

SCRIPTURE: Genesis 4:3-11, Colossians 3:20

HYMN: I Need Thee Every Hour

*I need Thee ev'ry hour,*

*Stay Thou near by.*

*Temptations lose their pow'r,*

*When Thou art nigh.*



## THE LESSON OF THE SKINNED KNEE

Have you ever gotten a small scrape or cut and found it to be more painful than you thought? Or how about even worse- in a place you bend all of the time? You wonder how such a small thing could keep you from moving that much!

Right now I have had that very thing happen to me- a skinned knee. Every time I try to bend my knee, I remember the good lesson the Lord taught me through it.



It happened when I was scrubbing the floors. I had a big job to do, as my husband just finished cutting the ceiling to install an attic fan and every floor in our house had sawdust on it. I was cleaning floors on my hands and knees, because that's how my Mom always did it, and I liked doing it that way, too- it makes me feel like I'm getting the floor really clean. Well, after about the 3<sup>rd</sup> or 4<sup>th</sup> room, my knees began to hurt. I didn't pay any attention to it, but just kept on scrubbing. Later on, when I was done, I felt a sharp sting of pain as my dress hit my knee- OUCH! When I looked, I realized that I had taken the skin right off one of my knees. Boy, did it hurt! As I healed, I realized that I could not clean the floors, read to my son on the floor, or kneel for prayer. I never would have thought that I would have caused so much damage, simply by ignoring my body's signals. Thankfully, the Lord has designed our bodies to heal, and in a week or so, things should be back to normal.



We can compare this experience to our walk with the Lord. When we sin, the Lord has graciously given us a conscience, His Spirit and His Word to alert us to a problem. Our best choice is to confess our sin to the Lord as soon as we become aware of it, and get restored to Him. But if we let the sin remain in our soul, even if we know about it, further harm will inevitably come.

For example, in Genesis 4, we learn about Cain and Abel, Adam and Eve's sons. When it was time for these two to bring offerings to the Lord, Abel brought an offering that pleased the Lord, but Cain did not, and he became very angry. The Lord spoke to Cain, and encouraged him to "do well", or make it right. But Cain did not, and fell into worse sin- he killed his brother. He didn't heed God's warning and far worse harm was done.

Now not many- or any-of us can relate to murder, but we can relate to things such as are named in Colossians 3:20: "...strife, jealousy, outbursts of anger, disputes..." But, if we

pay attention, we realize that more often than not, such things happen as a result of a “lesser” (or inner) sin- such as guilt, unforgiveness, bitterness, worry and fear. The harm of sinning “worse” against our God and hurting one another can be prevented if we heed His “early warnings”.

Oh God, grant us hearts that heed your voice! Amen.

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