

21 For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, 24 and He Himself bore our sins in His body on the cross, so that we might die to sin and live to righteousness; for by His wounds you were healed. 25 For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian of your souls. (1 Peter 2:21, 24–25 NASB)

In the middle of the knee joint lie a pair of connective bands, the anterior and posterior cruciate ligaments. These are the most important stabilisers of the knee; they are exceedingly significant particularly in people who are physically active because they tether the femur and tibia. Their grip on the bones prevents undue motion in several planes, including rotation. Alas, it is knee rotation that so often interrupts the careers of many athletes. When the foot is planted on the ground and an athlete turns, one of the cruciates—usually the anterior—may tear. With knee stability thereby reduced, continuing to play is difficult to impossible.

The cruciates are so named because they overlap each other and form a cross pattern in the knee. Derived from the Latin word *crux*, you will recognise that the English word cross, Spanish *cruz*, French *croix*, and German *kreuz* all are related. Now read again 1 Peter 2:24. Jesus bore **our** sins on the **cross**. Without us acknowledging the cross of Calvary by receiving God's gift of grace (the spiritual healing He offers by Jesus' death on our behalf) there can be no true stability in our lives...just like without the cross of the cruciates there can be no stability in the knee.

—Jeff Russell

Anatomy