

Habits

ANCIENT PRACTICES FOR TODAY'S WORLD

OPENING UP



What are some benefits of an exercise routine that you have experienced? What are some of the challenges of establishing a routine that you have faced?

TEXT



Stooping to a Higher Level Serving | John 13:1-17

¹Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. ²During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, ³Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, ⁴rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. ⁵Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. ⁶He came to Simon Peter, who said to him, "Lord, do you wash my feet?" ⁷Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." ⁸Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." ⁹Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" ¹⁰Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you." ¹¹For he knew who was to betray him; that was why he said, "Not all of you are clean."

¹²When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you?" ¹³You call me Teacher and Lord, and you are right, for so I am. ¹⁴If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵For I have given you an example, that you also should do just as I have done to you. ¹⁶Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. ¹⁷If you know these things, blessed are you if you do them.

MESSAGE OUTLINE



Big Idea: Serving is the way of abundant living.

1. Serve others as Jesus served. (vv. 1-5)
2. Serve others because Jesus cleansed you. (vv. 6-11)
3. Serve others and experience blessing. (vv. 12-17)

DISCUSSION QUESTIONS



- Place yourself into the scene at the Passover supper. What types of reactions may the disciples have had when they watched Jesus' actions as supper ended?
- As you read the commentary that John gives in verses 2 and 3, what do you learn about Jesus' insight? What do you learn about Jesus' understanding of his own identity?
- Why did Jesus have the urgency to teach this lesson of servanthood?
- What type of cleansing did Peter need? What cleansing had Peter already received, as alluded to by Jesus?
- How does God's serving us by cleansing from sin prepare us for serving others?
- What are some Bible passages that describe the cleansing that God provides to those who place their faith in Him?
- What does it mean to follow Jesus' example and wash the feet of others?
- What is the benefit to those who follow Jesus' example of washing the feet of others? Describe your experience.

CHALLENGE



Serving others is described by Jesus as a habit that gives life. Describe how the habit of serving and the blessing that results could be expressed in:

- The Home,
- On the job,
- In the community,
- In our group,
- At our church.

In what area of your life has the Spirit of God pointed out that calls for a more consistent spirit of serving? What is an action step that you can take that will lead you towards the example that Jesus gave for us to follow?

What are some challenges that need to be overcome in order to faithfully live out this prompting from the Spirit?

PRAYER



Our Father, we give you praise for all that you have done to care for us as your children. While we were sinners, your Son died in our place to pay our sin debt that we could have never paid. Your care for us continues as you freely give us all that we need to experience abundant life. Fill us with your Holy Spirit who will empower us to follow in the example of your Son. Grant to us the discipline that is needed to experience the life-giving habit of serving others. Help us to live more like Jesus! Amen.