

# FREQUENCY

## FINDING GOD'S VOICE IN THE NOISE

Pastor Lance Ainsworth  
John 13:3-15, 34-35

### MESSAGE NOTES

Thursday, Jan 15  
Sunday, Jan 18

Introduction:

*notes*

\* =translated from the Greek historical present tense to the past tens for easier reading.

John 13:3-15, 34-35 NASB

<sup>3</sup>Jesus, knowing that the Father had given all things into His hands, and that He had come forth from God and was going back to God, <sup>4</sup>got up from supper, and laid aside His garments; and taking a towel, He girded Himself. <sup>5</sup>Then He poured water into the basin, and began to wash the disciples' feet and to wipe them with the towel with which He was girded.

Jesus initiates service.

<sup>6</sup>So He came to Simon Peter. He said to Him, "Lord, do You wash my feet?" <sup>7</sup>Jesus answered and said to him, "What I do you do not realize now, but you will understand hereafter." <sup>8</sup>Peter said to Him, "Never shall You wash my feet!"

"Good old Peter. Sometimes the only time he opened his mouth was to change feet!" Kent Hughes

The God of the universe is performing the task of a servant.

Jesus answered him, "If I do not wash you, you have no part with Me." <sup>9</sup>Simon Peter said to Him, "Lord, then was not only my feet, but also my hands and my head." <sup>10</sup>Jesus said to him, "He who has bathed needs only to wash his feet, but is completely clean; and you are clean, but not all of you." <sup>11</sup>For He knew the one who was betraying Him; for this reason He said, "Not all of you are clean."

Foot washing reminds us that while salvation cleanses once, love keeps washing feet along the way.

<sup>12</sup>So when He had washed their feet, and taken His garments and reclined at the table again, He said to them, "Do you know what I have done to you? <sup>13</sup>You call Me Teacher and Lord; and you are right, for so I am. <sup>14</sup>If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. <sup>15</sup>For I gave you an example that you also should do as I did to you.

Example – hypódeigma – a pattern or template.

v.14-33 Judas betrayal.

John 13:34-35 NASB

<sup>34</sup>A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. <sup>35</sup>By this all men will know that you are My disciples, if you have love for one another."

### Big Ideas from the Basin

Serving others requires proximity/relationship. (*Jesus got up, laid aside, took, girded, poured, washed, and wiped.*)

Serving others requires humility. (*If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet.*)

Serving others is a sacrifice motivated by love. (*Love one another, even as I have loved you.*)

Serving others says, you matter.

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## GROUP DISCUSSION

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Frequency: Finding God's Voice in the Noise  
GateWay Church of Visalia, Pastor Lance Ainsworth  
John 13:3-15, 34-35  
January 15th & 18th , 2026  
Big Ideas from the Basin.

Prayer Requests:

### Group Discussion: How are new years resolutions coming along?

#### Read Aloud: John 13:3-15, 34-35

1. Serving others requires proximity/relationship. (*Jesus got up, laid aside, took, girded, poured, washed, and wiped.*) What keeps us from getting close to people?
2. Serving others requires humility. (*If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet.*) The Kingdom of God seems upside down: the King is the greatest servant. How is this different from the world's system?
3. Serving others is a sacrifice motivated by love. (*Love one another, even as I have loved you.*) What gifts, talents, experiences, and resources has God given you to show love to others?
4. Serving others says, you matter. When has God spoken to you in the past through somebody serving you? Why is that so memorable?