

LESSON 8

THE SACRAMENT OF FOOT WASHING

OBJECTIVES

1. To understand that the purpose of the Sacrament of Foot Washing is to have a part with Jesus and receive eternal life.
2. To recognize that foot washing is a demonstration of the love of Jesus Christ for us.
3. To remember that foot washing is a call for Christians to live a holy life.

MEMORY VERSE

"Peter said to Him, 'You shall never wash my feet!' Jesus answered him, 'If I do not wash you, you have no part with Me.'"

(John 13:8)

PRAYER

Our heavenly Father, thank You for guiding us through this week so that we are able to gather together here for class. Today, we will be learning about the Sacrament of Foot Washing and the important role it plays in our salvation. Please open our hearts and minds so that we are able to remember the teachings from this lesson and apply them to our life. May all the praise and glory be unto Your holy name.



Overview

1. Bible Discovery & Spiritual Teaching

- a. The Sacrament of Foot Washing
 - Jesus Washes the Feet of the Disciples
 - Jesus Christ and Peter
 - Jesus Christ Has Set the Example
- b. What Can We Learn from Foot Washing?
 - Love of Jesus Christ
 - Serve in Humility
 - Walk in Holiness

2. Linking to the Ten Basic Beliefs—Sacrament of Foot Washing

3. Life Application—What Is Foot Washing Today?

4. Activity—Washing Each Others' Feet



Background Knowledge for Teachers

The custom of foot washing came from the Ancient East. When a guest would arrive, a slave or servant would remove the guest's sandals, wash their feet, and then dry their feet with a towel. This was so that the sandals would not bring in dirt that had been picked up along the road into the home.

The Bible has made several references to foot washing. In Genesis 18:4, Abraham received the three angels by telling them, "Please let a little water be brought, and wash your feet, and rest yourselves under the tree." Abigail also washed the feet of King David when she agreed to be his wife (1 Sam 25:41). In the New Testament, foot washing remained a custom. Jesus scolded Simon for not providing water for Jesus to clean His feet when He entered his home (Lk 7:44). During the time of the Apostles, the washing of the saints' feet by elderly widows was a virtuous service (1 Tim 5:10). However, what makes the Sacrament of Foot Washing in John 13 different from this Jewish custom was that Jesus Christ broke tradition by washing His disciples' feet. Usually, it was the master whose feet would be washed by their servants; however, Jesus Christ, the Master and Teacher, was willing to wash His disciples' feet. He set for us an example of His love, humility, and forgiveness.

Jesus Christ's actions also set up the Sacrament of Foot Washing, which now has a direct role in our salvation. Today, we need to have our feet washed so that we can have a part with Him and so that we can follow in the example that He has set for us. We continue to perform the Sacrament of Foot Washing as one of the three sacraments in True Jesus Church all over the world.



Reaching Out to Your Students

Students are familiar with how the Sacrament of Foot Washing is performed; however, they may not remember the purpose behind it or the spiritual teachings that we can learn from it. During the lesson, it will be important to reach out to your students concerning the purpose and teachings of foot washing, which is to have a part with Jesus not just once but daily. Since this can be an abstract concept for students, it is important to give examples of what it actually looks like. For example, from Jesus Christ's display of love, we can ask students to reflect on showing kindness to someone who had once been a bully, or from Jesus' humility, reflect on serving someone who they think is not as good or important as them. Using concrete examples, we can explain to our students what it actually means to live a life that shows that we are a part of Jesus Christ.



Opener

5 Minutes

Today, we usually wear sneakers or other closed-toe shoes, but in the time of Jesus, people wore sandals, and as a result, their feet would become dirtied by the roads they were walking on. Would you ever want to wash another person's feet, especially if they had been walking in sandals all day? [Wait for students to respond.] Their feet would probably be very dirty from all the dust and dirt that their feet have collected. If they stepped in a puddle on the way, their feet would be wet and muddy. Usually, the feet are the part of the body that most people would not want to touch because they can be dirty and smell bad. But, do you know who was willing to wash the stinky and dirty feet of twelve men? [Wait for students to respond.] Yes, Jesus Christ was willing to wash the feet of His twelve disciples. He took great care to wash their dirty feet and show His great love for them. Let us look at the example that Jesus Christ has given to us!



