



Discipleship Guide

Sermon: Washed to Walk | Lent Series | Week 4
Speaker: Pastor John Eric Zayas

Date: March 22nd, 2026

Discipleship Guide – “Washed to Walk” (John 13:1–17)

Theme

Before we are called to serve, we must first allow ourselves to be washed. Identity precedes imitation.

Key Scripture

John 13:1–17

Core Truth

We don't earn cleansing—we receive it. And once we are washed, we are sent to live like Jesus.

Session Objective

To help disciples:

- Understand the significance of being spiritually “washed” by Jesus
 - Embrace humility as a core posture of following Christ
 - Connect baptism to identity and daily transformation
 - Practice servant-hearted living
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Opening Question

- When is it hardest for you to receive help, love, or grace from others?
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Scripture Breakdown

1. Jesus Knows Who He Is (v. 1–5)

- Jesus is fully aware of His authority, identity, and destiny
- Yet He chooses the lowest posture—washing feet

Insight:

True humility flows from secure identity, not insecurity.

2. Peter Resists Being Washed (v. 6–11)

- Peter struggles to receive from Jesus
- Jesus responds: *“Unless I wash you, you have no part with me.”*

Insight:

We often resist grace because it requires surrender.

3. Jesus Commands Imitation (v. 12–17)

- “I have set you an example...”
- We are not just recipients—we are participants

Insight:

Being loved by Jesus leads to living like Jesus.

Discussion Questions

1. Why do you think Peter resisted Jesus washing his feet?
2. In what ways do you struggle to *receive* from God?
3. How does baptism reflect being “washed” by Jesus?
4. What does it look like for you to “live low” in your current season?
5. Who is God calling you to serve this week?

Spiritual Practice: “The Posture of Washing”

This week:

- Identify one hidden or humble act of service
- Do it without recognition or announcement
- Reflect on how it shapes your heart

Prayer

Jesus,

Wash me again—not because I’ve earned it, but because You love me.

Break my pride, soften my resistance, and teach me to receive Your grace.

And as You’ve served me, send me to serve others with humility and love.

Amen.

5-Day Devotional: “Washed To Walk”

Day 1: Known and Kneeling

Scripture: John 13:3–5

Jesus knew exactly who He was—and still chose to kneel.

Reflection:

We often think humility comes from thinking less of ourselves. But Jesus shows us it comes from knowing who we are and choosing love anyway.

Ask Yourself:

Where am I clinging to position instead of choosing humility?

Prayer:

Jesus, anchor my identity so deeply in You that I’m free to kneel.

Day 2: The Resistance to Grace

Scripture: John 13:6–8

Peter resists being washed.

Reflection:

Receiving grace can feel uncomfortable. It exposes our need and removes our control.

Ask Yourself:

Where am I resisting what God wants to give me?

Prayer:

Jesus, help me receive what I cannot earn.

Day 3: Cleansed, Not Achieved

Scripture: John 13:10

“You are clean...”

Reflection:

Jesus declares what is already true—not based on effort, but relationship.

Ask Yourself:

Am I living like I'm already clean, or still trying to prove myself?

Prayer:

Jesus, help me live from cleansing, not striving.

Day 4: The Call to Serve

Scripture: John 13:14–15

“Wash one another’s feet...”

Reflection:

Love looks like action. It’s not glamorous—it’s intentional, sacrificial, and often unseen.

Ask Yourself:

Who can I serve this week in a tangible way?

Prayer:

Jesus, make me attentive to the needs around me.

Day 5: Washed to Walk

Scripture: John 13:17

“Now that you know these things, you will be blessed if you do them.”

Reflection:

Transformation happens in obedience. We don’t just learn the way—we live it.

Ask Yourself:

What step of obedience is God asking me to take?

Prayer:

Jesus, help me walk out what You’ve placed in me.