

In John 13:1-17 we read the account of Jesus washing the disciples' feet on the night of the Last Supper. Jesus gets up from the table and performs this incredible act of humility - Jesus, the Son of God, who walked this earth... the Messiah, their Rabbi and Teacher.

In those times, the most common mode of transport was by foot. Because people wore sandals, their feet would tend to get quite dusty on the unpaved roads; so it was customary for a servant of the host to wash his guests' feet. This was a task reserved for the most menial of servants, but Jesus does it!

This was a very powerful moment. It was Passover Thursday, and Jesus was about to be crucified and then rise from the dead, but He takes the time to perform one of the lowliest jobs - washing the feet of His guests (the disciples).

Humble service! It is so important, and yet so difficult to perform consistently from the heart. We can only serve others well when we know our position in Christ.

#### FIVE THINGS HAPPEN WHEN WE SERVE OTHERS

##### 1. When we serve others, we follow Christ's example

*I have set you an example that you should do as I have done for you.* John 13:15.

A worldly view of wealth and service sees the wealthy hiring others to do their "dirty" work. However, Jesus, our Lord and Master, never considered serving beneath Him; in the same way, we should never consider ourselves too important to serve.

##### 2. When we serve others, we obey Christ's command

*...rather, serve one another humbly in love.* Galatians 5:13.

As Christ-followers, we should have a desire in our hearts to look for opportunities to serve others humbly. This means taking the opposite approach to the worldly view of; "What can others do for me?"

##### 3. When we serve others, we are blessed

*Now that you know these things, you will be blessed if you do them.* John 13:17

When we build friendships, we feel more socially connected. Serving others gives us an opportunity to make friends. There are also health benefits to serving: "Studies have shown that volunteering helps people who donate their time feel more socially connected, thus warding off loneliness and depression. ... A growing body of evidence suggests that people

who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan."

Stephanie Watson - Executive Editor of Harvard Women's Health Watch.

In Acts 20:35 we also read that "*It is more blessed to give than to receive.*" (This is the only direct quote of Jesus's words outside of the Gospels.)

##### 4. When we serve others, we play a part in their spiritual journey

In serving others, we get to play a small part in their spiritual journey - it could be something as small as a welcome smile as you serve coffee that changes someone's day.

One of the great ways we can serve others is to invite them to church. This year we are aiming to be purposely 'invitational' - Each One Reach One. Let's look for opportunities to reach out and invite someone. An easy invitation can be extended for events, e.g. the Detox series, Easter services, Alpha, Flourish Women's Conference etc.

##### 5. When we serve others, we store up a reward in heaven

*'His master replied, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Matthew 25:21.* Our main reward for serving others is in heaven; however this Sunday we took the opportunity to celebrate and show appreciation to all those volunteers who have served faithfully in the last year!

# DISCUSSION QUESTIONS

## Icebreaker (choose one):

- Who is the most humble person you have ever known? What is it about this person that brought them to mind?
- What is your idea of great customer service?

## Questions for Groups (choose 2 or 3):

1. What stood out most for you from Sunday's service? Why?
2. When was the last time someone did something for you that was a little humbling? When did you last do something for someone that humbled you? What impact did these experiences have on you?
3. Read John 13:13-17.
  - a). What is a modern-day equivalent to washing feet that most people would not be willing to do?
  - b). Have you ever found yourself unwilling to do something that Jesus would have done if He were in your shoes?
  - c). What needs to change in your life in order for you to serve and love people the way that Jesus did?
4. What do you think it would be like to have Jesus wash your feet? How do you think you would have felt as one of His disciples in that situation? What do you think Jesus would say to you as He washed your feet?
5. How do you feel God might be guiding you to get more engaged at CityHill church this year?

# PRAYER POINT

Our Detox series starts in 2 weeks. Who are you inviting to join the group for the series? Spend some time discussing your Detox plans and praying for those who will join the group.

# ACTION POINT

Next Tuesday, the 5th of February, is a day of fasting and prayer. One of the main focuses of the day is to pray for people's lives to be changed during the Detox series. The prayer meeting will take place from 6pm to 7pm at CityHill, and kids are welcome! A meal will be on sale after the meeting which is a great opportunity to connect and enjoy fellowship with your group.

For those that would like more information on fasting, there is a resource which can be downloaded [here](#). We also have a great resource on fasting and prayer for kids - [click here](#) to download.