

WHEN FOOTMEN BECOME HORSES

PART TWO

RUNNING WITH FOOTMEN

A Five-Day Devotional from Jeremiah 12:5a

SUNDAY, 11 OCTOBER 2026

God uses ordinary pressures to reveal weakness, refine character, and prepare His servants for greater responsibility.

CALVARY BAPTIST CHURCHES OF GREAT BRITAIN

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FIVE DAYS OF DEVOTIONAL REINFORCEMENT

This devotional continues the message preached on **Sunday, 11 October 2026**. Read the assigned passages slowly, then work through the devotional, reflection questions, and prayer. Each day is designed for approximately four to six minutes of reading, with additional time for personal prayer and Scripture meditation.

Weekly theme: God uses ordinary pressures to reveal weakness, refine character, and prepare His servants for greater responsibility.

THIS WEEK

1. **Grace Put You In The Race** — Monday, 12 October 2026
2. **The Footmen We Almost Miss** — Tuesday, 13 October 2026
3. **Resistance Can Be Training** — Wednesday, 14 October 2026
4. **Refined, Not Ruined** — Thursday, 15 October 2026
5. **The Response Required** — Friday, 16 October 2026

DAY 1 | MONDAY, 12 OCTOBER 2026

GRACE PUT YOU IN THE RACE

READ: Jeremiah 12:5a; 1 Corinthians 9:24; Hebrews 12:1

“If thou hast run with the footmen, and they have wearied thee...” — Jeremiah 12:5

The word “run” reminds us that the Christian life is not passive observation. It has direction, discipline, and continuance. Paul wrote, “So run, that ye may obtain.” He was not teaching that salvation is earned by effort. Salvation is the gift of God through faith in Jesus Christ. We run because grace has saved us, placed us in the race, and given us a worthy calling.

A runner cannot move in every direction at once. Hebrews 12:1 tells us to “lay aside every weight, and the sin which doth so easily beset us,” and to run with patience. Some things must be refused because they are sinful; other things must be released because they are heavy. Not every weight is wicked, but anything that repeatedly drains our devotion, blurs our direction, or keeps us from obedience deserves honest examination.

Jeremiah had not left the race. He was still preaching, still praying, and still bringing his burden to God. Yet he was weary. Weariness is not always evidence of failure. Faithful people become tired. The danger is allowing tiredness to become our master, redefine our calling, or persuade us to abandon the course God has marked out.

The race is not won by one emotional burst. It is run through patient faithfulness. Prayer when prayer feels ordinary. Scripture when no immediate crisis forces us to read. Service when nobody notices. Obedience when the result is slow. These repeated choices develop a durable walk with God.

You do not need to run someone else's course. God did not ask Jeremiah to carry Isaiah's assignment, nor did He ask Peter to fulfil John's ministry. Comparison adds weights God never gave us. Fix your eyes on Christ, receive today's strength, and take the next obedient step on the path before you.

Grace is not merely the doorway into the race; it is the strength by which the race is run. Begin this week remembering that you are not trying to earn God's love. In Christ, you run from acceptance, not for acceptance. Lay aside what hinders, refuse what defiles, and continue with patience.

PUT IT INTO PRACTICE

List the three heaviest demands currently competing for your attention. Beside each one, mark whether it is an assignment, a weight, or a sin. An assignment should be stewarded, a weight may need to be limited or laid aside, and sin must be confessed and forsaken. Then choose the next faithful step on your actual course—not the course someone else is running. If comparison has distracted you, thank God for another person's usefulness and return to your lane. Run today from the security of grace, with your eyes on Christ rather than the crowd.

REFLECT

- What weight is consuming strength that should be given to your God-appointed course?
- What is the next clear act of obedience in front of you today?

PRAY

Lord, thank You for saving me by grace and giving me a course to run. Show me what must be laid aside, free me from comparison, and give me patience for the next faithful step. Amen.

DAY 2 | TUESDAY, 13 OCTOBER 2026

THE FOOTMEN WE ALMOST MISS

READ: Luke 16:10; Colossians 3:23–24

“He that is faithful in that which is least is faithful also in much.” — Luke 16:10

Footmen often arrive in ordinary clothes. They are not always dramatic crises. More often they are repeated responsibilities: keeping a promise, arriving prepared, governing your spirit, resisting a private temptation, finishing an unseen task, listening patiently, and serving when nobody applauds.

Because these tests look small, we can treat them as interruptions instead of preparation. We imagine that faithfulness will matter when a large opportunity appears, but character is usually built before the opportunity arrives. David's public courage before Goliath was connected to hidden faithfulness among the sheep. Daniel's courage before kings grew from settled convictions practised long before the decree was signed.

