

Weak Hands, Feeble Knees
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Strengthen the weak hands, and make firm the feeble knees. Isaiah 35:3

How are your hands and knees doing? Are they weak and feeble or are they strong and sturdy? As a pastor, I get to spend time with people who have weak hands and feeble knees in nursing homes, assisted living facilities, and often their own living room. As a side note, you don't need to be a pastor to visit people with weak hands and feeble knees. I highly recommend spending time with some "weak hands" and "feeble knees". The hearts, minds, and spirits of those connected to the weak hands and feeble knees will be blessed – but so will yours be!

I'm guessing that there are times in your life when your hands feel a little weak and your knees feel a bit feeble. You may feel like the burdens you carry are too heavy, and the road you must walk is too steep. You don't need to be in a wheelchair, use a walker, or be confined to a hospital bed to feel the weight of your sin, the brokenness of creation, and the struggles of life. The truth is that we all have weak hands and feeble knees.

There are weak hands and feeble knees in nursing homes, but you can also find them in preschool classrooms, middle school gymnasiums, and high school study halls. There are weak hands and feeble knees moving about all around us – At work, at church, at the grocery store and even in our own homes. When you encounter weak hands – Hold them. When you encounter feeble knees – Support them. But please don't forget those hands and knees are connected to hearts, minds, and souls that need the same thing we all need – The hope of the Incarnate Word of God Jesus who came to save us from our sin.