

Live it

On the South West Coast Path, UK, I met a little old lady with a little old dog sitting on a bench overlooking the sea. She told me that she was 85, had lived locally all her life and had had two hip operations and two knee operations. As she had walked at least half a mile from the road including a steady ascent up to the top of the cliff, she had done well. When she heard I was walking twelve miles she told me to expect knee trouble.

I told her I had already had unexpected knee trouble two years previously but I had spoken the word of God to my knee: Those who hope in the Lord will renew their strength. They will rise up on wings like eagles; they will run and not grow weary, they will walk and not be faint. (See Isaiah 40) Over the previous year of continuing to walk some strenuous sections of the coast path and regularly speaking the powerful word to my knee, I have progressively got stronger and my knee is healed.

The lady said, "As long as you live it."

I don't know where she stood in relationship with God but I took her words as if from God. There is wisdom in what she said. We have to believe and apply the word of God into our lives if we are to benefit from his promises.