Jesus said that faithfulness in least things reveals readiness for much. This means punctuality, dependability, preparation, and integrity are spiritual matters. They are not merely professional habits. How we handle ordinary assignments says something about how seriously we regard the One who assigned them. Colossians 3:23 says, “And whatsoever ye do, do it heartily, as to the Lord, and not unto men.”

The footmen may be the child who needs attention when you are tired, the ministry task that receives little recognition, the difficult colleague who tests your patience, or the quiet discipline of opening your Bible before opening your phone. None of these appears heroic. Yet they reveal whether our faith governs the ordinary parts of life.

Do not despise small obedience. A wall is not usually built by one stone, nor is it ruined by only one missing brick. Faithfulness is constructed through repeated choices that seem unremarkable in isolation. Over time, those choices create stability.

Ask God to help you see today's footmen. The goal is not frantic activity or perfectionism. It is wholehearted stewardship. Do the work in front of you as unto the Lord. The ordinary task can become an altar when it is offered to Him, and the hidden discipline can become preparation for an assignment you cannot yet see.

PUT IT INTO PRACTICE

Select one ordinary responsibility you usually rush, postpone, or complete carelessly. Prepare for it, arrive in good time, and finish it with excellence as an offering to the Lord. Do not announce the effort or wait for recognition. This may be answering a message, preparing a lesson, completing a household task, or giving undistracted attention to someone. At the end of the day, ask what the task revealed about your spirit. Hidden faithfulness trains the soul because it removes applause and leaves the servant face to face with the Master.

REFLECT

- Which ordinary responsibility are you tempted to dismiss as unimportant?
- How would you approach it differently if you consciously did it as unto the Lord?

PRAY

Father, make me faithful in that which is least. Open my eyes to the ordinary tests You are using, and help me serve wholeheartedly when the work is hidden and the applause is absent. Amen.

DAY 3 | WEDNESDAY, 14 OCTOBER 2026

RESISTANCE CAN BE TRAINING

READ: Hebrews 12:5–11; Proverbs 16:32

“For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth.” — Hebrews 12:6

Our age often defines love as the removal of discomfort. Scripture reveals that God's love sometimes trains His children through discomfort. Hebrews twelve describes chastening not as rejection, but as evidence of sonship. God is not less loving because He is committed to making His children mature.

Not every difficulty is direct correction for a particular sin. Some trials refine faith, enlarge capacity, or prepare us for later usefulness. Yet every pressure is an opportunity to come beneath the Father's hand and ask what He intends to form. The question is not merely, “Why is this hard?” but “What kind of servant is God developing through this?”

The footmen reveal areas that comfort can conceal. An ordinary frustration exposes whether we govern our spirit. Proverbs 16:32 says that the person who rules his spirit is better than one who takes a city. A delay reveals patience. Criticism exposes motive. An inconvenience reveals whether our service is rooted in love or preference. Slow fruit reveals whether we serve for God's approval or visible results.

Resistance does not automatically make us stronger. A trial can make a person bitter as easily as it can make him better. The difference lies in how we respond to God within it. Hebrews tells us not to despise the chastening of the Lord or faint when rebuked. One response treats the trial lightly; the other collapses beneath it. Faith receives it seriously without surrendering hope.

God's purpose is “that we might be partakers of his holiness.” He is not simply improving our comfort; He is shaping our character. The process may not be joyous in the moment, but afterward it yields “the peaceable fruit of righteousness unto them which are exercised thereby.” Training produces fruit when we yield to it.

Today, resist the instinct to waste resistance. Bring your reaction before the Lord. If irritation, pride, fear, or self-pity has surfaced, do not merely manage the appearance. Let God address the root. His training is proof that He has not abandoned His work in you.

PUT IT INTO PRACTICE

When the next frustration interrupts your plan, pause before responding. Name the first reaction rising within you, then ask, “What would a governed spirit look like here?” Pray briefly and choose that response. Later, record what the interruption revealed. This practice turns irritation into examination. It does not make every inconvenience profound, but it refuses to let ordinary pressure pass without teaching you something. The goal is not emotionless living; it is a heart increasingly ruled by the Spirit rather than by impulse.

REFLECT

- What has recent resistance revealed about your inner life?
- How can you cooperate with God's training instead of merely resenting the discomfort?

PRAY

Loving Father, help me receive Your training without despising it or fainting beneath it. Use present resistance to produce holiness, patience, and a governed spirit in me. Amen.

DAY 4 | THURSDAY, 15 OCTOBER 2026

REFINED, NOT RUINED

READ: James 1:2–4; Romans 5:3–5; 1 Peter 1:6–7

“The trying of your faith worketh patience.” — James 1:3

James does not tell believers to call pain pleasant. He tells them to understand what testing produces. “The trying of your faith worketh patience.” Trial is not empty. Under God's hand, pressure becomes productive.

