

Holy Feet

By Julie Filby

Share the story of Jesus washing the disciples' feet on Holy Thursday, and relay this sign of love and humility to your children by washing their feet and giving them a foot massage.

For

Young Family

Season

Spring, during Holy Week



Needed

Bowl, basin or tub; warm water, soap, towels, lotion or cream, Bible (or see next page for text)

Prepare in Advance

- Prepare a container of warm, soapy water
- Gather towels and lotion for foot massage
- Review John 13:1-15

Activity Plan

1. Say this prayer aloud to begin.
Dear Lord, help us follow your example of love and humility; and to spread this love in the world by treating others with kindness. Amen.
2. Pick one person to read aloud John 13:1-15.
 - After reading the story, explain that back Jesus' day people walked everywhere—there were no cars, motorcycles, scooters, even bicycles. They walked miles and miles each day, in sandals, on dusty dirt roads.
 - When entering a house after a long dusty walk in sandals, washing one's feet was not only needed; it was a sign of care and respect. Usually a servant would wash the feet of his master and guests.
3. Have your children take off their shoes and socks, and soak in the warm soapy water while you wash their feet.
4. After enjoying a nice soak, slather their feet with lotion or cream and give them a gentle massage—just the right amount of pressure so it feels good, but doesn't tickle too much.
5. Tell them this was an expression of how much you love and honor them, just like Jesus loved and honored his disciples. We should do nice things for others, and treat others better than we treat ourselves.
6. Questions to discuss: How does being served make you feel? How do you feel when you serve others?
7. Finish with a prayer:

Thank you Jesus, for showing us how to treat others. Help us remember that an act of kindness for another is really an act of kindness for you. Amen.



The Washing of the Disciples' Feet

John 13: 1-15

Before the feast of Passover, Jesus knew that his hour had come to pass from this world to the Father. He loved his own in the world and he loved them to the end.

The devil had already induced Judas, son of Simon the Iscariot, to hand him over. So, during supper, fully aware that the Father had put everything into his power and that he had come from God and was returning to God, he rose from supper and took off his outer garments. He took a towel and tied it around his waist.

Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist.

He came to Simon Peter, who said to him, "Master, are you going to wash my feet?"

Jesus answered and said to him, "What I am doing, you do not understand now, but you will understand later."

Peter said to him, "You will never wash my feet." Jesus answered him, "Unless I wash you, you will have no inheritance with me."

Simon Peter said to him, "Master, then not only my feet, but my hands and head as well."

Jesus said to him, "Whoever has bathed has no need except to have his feet washed, for he is clean all over; so you are clean, but not all." For he knew who would betray him; for this reason, he said, "Not all of you are clean."

So when he had washed their feet [and] put his garments back on and reclined at table again, he said to them, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do.

