

The Bulwark

OCTOBER 8, 2023

PROBLEMATIC PATELLAS

The human knee is an amazing work of engineering. It is defined as being the joint or region of the leg that the articulation for the tibia, fibula, and patella (the femur kind of "rides" on top of the tibia). The word patella (which most people refer to as the knee cap) is from the Latin word patina, or plate. The patella or knee cap is a flat, triangular bone at the front of the knee joint. Over the span of one's lifetime our knees endure a tremendous amount of strain and abuse. Over time, simply bending the knee can produce pain that gives new highs to feeling low. For some, relief can only be found by under going knee replacement surgery, and that only after arthroscopy had failed. Others, opt to endure the pain, taking the edge off the pain with any number of analgesics. Then there are those who eschew all those procedures and such like just mentioned, and press on with their knees popping and cracking with each painful step they take.

Physical patella's can prove to be problematic. But so can our spiritual knees grow stiff over time. However, there is a major difference as to the cause. Whereas the physical knee suffers due to constant bending and so forth. While spiritual knee problems are the result of years of stubborn pride and selfishness which brings about inflexibility. It then becomes more difficult and painful to humble self.

It is of paramount importance to

bear in mind daily, the words of Paul as seen in his epistle to the brethren at Philippi, with respect to one's willingness to humble self. *"Therefore also God highly exalted Him, and bestowed on Him the name which is above every name, that the name of Jesus every knee should bow."* (Philippians 2:9-10)

"Door of Humility" is the name that has been ascribed to the entrance to Bethlehem's Church of the Nativity, inasmuch as it has twice been made smaller. Visitors must bend down to enter, hence the door's name. In the movie Indiana Jones & Search for the Holy Grail, there is a scene where Jones tries to answer a question before his head is removed from his body. The answer comes to him, "the penitent man bows before God", whereupon he immediately drops to his knees, just in the nick of time. Whew! That visual, coupled with the correct answer, reaffirms what the Scriptures stress, which is an attitude of true humility is the only acceptable way in which to approach God.

"He has told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God." (Micah 6:8) Bear in mind what is entailed in walking humbly. The word humble carries the definition of "submissive respect". Therefore to walk humbly with God demands a bending of the knee in respect to the Master. As well having a mind set of open

willingness to follow, without objection His direction.

Consider that even Jesus humbled Himself (see Philippians 2:5-8) and that He was obedient in all things (see Hebrews 5:7-9). As a result He was raised up and has been seated at the right hand of The Father (see Ephesians 1:18-23). Awaken to the fact that Christ humbled Himself for you. In like manner He willingly submitted Himself for you and in so doing, *"He became to all those who obey Him the source of eternal salvation."* (Hebrews 5:9).

So, how are your knees? (wbc)



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- 7054 Winnetka Ave.
Winnetka, CA 91306
- 818-795-5566
- Bruce Evans
Minister
- Website:
winnetkachurchofchrist.com