Peter compares tested faith to gold tried with fire. Fire does not create gold; it reveals and refines what is present. In the same way, trials expose the quality of our dependence. They bring hidden fears, divided motives, and shallow convictions to the surface. That exposure can feel uncomfortable, but it is mercy. What is revealed can be confessed, strengthened, and brought under the rule of Christ.

Romans five traces the process: tribulation worketh patience; patience, experience; and experience, hope. The word “experience” carries the thought of proven character. A promise believed only in theory becomes a promise proven through use. The believer who has met God in one trial carries a deeper confidence into the next.

This is why scars can become testimonies. The scar does not celebrate the wound; it declares that the wound did not have the final word. A season of pressure may leave you changed, but change is not the same as ruin. God can deepen compassion through grief, strengthen prayer through helplessness, and purify motives through disappointment.

Patience must be allowed to have her perfect work. We often interrupt the process by escaping prematurely, numbing the discomfort, or demanding an immediate answer. Sometimes obedience requires a change of circumstances, but often it requires steadiness within them. Do not run from the lesson God is still teaching.

You may feel more like ore in a furnace than gold in a crown. Remember that the Refiner never loses sight of His own. He knows the temperature, the duration, and the intended result. Your faith is precious to Him. Trust His hand when you cannot yet see the finished work, and let the footmen produce the endurance tomorrow will require.

PUT IT INTO PRACTICE

Review one former trial that you would never choose to repeat. Write down both the losses it brought and the graces God produced through it. Be honest about each side. This keeps you from romanticising pain while helping you recognise the Refiner's hand. Now bring your present trial into that testimony. You may not yet see its fruit, but you have evidence that God has met you before. Use yesterday's proven faithfulness as strength for today's unfinished process, and share that testimony with someone who needs hope.

REFLECT

- What impurity or weakness has pressure brought to the surface?
- Where can you already see that a former trial produced proven confidence in God?

PRAY

Refining God, use this season to purify rather than harden me. Give me patience while Your work is unfinished, and turn present pressure into proven faith and enduring hope. Amen.

DAY 5 | FRIDAY, 16 OCTOBER 2026

THE RESPONSE REQUIRED

READ: Isaiah 40:28–31; Galatians 6:9

“But they that wait upon the LORD shall renew their strength.” — Isaiah 40:31

Jeremiah's weariness was real, but weariness did not have to become surrender. Scripture does not shame the tired servant. It directs him to the Source of renewed strength. “They that wait upon the LORD shall renew their strength.” Waiting is not inactivity; it is dependent expectation. It refuses to run ahead of God or quit before God has finished.

There is a difference between being tired and being unfaithful. Jesus was weary with His journey in John four, yet He remained ready to minister. Elijah needed sleep and food before he needed further instruction. Physical limitation should be acknowledged wisely. Rest can be stewardship. But rest is not the same as retreat, and recovery is not permission to abandon the course.

The response required by the footmen is not self-powered toughness. It is renewed dependence. Human resolve eventually reaches its limit. The everlasting God “fainteth not, neither is weary.” When our strength is exchanged for His, we can continue without pretending to be limitless.

Galatians 6:9 says, “And let us not be weary in well doing: for in due season we shall reap, if we faint not.” Due season rarely arrives according to our preferred timetable. The farmer does not dig up the seed each morning to check its progress. He continues the work required by the season and trusts God for growth.

Perhaps your faithful labour feels unseen. You have prayed, served, taught, parented, witnessed, given, and waited. Do not measure the value of obedience only by immediate results. Fruit can be forming beneath soil you cannot see. Your calling is faithfulness; the harvest belongs to God.

Finish this week by waiting upon the Lord. Bring Him your honest tiredness. Receive the rest you truly need, put away the distractions that falsely promise renewal, and return to the next act of obedience. The footmen may have exposed your weakness, but they have also shown you where strength is found. Renewed strength is not the reward of those who never tire; it is the provision of those who wait upon the Lord.

PUT IT INTO PRACTICE

Build a simple recovery plan for the next seven days. Include adequate sleep, unhurried prayer, Scripture that is not connected to public teaching, and one period without digital noise. Then identify the responsibility you must resume rather than avoid. Wise rest and renewed obedience belong together. If weariness has become severe or persistent, invite a trusted mature believer to help you distinguish physical exhaustion, emotional strain, spiritual neglect, and discouragement. Waiting on the Lord is dependent and honest; it does not pretend limits away or use limits as an excuse to quit.

REFLECT

- Do you need wise rest, renewed dependence, or repentance from retreat—or some combination of these?
- What faithful work must you continue without demanding immediate visible results?

PRAY

Everlasting God, I bring You my weariness. Teach me to wait upon You, to rest wisely, and to continue faithfully. Renew my strength and keep me from fainting before the due season arrives. Amen.