Lesson 3:
Jesus Washes the Disciples’ Feet

Lesson Theme: We are to love God and serve each other.

Learning Objective: The learner will recognize ways to serve others with kindness through the example of Jesus.

EARLY ARRIVAL OR STARTING ACTIVITY 15 min

Leader: We are going to pretend that we are walking on hot ground. If I was walking on hot ground this is how I would walk. (Demonstrate; remember you are an actor.) Now, you do it with me. Ready, set, go! Ouch, this is hot, my feet are burning! Are your feet burning? Stop! Now, we are… (continue with the following scenarios)

- Walking where it is muddy and our feet are getting stuck. (Can you get your foot unstuck?)
- Walking with a sore foot. (Ouch?)
- Marching. (Are your knees up high?)
- Walking up a steep hill. (I hope I can make it, it is really steep!)
- Walking on our toes. (Gosh, I hope they do not hear me!)
- Stomping. (I cannot hear anything but noisy feet.)
- Jumping. (Look how high you can go!)

That was a lot of fun doing activities with our feet. We are going to hear a story about feet. These feet could be getting too hot, too sore and too dirty from lots of walking. Today our story is about the disciples’ feet.

INTRODUCTION 5 min

Open with prayer.
Ask the children:

- To name which action they enjoyed doing the most in the Starting activity
- To name which action was the hardest.
- How far did you have to walk to come to the Living Well Club today?
- Have you ever had to walk almost all day to get some place?
BIBLE STORY  🕒 15 min
To act out this story as it is read is very meaningful to the children. An adult could play the part of Jesus and the disciples could be team members or children.

Story activity requires:
♦ Towel
♦ Bucket with water in it
♦ Soap

Leader:  Today you will hear a true story out of the Bible, God’s Word. In the story we are going to be talking about being a servant? What does that word mean?

Scripture:  (Taken from John 13)
It was just before the Passover Festival. Jesus knew that the time had come for him to leave this world. It was time for him to go to the Father. Jesus loved his disciples. They had been his friends for a long time. They traveled with Jesus and Jesus taught them many things. One night, they all got together for dinner. While they were eating, Jesus got up. He put a towel on like an apron. He poured water into a large bowl. Then he began to wash his friends’ feet. The disciples looked at Jesus as He worked. They looked at each other. They were puzzled and surprised at what Jesus was doing. They knew that only servants washed feet. They could not believe that Jesus was doing the work of a servant.

When Jesus got to Peter’s feet, Peter said, ‘I cannot let you wash my feet.’ Jesus said, ‘If you don’t let me wash your feet, you can’t follow me.’ ‘In that case,’ said Peter, ‘wash my hands and my head, too!’ Jesus answered, ‘A person who has had a bath needs to wash only his feet. The rest of the body is clean.’

After Jesus washed his friends’ feet, He asked, ‘Do you understand what I did? I showed you how to be kind to each other. I am your Lord and Teacher. If I can be kind and help you, then you can be kind and help each other”. I have given you an example to follow. Do as I have done to you.’

(The Beginners Bible Zonderkids and Kids’ Quest Study Bible)

Leader:  (asks questions)
1.  Who was with Jesus? (His disciples, friends)
2.  What did Jesus decide to do for his disciples/friends? (Wash their feet)
3.  Who did not want Jesus to wash his feet? (Peter)
4.  Why did Jesus do this? (Because he loved them. Jesus left an example for the disciples to follow: to serve others).

CONNECTION ACTIVITY  🕒 20 min

Supplies needed:
♦ Crayons
♦ Shelf paper
♦ Wood dowels/ rulers/ paper towel tubes to hold each side of scroll
♦ Foot and Hand patterns (See Resource file, pages 2 & 3)
I have given you an example to follow. Do as I have done to you.  
John 13:14

Preparation: Use the shelf paper to make a scroll that unwinds from left to right. Use the foot and hand patterns to trace feet and hands going across the paper. Write John 13:14 (in native language) on the scroll by putting several words of the Bible verse on each footprint and handprint until the verse is completed.

Instructions: As you unwind the scroll have one child come up and read the words written on it out loud. Each time he says the words written on a footprint he stands on one foot.

