

Love one another — the towel

John 13:1-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus, the Lord, do for his disciples?

What does he tell them to do after his example (v. 15)?

2. What does it show me about people — and about myself?

Whose feet is Jesus asking you to wash?

3. What will I obey this week? (a concrete step, with a day)

Who will you serve humbly this week, as Jesus served?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you washed feet; give me a humble heart to serve others the way you served me.

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