



Day 4: Jesus Washes the Disciples' Feet

Overview

It's easy to go through the day thinking mostly of ourselves, focusing mainly on things we want or care about and that make us feel happy. Practicing humility and considering the needs and feelings of others more than our own is not the typical way the world operates. Good thing we have this story of Jesus washing his disciples' dirty feet! Making a choice to step into the role of helper, servant, care provider, friend – this is a terrific way to follow Jesus and “do unto others”.



Memory Verse: “Do unto others as you would have them do unto you.” **Matthew 7:12 NIV**

Bottom Line: Do Humility! Humility is putting others first by cheering them on.

READ

John 13:4-15

“So he got up from the meal and took off his outer clothes. He wrapped a towel around his waist. After that, he poured water into a large bowl. Then he began to wash his disciples' feet. He dried them with the towel that was wrapped around him. He came to Simon Peter. ‘Lord,’ Peter said to him, ‘are you going to wash my feet?’ Jesus replied, ‘You don't realize now what I am doing. But later you will understand.’

‘No,’ said Peter. ‘You will never wash my feet.’ Jesus answered, ‘Unless I wash you, you can't share life with me.’ ‘Lord,’ Simon Peter replied, ‘not just my feet! Wash my hands and my head too!’

Jesus answered, ‘People who have had a bath need to wash only their feet. The rest of their body is clean. And you are clean. But not all of you are.’ Jesus knew who was going to hand him over to his enemies. That was why he said not everyone was clean. When Jesus finished washing their feet, he put on his clothes. Then he returned to his place. ‘Do you understand what I have done for you?’ he asked them. ‘You call me ‘Teacher’ and ‘Lord.’ You are right. That is what I am. I, your Lord and Teacher, have washed your feet. So you also should wash one another's feet. I have given you an example. You should do as I have done for you.’”

WATCH

Go to resurrection.church/vbc to watch Day 4 of The Jesus Tour.

CREATE

Add to the Do Unto Others poster with words, drawings or phrases that stand out to you from today's Bible story.

REMEMBER

Recite the memory verse with your handshake or song. Try reversing the entire thing – words, handshake or song!

ACTIVITY 1

Supplies: 2 pieces of paper, pencil, markers, and your bare

DO: Trace one bare foot on each piece of paper. Color one to look dirty and messy. Decorate the other with images or words of cheering, celebration and the phrase "Do Humility". Discuss the following questions:

1. How do you think the disciples felt when Jesus began washing their feet?
2. Why do you think Jesus washed their feet instead of asking someone else to do it?
3. Jesus made himself less important than the disciples when he washed their feet. He showed humility. When you cheer someone on, how does that show humility?
4. When has someone cheered you on? How did it make you feel?

Say: We don't usually pay much attention to someone's feet, but in today's story, feet are a very big deal! Jesus had an important lesson to teach his disciples. Washing feet was a job for the least important people, and Jesus gladly took that job. Wow! Jesus placed the disciples as more important than himself – he did this to teach them to go and show humility in the same way. When we cheer on others, we show that we think they are important enough to put first, just like Jesus did!

ACTIVITY 2

Supplies: Index card and a pen

DO: Divide the card into 4 sections with the pen. Write a number in each section, 1, 2, 3, 4.

- In box 1 write the name of someone you can cheer on.
- In box 2 write/draw where you usually see this person.
- In box 3 write/draw one way you are going to try and show greater humility
- In box 4 write "The Golden Rule"

PRAY Dear Jesus, thank you so much for an incredible week of VBC The Jesus Tour! We've had an amazing time discovering how we can follow you, doing unto others, by being kind, respectful, compassionate, and humble. Help us to follow the Golden Rule by always treating others the way we want to be treated each and every day. We thank you and love you, Amen.