



NEW HEART BEAT DEVOTIONS

One Arm

A few years ago, the nerve in my left elbow had to be moved. It was a form of tennis elbow. My left arm had to be in a right-angle cast for a month. To ease my frustration, I wrote a comical paper (with my right hand only) about all the things a one-armed person has a hard time doing. The list included tying shoes, peeling a banana, pulling a zipper and much more. For a month, I could identify with those who were one-armed.

In the same way, Jesus took upon himself the form of a man. He became totally human for over thirty years. He ate like us, slept like us, and grew up like us. He had feelings. He was tempted like us and he faced suffering and pain.

Let us take our prayers to the God who can identify with us through His own experience. Let us take our prayers to the God who gives us victory in our trails, suffering, and provides us with life eternal.

*“And the Word was made flesh and dwelt among us
and we beheld his Glory...” John 1:14*

Charles L. Stambaugh

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