

LEARNING TO BREATHE

Discussion Questions 5/31/26

Serving and Being Served

Intro: In John 13, Jesus does the unthinkable: He gets on his knees and washes his disciples' feet, (including Judas). The one with all authority chooses the lowest position. But this passage isn't just about serving. It's also about something we often resist, being served. Jesus tells Peter that receiving his service is part of belonging to the family. Humble people don't just serve. They let others serve them too. *Christian community is built by humble service and humble receiving.*

Story: Think of a time someone offered to help you, and you turned them down. What was going on inside you in that moment?

Read: John 13:1-17

1. Jesus washed the feet of all twelve disciples, including Judas. What does that tell us about the nature of humble service?
2. Peter initially refuses to let Jesus wash his feet. Which of these reasons most resonates with why you resist being served: discomfort, pride, control, or image? Why?
3. **Read Galatians 5:13-14.** What is the difference between serving out of guilt or obligation and serving out of freedom and love? How can you tell which one is driving you?
4. When you refuse to be served, you keep others from living out what God has called them to do. Have you ever thought about it that way? How does that reframe your reluctance to receive help?
5. What is one area of your life right now where you need to allow yourself to be served?

Pray:

- For the humility of Jesus, both to serve others freely and receive help graciously
- For eyes to see the people around you who need to be served
- Gratitude that Christ served us all the way to the cross to meet our need for a savior