Vocabulary

gird: to secure a garment on the body
humility: the quality of not being proud or arrogant



Bible Discovery & Spiritual Teaching

30-35 Minutes

A. The Sacrament of Foot Washing

Jesus Washes the Feet of the Disciples

Let's read John 13:1-5. Jesus Christ knew that it was time for Him to depart from the world and be crucified on the cross. He was to leave the twelve disciples that He loved and with whom He had spent three whole years! In John 13:1, it says that Jesus Christ loved them all to the end, including Judas Iscariot, the one that was going to betray Him! The love of Jesus Christ was so great that He decided to wash all of their feet. The task of washing feet was usually given to servants who were serving their masters. However, Jesus Christ, the Teacher and Master, broke this custom by washing the feet of His disciples.

Jesus Christ got up from supper and laid aside His garments. He girded, or tied, a towel around His waist and then poured water into a basin. This was in preparation to wash the disciples' feet. After washing their feet, He

would then take the towel that He had girded Himself with and use it to dry their feet. Let us put the events in order!

FOR TEACHERS

Hand out the Bible Discovery worksheet and have the students complete Part 1 of the worksheet. Provide guidance where needed.

ANSWER KEY

Today, when we perform the Sacrament of Foot Washing, we follow the exact steps Jesus Christ took! An elder, pastor, or deacon performs the foot washing sacrament in the name of the Lord Jesus. He represents the Lord Jesus in washing the feet of the newly baptized person. Using a basin filled with water, he washes the believer's feet and then dries them with a towel.

Now, let us turn to John 13:6-11 to look at a special interaction between Jesus Christ and Peter.

Jesus Christ and Peter

When Jesus came before Peter to wash his feet, Peter asked Jesus, "Lord, are You washing my feet?" Peter asked this question not because he didn't know what Jesus Christ was doing but because he didn't understand why Jesus Christ was washing His disciples' feet. Jesus Christ responded, "What I am doing you do not understand now, but you will know after this." Jesus knew that Peter did not understand the reason behind His actions because it went against the custom of the time. Traditionally, the servants and slaves would wash the feet of their master, not the other way around, so how could the Messiah and Son of God wash the feet of His lowly disciples? It was at this point that Peter said to Jesus, "You shall never wash my feet!" It was at this time that Jesus told Peter the reason why He must wash his feet! Jesus Christ said, "If do not wash you, you have no part with Me." When Peter heard this, he was shocked! He wanted very much to be with Jesus Christ in the heavenly kingdom. Peter changed his mind and quickly said to Jesus, "Lord, not my feet only, but also my hands and my head!" Jesus replied, "A person who has had a bath needs only to wash his feet; his whole body is clean."

Why was Jesus Christ talking about a bath? [Wait for students to respond.]

Jesus was actually talking about water baptism. After water baptism, our sins are washed away, but we still need to have our feet washed. Jesus Christ's actions are not only an expression of love and humility to His disciples, but also a direct relation to our salvation. Today, if we do not have our feet washed then, we would not be a part of Jesus Christ and would not be able to enter into the heavenly kingdom.

FOR TEACHERS

Have students complete Part 2 of the worksheet.

Jesus Has Set the Example

Let us read John 13:12-17! After Jesus Christ had finished washing all their feet, He asked the disciples, "Do you know what I have done to you?" Jesus Christ did not have much time left before He had to leave them, so He set this example for them to follow. Now, He expected them to serve each other in the same way. Jesus Christ did not only set this example for His disciples; today, we also have to follow in His footsteps and apply the teachings of foot washing to our lives.

