means something important is going on.

But I was thinking about listening to your feet in a little different way. One of the things we emphasize in teaching the skill of listening to our coaches is being aware of patterns of activity in the lives of their clients. In other words, we want our coaches to help people listen to their feet. Where are their feet taking them on a regular basis? Or where are their feet intentionally avoiding?

I've observed my feet going to Lowe's lately, (that's not necessarily new) but they seem to end up in the Lawn Tractor section of the store. My feet have just recently started going to that section of the store, so it's a new development. I have a perfectly good self-propelled lawn mower that I purchased last summer, so what's behind this "pattern of activity?" Well, I've noticed lately that my hips are pretty sore after I mow the lawn. Probably nothing serious, but I'm considering an investment in a lawn tractor to address this new source of physical pain. At least, that's how I'm pitching it to Diane. Medical reasons, you know?

Now you might think this is a silly example, but my feet seem to be very serious about my "medical" need for a lawn tractor. My feet have been talking to me. And I know my feet are connected to my heart, so I've been trying to listen to my heart through my feet. Awkward, but biblical.

Listen to these Scriptural admonitions about feet.

- *You provide a broad path for my feet, so that my ankles do not give way.* Psalm 18:36
- *My eyes are ever on the LORD, for only he will release my feet from the snare.* Psalm 25:15
- *The law of their God is in their hearts; their feet do not slip.* Psalm 37:31
- *She is unruly and defiant, her feet never stay at home.* Proverbs 7:11

Seriously, what have your feet been saying to you lately? What patterns of activity are important in your life right now? And what do these patterns of activity tell you about what's going on in your heart? What could you learn about your life by listening to your feet? Let me know what you discover. I'll keep you posted.