



*Lynda Thornhill, Southern Territory, USA*

### **Decorations**

Purchase small foot-care items from a dollar store and place them randomly in the middle of the tables. Display bottles of nail polish, polish remover and cotton balls at the front of the room to represent a nail salon.

### **Preparation**

Announce ahead of time that pedicures will be given and that if the women want to participate, they should dress appropriately — no stockings or panty hose.

### **Program Ideas**

- Invite a podiatrist to speak on such topics as: daily foot care, common foot problems and how to avoid them, surgical and non-surgical treatments.
- Have a Shoe Store Representative to instruct the women on how to select a properly fitting shoe or one that will help relieve foot distress.



- Have some of the women paint the toenails of the other women while the program is going on.

### **Game: What Is It?**

Have volunteers remove their shoes and socks then blindfold them and place assorted containers containing such things as grapes, cotton balls, water, flour, small building blocks, pebbles, marbles on the floor in front of them for them to identify, using only their feet.

### **Taking Care of Your Toes**

Write on 3x5 cards the name of a part of the foot — toes, arch, heel, skin, ankle, nails, ball. On a second set write a problem that might occur — corns, bunions, high arch pain, cracked heels, spurs, odor, burning, blisters, dry skin, athlete's foot, sprains, nail fungus, in-grown toenails.

Have the participants draw a card one at a time and read their word then the woman with the corresponding

issue finds its match. One foot part could have several problems, each requiring different care. For example: foot part – skin, foot problem – odor.

For information on how to care for foot problems check the following websites  
[www.footcare4u.com](http://www.footcare4u.com).

<http://arthritis.about.com/od//foot/a/footcare.htm>  
[http://footcaredirect.com/athletes\\_foot\\_fungus.html](http://footcaredirect.com/athletes_foot_fungus.html)



### Feet In the Bible

- Whose feet did not swell or their shoes wear out for 40 years? *The Children of Israel (Deuteronomy 8:4)*
- Who said, “The land on which your feet have walked will be your inheritance and that of your children for ever”? *Moses to Joshua (Joshua 14:9)*
- Who uncovered Boaz’s feet and lay down beside them? *Ruth (Ruth 3:7)*
- Who had a son who was lame in both feet? *Jonathan (2 Samuel 4:4)*
- Who said, “And if any place will not welcome you ... shake the dust off your feet when you leave”? *Jesus (Mark 6:11)*
- Two women washed Jesus’ feet. Who were they? *One is not mentioned by name but was simply called a “sinful woman” (Luke 7:37,38). The other was Mary, Lazarus’ sister (John 12:3)*
- Whose feet did Jesus wash? *The disciples (John 13:5)*
- Who said to Jesus, “You shall never wash my feet”? *Peter (John 13:8)*

### Be Careful Little Feet Where You Go

If you have a foot problem and don’t take care of it right away, it quickly turns into two or more problems. When we identify the source of any problem and take care of it, we save ourselves from further pain and suffering.

In the children’s song, “Be careful little feet where you go?” it says, “The Father up above is looking down in love, so be careful little feet where you go.” It reminds us to walk in the path He has marked for our feet, to walk in the light of God. If we tread down the wrong road we need to repent, turn around, and go in the right direction.

If we ignore foot odor, the problem only gets worse. Covering up smelly feet with shoes and socks without treating the symptom is foolish. It takes proper care to relieve and cure the problem, then when it is fixed, pain or embarrassment is relieved and we can walk on with confidence. Romans 8:1-4 tells us how to take care of the problems in our lives. God sent His Son to take away our sin. It requires more than just recognizing our sin, we need to ask for His forgiveness and then go on in the right direction. It will relieve us of the pain, embarrassment and heartache that sin brings. When we allow Him to do this for us, we become as new, and are free to share His redemptive power with others.

Instead of focusing on your feet look up! Ask God to reveal those things that need to be changed in you. Even beautiful feet sometimes ache. It is possible to appear to walk uprightly when we desperately need the searchlight of God’s love to forgive us and show us the way. Just say: “Father, I am a sinner, please forgive me of any impurities that I have in my life and allow me to walk through this day knowing that I am free in Christ.”