B. What Can We Learn from Foot Washing?

The Sacrament of Foot Washing can teach us three things.

1. The Love of Jesus Christ

Jesus Christ knew that He would have to leave His disciples very soon because the time was coming for Him to be crucified. To show His love, Jesus Christ washed the feet of all His disciples, including the one who was going to betray Him, Judas Iscariot. Jesus was willing to bow down before Judas and lovingly wash his feet. Through this action, Jesus shows us how great His love was, because it is very difficult to be nice to someone who is about to cause you great harm.

From Jesus' example, how do you think we should treat people who have hurt us? [Wait for students to respond.]

Even if we find it very difficult, we need to be determined to forgive them, since that is what God wants us to do. In our prayers, we can also pray to God for strength to let go of our pain and to forgive others.

2. The Humility of Jesus Christ

Jesus Christ was of higher status than His disciples; however, He was still willing to lower Himself before His disciples to wash their feet (Jn 13:12-14). In Philippians 2:3, it mentions that humility is valuing others above you, which is exactly what Jesus Christ did! He did not look at His own interests, but looked at the interests of others. Today, we can imitate Jesus Christ and serve people with humility. At home, we can help our parents with chores or help our younger siblings with their homework. We can show our humility at church by picking up pieces of trash that we see on the ground or by letting the elderly members go before us during lunch.

What are some other ways we can set a good example in humility? [Wait for students to respond.]

We can see that there are many ways we can be just like Jesus Christ by humbly serving the people around us.

3. Living in Holiness

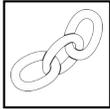
Where do our feet take us? What kind of lives do we lead? For example, do our feet take us to play violent video games at a friend's house, or do they take us to listen to and sing hymns? The Sacrament of Foot Washing is a reminder to no longer walk in sin, but to walk in the footsteps of Jesus Christ. This means that we have to imitate Him in how we speak and act.

What are some things that we can do to keep our feet clean and holy? [Wait for students to respond.]

Praying and reading the Bible play crucial roles in helping us to keep holy. For it is only through walking in the way of Jesus Christ and following the teachings of the Bible that we are able to keep ourselves on the right path.

Even though we do not physically wash the feet of the people around us today, we can wash their spiritual feet by making sure that our actions and words show our love and humility. Lastly, Jesus Christ has promised us, "If you know

these things, blessed are you if you do them" (Jn 13:17). If we follow what Jesus Christ has commanded us, then our heavenly Father will surely bless us!



Linking to the Ten Basic Beliefs

2-5 Minutes

The Sacraments follow the order that is in the Bible:

1. Water Baptism
2. Foot Washing
3. Holy Communion

The Sacrament of Foot Washing is a unique sacrament in that many other denominations consider foot washing as merely a symbolic act that is not related to salvation. However, Jesus Christ Himself commanded us to do it so that we can have a part with Him. This is an important part of our beliefs! Lastly, Jesus Christ stated that if we do it, then we will be blessed!



Check for Understanding

5 Minutes

1. **Who performs the Sacrament of Foot Washing?** Pastor, Deacon, or Elder.
2. **Who would not let Jesus wash his feet? Why? What did Jesus say in response?** Peter; only servants washed others' feet and Jesus was his Master; "If I do not wash you, you have no part with Me." (John 13:8b)
3. **What are the three teachings that we can learn from the Sacrament of Foot Washing?**
 - To love and forgive as Jesus Christ did
 - To serve others in humility
 - To live a life of holiness



Life Application

10 Minutes

WHAT IS FOOT WASHING TODAY?

Today, we no longer have our feet washed when we go into someone's house nor do we wash the feet of others. However, we can apply the attitude of foot washing into our daily life. Jesus Christ has commanded us to wash the feet of others not only in a physical sense, but also symbolically. He has commanded us to wash each other's feet in the same way He washed the disciples' feet. There are many ways we can wash the spiritual feet of others.

