



JESUS WASHES FEET

Read John 13:1-17

1. The act of washing another person is intimate, tender, and can be potentially humbling for either party. Have you ever found yourself in a situation where you had to wash or be washed by someone else? How did that experience make you feel?
 2. John opens this section of his gospel mentioning “It was just before the Passover Festival” (v.1) What allusions to the original Passover does this scene share?
 3. Verses 3-4 represent two halves of a complete idea. What is the significance for you of Jesus’ power in v.3 in contrast to His humility in v.4?
 4. In v.7 Jesus tells Peter “You do not realize now what I am doing, but later you will understand.” Peter had been apprenticing under Jesus for 3 years and still did not fully understand. Within your own understanding of God, scripture, and the world, how much space do you allow to humbly accept you could be wrong at times?
 5. In v.8 Jesus asserts “Unless I wash you, you have no part with me.” Peter’s aversion to being washed was his reverence for Jesus getting in the way of his relationship with Jesus. In what ways can reverence become a hindrance to our relationship with Jesus when it’s misplaced?
 6. Jesus knew Judas was about to betray him (v.10-11) and yet he still washed his feet (v.12). Why did Jesus still wash Judas’ feet? What can this moment teach us around engaging with our own “enemies”?
 7. Jesus concludes washing his disciples feet by saying that they now “also should wash one another’s feet.” (v.14) and claims “Now that you know these things, you will be blessed if you do them.” (v.17) The disciples did nothing to earn this act of kindness from Christ. Who is the Holy Spirit calling you to humbly serve and bless this week? Perhaps it’s someone “below” you in social standing. Perhaps it’s even an enemy.
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Additional Meditation Exercise

Have someone read out this meditation for the rest of your group:

Take a few moments now to close your eyes and breathe deeply.

Take three long breaths in and out

Allow the air to stretch out your belly as you inhale and exhale.

You are in the Upper Room. It is night time, the flicker from candles bounces off the walls and lights the room

You are kneeling in front of a large bowl of water.

Your outerclothes have been taken off and you have a towel wrapped around your waist.

Somebody slowly places their feet into your bowl.

Whose feet are they?

As you slowly look up you realise you know this person.

How do you feel about washing their feet?

Are you willing to be like Christ and wash their feet?

If you're not yet ready, ask the Holy Spirit to fill you with love for this person. Love not from yourself, but overflowing from God, through you.

When you're ready, you begin washing their feet.

As you wash their feet, you watch spirals of dust and mud curl out into the water and fall to the bottom of the basin.

As you continue to wash their feet, name in your mind your own sin that has become caked on their feet.

Perhaps the mud you're washing off their feet is your resentment, your pride, your jealousy, your disgust, your superiority over them.

Maybe it's something else entirely. Name it in your mind.

Once their feet are completely clean, your being drying them with the towel that's wrapped around your waist.

As you dry their feet, listen to these words from Christ once more:

"14 Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. 15 I have set you an example that you should do as I have done for you. 16 Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. 17 Now that you know these things, you will be blessed if you do them." (John 13:14-17)



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Additonal Forgiveness Prayer

On Sunday Mitch led us in a Forgiveness Prayer.

As a group, have someone lead you in this prayer again now:

Forgiveness Prayer

(Adapted from Msgr. John Esseff)

Leader: Lord Jesus Christ, today I choose to forgive everyone in my life.

Response: Lord, give me the strength to forgive, as You have forgiven me.

Leader: Lord, I forgive myself for my sins, faults, and failings.

Response: You have forgiven me; I now forgive myself.

Leader: I forgive myself for all ways I have strayed from You.

Response: I reject sin and choose You alone as my Savior.

Leader: I forgive my mother for any words, actions, or neglect that caused me pain.

Response: I release her to Your mercy and grace.

Leader: I forgive my father for any lack of love, support, or presence.

Response: I release him to Your mercy and grace.

Leader: I forgive my sisters and brothers for rejection, hurt, or harm.

Response: I release them to Your mercy and grace.

Leader: I forgive my spouse for any lack of love, attention, or care.

Response: I release them to Your mercy and grace.

Leader: I forgive my children for disobedience, neglect, or hurtful actions.

Response: I release them to Your mercy and grace.

Leader: I forgive my in-laws and relatives by marriage for any harm they caused.

Response: I release them to Your mercy and grace.

Leader: I forgive my relatives for division, interference, or betrayal.

Response: I release them to Your mercy and grace.

Leader: I forgive my co-workers for making life difficult or unfair for me.

Response: I release them to Your mercy and grace.



JESUS WASHES FEET

Leader: I forgive my neighbors for offenses, neglect, or trouble caused.

Response: I release them to Your mercy and grace.

Leader: I forgive church leaders and members for lack of support or hurtful actions.

Response: I release them to Your mercy and grace.

Leader: I forgive those with different political, religious, or ethnic backgrounds who have hurt me.

Response: I release them to Your mercy and grace.

Leader: I forgive professionals and service workers who have wronged me.

Response: I release them to Your mercy and grace.

Leader: I forgive my employers for unfair treatment or lack of appreciation.

Response: I release them to Your mercy and grace.

Leader: I forgive my teachers for humiliation, injustice, or ridicule.

Response: I release them to Your mercy and grace.

Leader: I forgive my friends for betrayal, neglect, or gossip.

Response: I release them to Your mercy and grace.

Leader: Lord Jesus, I especially forgive the one person who has hurt me the most.

Response: I release them to Your mercy and grace.

Leader: Lord, I ask pardon for the hurt I have caused others.

Response: Forgive me as I have forgiven them.

Leader: Thank You, Jesus, for freeing me from unforgiveness.

Response: Fill me with Your Holy Spirit and Your light.

Leader & Response Together: Amen.
