

BIBLE STUDY GUIDE: “WASH ONE ANOTHER’S FEET”

(John 13:14 – Servanthood in the Upper Room)

Source:

BIG IDEA

True greatness in the Kingdom of God is found in humility—serving others with the same love and sacrifice that Jesus demonstrated.

THEME

Living a Life of Humble, Sacrificial Service

CONTEXT (Historical + Biblical Setting)

- Found in **John 13:14**, during the Last Supper in the Upper Room.
- Cultural background:
 - Foot washing was reserved for the **lowest servant**
 - Roads were dusty and dirty—feet were considered unclean
- Jesus:

- Takes the position of a servant
 - Washes His disciples' feet
 - Commands them to do the same
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MAIN POINT 1: JESUS MODELS WHAT HE COMMANDS

Key Scripture

- John 13:14–15 – *“You also should wash one another’s feet...”*
- James 1:22 – *“Do not merely listen... do what it says.”*

Teaching Insight

- Jesus doesn't just teach humility—He demonstrates it.
- His leadership is:
 - Hands-on
 - Action-driven
- He calls His followers to:
 - Do what He does
 - Not just hear what He says

Application

- Are you living out what you believe?
- Where can you lead by example?

Sticky Quote

“Jesus didn’t just preach humility—He practiced it.”

MAIN POINT 2: TRUE GREATNESS IS FOUND IN SERVING

Key Scripture

- Mark 10:45 – *“The Son of Man came not to be served...”*
- Matthew 23:11 – *“The greatest among you will be your servant.”*

Teaching Insight

- The world defines greatness as:
 - Power
 - Status
 - Recognition
- Jesus defines greatness as:
 - Service
 - Humility
 - Sacrifice

Application

- How do you define success or greatness?
- Where can you serve instead of being served?

Sticky Quote

“In God’s kingdom, the lowest position is the highest calling.”

MAIN POINT 3: HUMILITY REQUIRES STEPPING INTO MESSY PLACES

Key Scripture

- John 13:5 – Jesus washes dirty feet.
- Philippians 2:5–7 – *“He made himself nothing...”*

Teaching Insight

- Foot washing was:
 - Uncomfortable
 - Dirty
 - Undesirable
- Jesus willingly enters:
 - Mess
 - Brokenness
 - Imperfection
- True service often requires stepping into uncomfortable spaces.

Application

- What “messy” situations are you avoiding?

- Where is God calling you to step in?

Sticky Quote

“Real love gets its hands dirty.”

MAIN POINT 4: SERVING OTHERS CREATES TRANSFORMATION

Key Scripture

- John 13:6–9 – Peter’s reaction.
- Acts 20:35 – *“It is more blessed to give than to receive.”*

Teaching Insight

- Peter initially resists:
 - Doesn’t understand the act
- Jesus insists:
 - This is essential to belonging to Him
- Serving:
 - Changes the one receiving
 - Changes the one giving

Application

- Have you allowed Jesus to “serve” you?
- How has serving others changed you?

Sticky Quote

“Service doesn’t just help others—it transforms you.”

MAIN POINT 5: SERVANTHOOD IS THE MARK OF FOLLOWING JESUS

Key Scripture

- John 13:17 – *“Now that you know these things, you will be blessed if you do them.”*
- Galatians 5:13 – *“Serve one another humbly in love.”*

Teaching Insight

- Being a disciple means:
 - Living like Jesus
 - Loving like Jesus
- Servanthood is not:
 - Occasional
- It is:
 - A lifestyle
 - A daily posture

Application

- Are you known for serving others?
- What would a servant lifestyle look like for you?

Sticky Quote

“If you follow Jesus, you will serve like Jesus.”

MAIN POINT 6: SERVING REQUIRES SURRENDERING PRIDE

Key Scripture

- Proverbs 16:18 – *“Pride goes before destruction...”*
- James 4:10 – *“Humble yourselves...”*

Teaching Insight

- Pride resists:
 - Serving
 - Humility
 - Lowering oneself
- Peter’s initial reaction shows:
 - Discomfort with humility
- Jesus teaches:
 - You must be willing to receive and give humble service

Application

- Where is pride holding you back?
- Are you willing to serve in unseen ways?

Sticky Quote

“Pride avoids the towel—humility picks it up.”

MAIN POINT 7: SERVING IS AN EXPRESSION OF LOVE

Key Scripture

- John 13:1 – *“Having loved his own... he loved them to the end.”*
- 1 John 3:18 – *“Let us not love with words... but with actions.”*

Teaching Insight

- Jesus’ act of washing feet:
 - Was motivated by love
- Love is not:
 - Just words
- Love is:
 - Action
 - Sacrifice
 - Presence

Application

- How are you expressing love through action?
- Who needs to experience Christ’s love through you today?

Sticky Quote

“Love is proven through what we do.”

MAIN POINT 8: SERVING OTHERS CHANGES HOW WE SEE PEOPLE

Key Scripture

- Matthew 25:40 – *“Whatever you did for one of the least...”*
- Colossians 3:12 – *“Clothe yourselves with compassion...”*

Teaching Insight

- When we serve:
 - We see people differently
 - We develop compassion
- We begin to notice:
 - The broken
 - The hurting
 - The overlooked

Application

- Who in your life is overlooked?
- How can you serve them?

Sticky Quote

“Serving others opens your eyes to their value.”

GROUP DISCUSSION QUESTIONS

1. Why was foot washing such a powerful act?
2. What makes serving others difficult?
3. Where is God calling you to step into discomfort?
4. How does pride affect your willingness to serve?
5. How has serving others impacted your life?
6. What practical ways can you serve this week?

PRACTICAL CHALLENGE

- Perform one intentional act of service today.
- Help someone in a way that goes unnoticed.
- Step into one uncomfortable situation to love someone.

FINAL ENCOURAGEMENT

Jesus picked up a towel—

Will you?

CLOSING PRAYER

Father,

Teach us to serve as You served.

Give us humble hearts willing to love others through action.

Help us set aside pride and step into the needs of those around us.

Let our lives reflect Your love in everything we do.

In Jesus' name, Amen.