1. We can forgive those who have wronged us.

Jesus Christ has already set the example for us in this. He was willing to wash the feet of Judas Iscariot, a person who was going to cause Him great harm. Through His action of washing Judas' feet, Jesus Christ was showing him forgiveness and love. So, let us think about times when we have been wronged by our family or friends:

- Are we able to forgive them for the wrong they might have committed against us?

If we are unable to forgive them, then we are unwilling to wash their spiritual feet. Oftentimes, forgiving is very difficult to do because we usually want to hold on to our anger and our hurt. However, the Bible tell us, "Do not let the sun go down on your wrath" (Eph 4:26). We should not keep our anger but rather learn to let go and forgive the people who have wronged us. Jesus forgave and continues to forgive, and, through prayers, we can ask God to give us a merciful heart to forgive just as Jesus forgives.

2. We can serve the people around us.

Just as Jesus Christ served His disciples by washing their feet, we should follow His example and serve as well. Our service does not have to be a great act. It can be something as simple as picking up a piece of trash on the ground or doing our cleaning duties without complaining, but it must be done with humility and love.

- What are some other ways that we can wash the feet of others with our servitude?

Jesus Christ loves us so much that He has already washed our feet and set the example for us to follow. Our behavior and actions are so important because it is how Jesus Christ will be able to wash the feet of others through us.

[Have students fill in the first box of the worksheet. Ask volunteers to share their answers.]

3. We can walk on the holy path with Jesus Christ.

Every day, our feet take us to many places, but their most important role is to help us walk with Jesus Christ so that we can make sure that everything we do or say glorifies His name. In order to walk with Him, we must make sure we follow what He has commanded us, such as the Ten Commandments, and also make sure our heart and mind are just like His. Our thoughts should be holy and pure like His. So, when we walk with Jesus, we won't fill our thoughts with inappropriate movies or video games.

- What are some things that we can do to keep our heart and minds pure? [Have students write down their answers in the second box of the worksheet.]

Prayer and Bible reading are the keys to keeping our hearts and minds pure and holy. If we are filled with the spirit and word of God, it will be very easy for us not only to have the mind and heart of God, but also to walk with Jesus Christ. Lastly it says in Romans 10:15, the most beautiful feet are the feet that bring the gospel of peace! This means that not only do we have to live a holy life, but we also have to use our feet to take us to preach the gospel to the people around us. As we preach the gospel, our feet will become more and more beautiful! This is how precious our feet are in the eyes of God.

From these examples, we can see that foot washing is not only a sacrament. Every time we perform foot washing, it is a reminder about the love that Jesus Christ has for us. Let us read the testimony!

Discussion Questions

- If we know that Jesus Christ is the one who has washed our feet, how would we feel?
- How should we live our life since the Lord Jesus has washed our feet? What actions should we have?



Activity

Washing Each Others' Feet

10-15 Minutes

Objective: To have students practice humility and servitude through washing each other's feet.

Materials

- Basin, one per pair of students
- Towel, one per pair of student
- Water

Instructions

Sometimes, foot washing is used to help resolve conflicts among members. The act of washing someone else's feet is very humbling because one person has to kneel before the other person. Today, we are going to practice serving each other by washing each other's feet.

[Note: It is important to prepare the students with the correct attitude of humility and love. They should not be playing around or splashing water.]

1. Demonstrate how to wash someone's feet by selecting one student and washing their feet. Have the student put their bare feet into the basin filled with water. After washing it, dry their feet with a towel.
2. Pair up students, distribute materials, and fill up the basins with water.
3. Students take turns washing each other's feet.
4. Discuss the following questions as a class or in pairs.

Discussion Questions

1. How did it feel to have your feet washed?
2. How did it feel to wash someone else's feet?
3. Would you be able to wash the feet of someone you did not get along with? Why or why not?

This activity helps us to understand what it means to humble ourselves and serve others with love. May God help us to be like Jesus Christ in our love and our servitude.

