

Step 4

Amen, amen. I say to you, whoever receives the one I send receives me, and whoever receives me receives the one who sent me.” ~ John 13.20

As you hold this experience in your mind, what might the Holy Spirit be pointing out, bringing to the surface? Perhaps a memory, a situation, a person, a Scripture ...

Why might the Holy Spirit bring these things up to you? What might God be inviting you into? To think, do, believe? Maybe it's a turning toward or away from something. Maybe it's an exchange of a lie for Truth or a deeper trust in a certain aspect of God.

Take a few moments to hold and savor what the Spirit may have revealed or spoken to you. Maybe you want to express gratefulness. We invite you to enjoy the presence of God.

Jesus, I thank you

Foot washing Reflection

Prayer Exercise

Union Center Christian Church

July 10, 2022



[Click here for photos](#)

Following the steps in order you may move among the photos in any order you choose. You may choose to do all 4 steps with each set of photos or move to different photos as you move through the step. You choose what fits you best.

Step 1

Peter said to him. "You will never wash my feet." Jesus answered him. "Unless I wash you, you will have no part with me." ~ John 13.8

How would you fill in the blanks?

Example: When I feel unseen, Jesus, you see me.

When I feel _____, Jesus _____

When I believe _____, Jesus _____

When I experience _____, Jesus _____

When I doubt _____, Jesus _____

Jesus, help me see myself as your Beloved.

Step 2

"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." ~ John 13.13-14

Imagine yourself in the place of Jesus. Whose feet would you find it difficult to wash? Why might that be?

Jesus, use me to wash your Beloved's feet.

Step 3

"I have given you a model to follow, so that as I have done for you, you should also do." ~ John 13.15

Gaze at Jesus in the photo:

What do you notice ...

About His physical posture? _____

About His heart posture? _____

What might His thoughts be? _____

What might He speak? _____

Jesus, fix my gaze on you.