If you chose not to use the Bible verse you could ask questions about the story by writing them on the foot pattern.

Alternate activity requires:
- Two pieces of card stock
- Small fun foam hearts with sticky backs, or heart stickers
- Foot and Hand Pattern (See Resource file, pages 2 & 3)

Activity preparation: Draw/trace a left foot on one piece of cardstock and on the other piece draw/trace a right hand.

Leader: Jesus loved his friends. He showed them love when He washed their feet. We are to show love/kindness to others. Here is a foot and hand. We are going to think of ways we can show love/kindness to someone. An example might be an elderly lady who drops her bag and you pick it up for her. To represent this kindness we will put a heart on the hand. Let’s say the verse together.

Call on one child at a time to name an act of kindness they have seen. Allow them to put a heart on either the hand or foot. Let everyone say the verse together after each child shares. Repeat as time allows.

CRAFTS: PAPER SACK FRIENDS  
20 min

Friend’s paper sack activity requires:
- One paper sack per child
- Crayons
- Optional yarn for hair
- Construction paper
- Optional supplies (material, buttons, lace, ribbon, fun foam)

Instructions: Children can make and decorate a paper sack person. Children can glue on the fabric scraps as clothes and add lace and ribbon to decorate. It can be themselves, a friend, or someone else. The children can have their puppet pretend to talk with a friend's puppet.
GAMES: FRISBEE BASEBALL 20 min

Activity requires:
- Frisbee
- 4 Bases
- Playing area

Directions: Play Frisbee baseball according to the regular baseball rules. The pitcher throws the Frisbee toward the batter who then catches it. If the batter misses it, it is a strike or if it is outside the strike zone, it is a ball. The batter, who made a good catch, then throws the Frisbee to the outfield and proceeds around the bases. If the Frisbee is caught the batter is out.

The players are divided into two evenly matched teams. The team members decide among themselves who will serve in each position. One team is on the field and the other team is up to bat. The batting team sets a batting order up for their players to follow. Batters are allowed three strikes before being called out. Batters may strike out, but they cannot foul out. The first two foul balls count as strikes, but a foul cannot count as a third strike to make an out.

An out occurs when the batter makes three strikes, when the Frisbee is caught in the air, when the first-base player has the Frisbee and tags the base before the runner reaches it, or when a player is tagged by a fielder with the Frisbee while running between bases.

When a batter succeeds in catching the Frisbee and throwing it, the batter runs to first base as quickly as possible while the fielder nearest to where the Frisbee was thrown attempts to catch it in the air (which would make an out) or field it (pick it up as it is hit along the ground). If fielded, the fielder tries to throw the Frisbee to the first-base player before the batter reaches the plate and the batter attempts to avoid being thrown out by a fielder. If the Frisbee throw is very good, the batter must decide whether they should run on to second plate or stay where they are. They don’t want to be thrown out.

When the action stops the second batter comes up to bat. This batter takes a turn and continues in the same way. Base runners are advanced when their teammates catch and throw the Frisbee successfully.

Each team bats until there are three outs. At this time the teams change places. Once this opposing team has a chance at bat and has made three outs, an inning is complete.

The team that wins is the one who has scored the most runs after a certain number of innings.
OPTIONAL GAME: BEGINNER FRISBEE RELAY

This game can be played in a smaller area or if children have not played with a Frisbee.

Activity requires:
- Two Frisbees of different colors
- One Base
- Players divided into equal teams

Directions:
Put children in two lines, standing an arm's length apart. The lines should face each other about 15 feet between them. In the middle between the two lines put the base. Both lines will be playing the relay at the same time. The 1st child on the end will run to the base, pick up the Frisbee and throw it to the 2nd child in his line. The 2nd child throws the Frisbee back to the 1st child who is standing near the base. The 1st child puts the Frisbee down on the base and runs to the other end of the line. The whole line scoots down as the 2nd child runs to the base, picks up the Frisbee and throws it to the 3rd child. This pattern continues until the 1st child runs to the base and the whole team sits down to complete the relay.

(If a player has to retrieve a Frisbee, they must return to their place before throwing the return Frisbee.)

For very young children you can simplify the game by having the children run with the Frisbee instead of throwing it.

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