HOMEWORK ANSWER KEY

1. A
2. B
3. D
4. To have part with Jesus Christ.
5. Answers may vary.
6. Answers may vary.

Jesus Christ knew that He was going to be leaving the disciples soon to endure the suffering of the cross, so before He left, He wanted to teach them an important lesson on love and humility. How did He do so? He showed His love to them through the washing of their feet!

The Sacrament of Foot Washing



Part 1

Number the events of John 13:1-5 in order from 1 to 6.

Jesus took a towel and girded Himself.

Jesus washed the disciples' feet.

Jesus wiped the feet of the disciples with the towel.

Jesus and the disciples finish the Passover meal.

Jesus rose from His supper.

Jesus poured water into a basin.

Part 2

Fill in the blanks.

You shall never wash my feet!

Who Said This?

If I do not wash you,



Jesus Christ did all of His actions out of love for the disciples, and even to this day, when our feet are washed, it is actually Jesus Himself who is washing our feet! This is how precious we are in His eyes!

"If you know these things, _____ are you if you do them." (Jn 13:17)

What is Footwashing Today?



In my daily life, I will wash the spiritual feet of other people because Jesus Christ has washed my feet first!

How will I wash the spiritual feet of others?

1. F_____ and let go!
2. S_____ them with a Christ-like attitude!

“If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet.”
(Jn 13:14)

I will wash the feet of _____ by...

What does it mean to have my feet washed?



1. To have my feet washed means... that I will make the determination to walk on the h_____ way that Jesus has set!
2. To have my feet washed means... that my feet will bring the gospel of p_____ to the people around me.

I am determined to...



Testimony

Once, a young woman was invited to attend service by her churchgoing sister. After seeking the truth for a while, the woman believed in the Lord Jesus and received the Holy Spirit. She decided that she wanted to be baptized. Following her baptism, she had to receive foot washing. The person who was going to wash her feet was an elderly sister. The newly-baptized sister felt that, as the younger person, she could not allow this elderly sister to wash her feet. However, the elderly sister told her to

How beautiful are the feet of those who preach the gospel of peace.
(Rom 10:15a)



permit her to wash her feet. Suddenly, the newly-baptized sister saw a vision. Kneeling before her was not the elderly sister, but the Lord Jesus, and He was personally washing her feet. She was greatly touched by the love of God! She understood that foot washing was required for people to have a part with the Lord.

- If we know that Jesus Christ is the one who has washed our feet, how would we feel?
- How should we live our life since the Lord Jesus has washed our feet? What actions should we have?

E2 Year 3 Book 3 Lesson 8—The Sacrament of Foot Washing

Homework Assignment

Name: _____ Parent signature: _____ Date: _____

Weekly Bible Reading: _____

Bible Reading: Check each box when you complete that day's reading.

Prayer: Check each box after you pray to God that day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read	<input type="checkbox"/>						
Pray	<input type="checkbox"/>						

What I Learned from the Bible This Week

1. _____

2. _____

Memory Verse

Please write down this week's memory verse. (**John 13:8**)

Multiple Choice

1. _____ : Foot Washing teaches us about _____.
 - a. Serving one another in humility
 - b. Being clean and hygienic
 - c. The death of Jesus Christ on the cross for us
 - d. To be of one body in Christ

2. _____ : At first, who did not let Jesus Christ wash his feet?
 - a. Judas Iscariot
 - b. Simon Peter
 - c. John
 - d. James

3. _____ : Jesus washed the feet of His disciples to show them _____.
 - a. The importance of getting rid of sin
 - b. His special abilities
 - c. The right way to wash feet
 - d. His love for them

Short Answer

4. What is the purpose of the Sacrament of Foot Washing?

5. Foot Washing calls us to live a holy life. How will you keep yourself holy?

6. Foot Washing teaches us the importance of servitude. How will you serve your family?