

KNEES

-Ryan Parsons-

Matthew 28:1-10

Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. And for fear of him the guards trembled and became like dead men. But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you." So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshiped him. Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me.

Kneeling is a bodily posture that expresses an attitude of humility, especially in worship, prayer, or submission to the authority of another person. Repeatedly through the gospels, we see people kneel or fall at the feet of Jesus. From rulers in the synagogue to lepers, Samaritans and friends, enemies and demoniacs, the sick and the healed, anyone who recognized who Jesus was and the power of his Lordship ultimately found their way to their knees.

Following the glorious resurrection, his followers, when they were greeted by the Lord, prostrated themselves, took hold of Jesus 'feet, and praised him. What an incredible moment!

Today, Jesus is still Lord! The resurrection is proof of this. With this realization, we should fall to our knees and worship Him. A time is coming when *every knee will bow, and every tongue confess that* "Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-10). That won't be the first time you find yourself on your knees, will it?

WORSHIP HIM. HE IS LORD!