
**True Love Is Always Expressed In Humble Service
(John 13:1-17)**

1. Context of John Chapters 13-17

**2. Key Verse: Having loved his own who were in the world,
he loved them to the end (13:1)**

3. Love In Action: Jesus washing his disciples' feet

- a. The heart condition of the disciples (Mark 9: 33-34, Luke 9:46, 22:24)
- b. The practical need for feet washing
- c. The social significance (v 4-5, Philippians 2:6-8)
- d. The spiritual parallel (v 6-11, 1 John 1:8-9)
- e. The example set by Jesus (v 12-17)

4. Spiritual Lessons For Disciples

- a. Kingdom Values are opposite to World Values (Luke 22:25-27)
- b. Jesus came not to be served but to serve (Mark 10:45, Luke 22:27)
- c. True love washes the feet of others in deep humility. True love always expresses itself in humble service (1 John 3:16-19)

5. QUESTIONS FOR PERSONAL CONTEMPLATION

- a. Meditate on humility and self-debasement of Jesus in Phil 2:6-8. Even though Jesus was God, he was willing to set aside His glory to become a servant to wash our feet and die for our sins.
 - i. Are you able to comprehend what it means for the Creator God to love you enough to come down from glory to serve you? And go all the way to the Cross to die for you?
 - ii. How can you respond to His love, humility and self-debasement?
- b. Even today, the exalted Christ has not stopped “washing our feet” by ministering to our needs (Mark 10:45, Luke 22:27).
 - i. For example: Interceding for us, forgiving our sins, answering our prayers, providing for our practical needs, protecting us from evil, leading us in daily decisions, teaching us new truth, etc.
 - ii. What is one significant way that the Lord had ministered to you this week/month? How can you respond to Him?
 - iii. What is one big need you have today? Will you ask the Lord to help you now?
- c. **Take Home Question:** Meditate on Jesus’ exhortation to us in John 13:12-17 and 1 John 3:16-19. Jesus showed us an excellent expression of true Love. Love must be expressed in humble service to others.
 - i. Is there someone who needs your love and practical help today? In your home, office, cell, church or neighbourhood?
 - ii. How can you make the extra effort to “wash that person’s feet” today?
 - iii. Jesus loves His Church and cares deeply for her (Ephesians 5:25-26). When we tell Jesus we love Him, we also ought to love and serve His Church. There are so many ways we can serve in church today. Will you express your love for God by serving in a church ministry?

6. QUESTIONS FOR CELL DISCUSSION

- a. Personal Sharing
 - i. What is one truth that the Lord spoke to you this evening / this week?
 - ii. What are you going to do about it? Conviction must flow into action. Faith without works is dead (James 2:14-17).
 - iii. Pray for each other.

- b. Take Home Cell Project
(Can be discussed later as part of this year's outreach event)
 - i. How can the cell express practical love to members' extended families? Think of ways you can serve together as a cell in reaching out to pre-believers in your extended families.
 - ii. How can the cell serve together in a church ministry?
(E.g. ushering, communion preparation, food serving, etc.)
 - iii. How can the cell serve in one of RCS outreaches?
(E.g. BLESS programme, youth mentoring, and providing tuition)

7. HOW DO I MEDITATE ON SCRIPTURE?

- a. Open your heart to the Holy Spirit. Pray for divine illumination as you read a passage three times.
- b. Read the passage once. Take time to understand the big picture in the passage.
- c. Read the passage again. This time, identify characters, theme and spiritual lesson in the passage.
- d. Read the passage for the third time. Personalize the passage. (If needed, insert your name at the relevant point, as if God is speaking directly to you about the passage.) Pause to hear what God is saying to you.
- e. Spend time to pray and talk to Him on that personal revelation. Worship God.
- f. Record what you learn in your journal.
- g. Resolve to act on that personal revelation.