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THE "HUMBLE" FOOT

If you are able, rise up and stand still. Just standing still doesn't seem like much, does it? But if you continue to stand for awhile, you will get tired. A lot of muscles are invisibly working for you to enable you to stand. Your body has to fight against the force of gravity, and in doing so, uses energy. Many muscles in your feet, legs, pelvis, spine, stomach, and shoulders, are constantly tightening and loosening to align your bones to carry your weight to the ground.

Now look down to your feet. Not much to get excited about, right? Your feet might seem feeble, puny and ordinary, but the Bible says: *For the body is not one member, but many. If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body?...But now are they many members, yet but one body. And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you. Nay, much more those members of the body, which seem more feeble, are necessary. (I Corinthians 12: 14-15, 20-22)*. Our bodies have many parts, but the many parts make up only one body. Suppose that the body was just an ear? How could we see? Or just an eye? How could you smell? God has made many parts for our body and put them just where He wants them. So He has made the body with many parts, but there is still only one body. Some of the parts that seem the least important are really the most necessary. Your foot may seem humble, but it is very important.

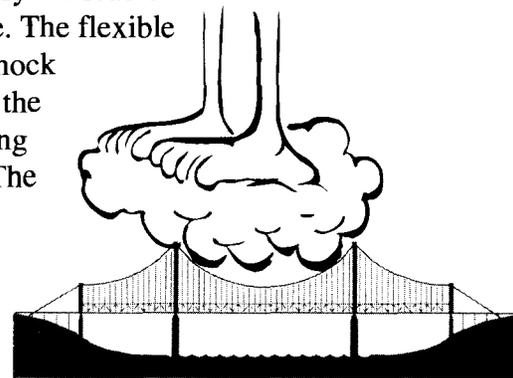
The human foot with its five toes is a marvel in construction. The feet and toes are important parts in body movement. They carry and move the weight of the body during walking and running, and help to keep

balance as the body moves. The foot can adjust itself to different surfaces and is able to have incredible amounts of force put upon it. It has been estimated that each step of an adult places 900 pounds per square inch on the bottom of the foot!

Each foot is made up of twenty-six bones of different sizes and shapes which make up the ankle, top and bottom of the foot, and toes. The foot also has about thirty-three muscles, some of which are connected to the lower leg. The different bones move along gliding joints, which allow flexibility, and a small amount of motion. The bones of the foot are placed in such a way as to form several arches. The long arch from the heel to the ball of the foot is the most important of these. The arches are supported and held in place with ligaments and strong muscles in a way that can carry the weight of the body, very much like steel cables carry the load of a suspension bridge. The flexible arches also act as shock absorbers to soften the impact when walking on a hard surface. The foot is a miniature suspension bridge. However, it is more complicated than any man-made bridge. The design of the foot gives it flexibility, making walking, running and other movements possible. If the foot were stiff and flat, and hooked solidly to the bone of the leg, walking would be nearly impossible.

Being able to walk and move from place to place and to balance an upright body on a relatively small platform (the feet) is an amazing feature of the human body. The human foot is a masterpiece of engineering. If you asked anyone, "Do you think the suspension bridge over the Royal Gorge just happened by chance and accident?", they would think you were crazy. Some people who believe in evolution believe that the human foot (an even more complex mechanism than a bridge) accidentally happened by chance without a master designer.

The human foot has been duplicated billions and billions of times in every human birth with exactly the same shape and form and with the same number of



bones, tendons, muscles and nerves. The wonders of the "humble" foot demand a master engineer! That engineer is God the Creator!

? WHAT'S WRONG ?

Neither the idea of Creation nor evolution can be proven using science, yet we can observe or study the world around us and see what facts fit each idea better.

To improve your observational skills, study the pictures below . In each group there are two pictures, one of which is wrong. Can you see what is wrong?

Why? (Answers at end)

NIGHT



DAY



OR

CLEAR



OR

SMOKE

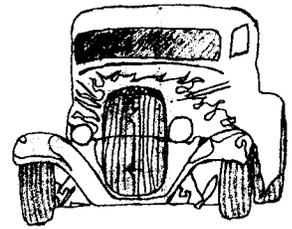


ASK EUGENE

Dear Eugene: "Set your affection on things above, not on things on the earth" Hi! What's up? I'll give you a hint...Jesus. I'm only a 13 year old but that doesn't mean I can't give a good testimony....right! People often criticize me for that...By the way, I go to C.C.A.- Cornerstone Christian Academy. Eugene, even though you are a puppet...you're a great inspirational tool that God has sent from heaven to teach



His word and to reach into our soul with God's word and set us free from the chains of Satan. I believe ...evolutionists are trying to trick us. But what I think also is it's not them who's trying to trick us, it's Satan.... You have really touched my heart today and I thank you. Love Adam Walters (Ulysses, KS)



Dear Adam: Thanks for the letter! I agree with you that young people can be a good testimony for Jesus. I think it is wonderful that you are continuing to stand up for Jesus, even though you are often criticized. The Lord tells us in his word: *We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed. (II Cor. 4:8-9).* The Lord knows that some people will not follow him and scoff at those who believe. But he tells us that do believe: "...*Be not afraid, but speak, and hold not thy peace; For I am with thee, and no man shall set on thee to hurt thee...(Acts 18:9-10).* In other words, keep on telling people about Jesus (!) No matter who might get in your way. And remember: *Casting all your care upon him; for he careth for you. (I Peter 5:7).* Love Ya!...Eugene.

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ANSWERS

The night picture is wrong. Notice where the moon is located and the shadows. The shadow of the tree and pole are going the wrong way.
 Notice the smoke picture the direction of smoke and flag. The smoke picture is wrong because the smoke and the flag are blowing in different directions.

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