

WORKOUT

JOHN 13:1-20

Believe
and
LIVE
THE GOSPEL OF JOHN



PONDER

Read all of John chapter 13, focusing on verses 1-20.

Consider how John's gospel shapes our understanding and definition of love.

In 13:1, John writes, "having loved his own who were in the world, he loved them to the end."

- How is Jesus's incarnation evidence of the Father's love for the world? (3:16)
- How does the unity and relationship between the Father and the Son reveal love to us? (3:35-36; 5:19-21; 6:37-40; 8:42-43; 17:20-26; 1 John 4:7-21)
- How does the sacrificial leadership and selfless care of the good shepherd reveal what love looks like? (10:11-15; 15:13)

Why does Jesus say, "The one who has bathed does not need to wash" (13:10) and, "If I do not wash you, you have no share with me" (13:8)?

- Read other passages like Psalm 51, Isaiah 1:16-18, Ezekiel 36:25, Hebrews 10:22, and 1 John 1:8-10.
- Watch this [Look at the Book](#) video on John 13:8-11.
- How does Judas's betrayal help us understand what it means to be clean, and how we are cleansed? (13:11; also see 15:3)
- Consider the way this passage speaks about Jesus washing the disciples' feet as a metaphor for spiritual cleansing, and as a model for how His disciples are to serve one another. Why is it important for us to understand both of these implications?



PRAY

Pray Holistically

Read John 13:15. Consider all that Jesus has done for you, and pray in thanksgiving.

- Father, you have given us life and sustained us to this moment. Everything that we have comes from you: every day, every opportunity, every relationship, every capacity, every ability, every breath is a gift from you. You are our Savior: you have given us the right to become your children, have saved us from our sin, have rescued us from the darkness of our spiritual blindness. We are thankful for all that you are and all that you have done. Give us eyes to see and a heart that does not take these things for granted, but responds to you in worship and thanksgiving.
- Father, you have said that you have given us an example that we should do to others as you have done to us. Help us to love one another like you have loved us.

Pray Personally

Read Peter's responses to Jesus in 13:8-9. Pray in confession of your pride that does not believe that you need to be cleansed from sin. Pray in confession of a lack of trust that Jesus's atoning work on the cross is sufficient.



PRACTICE

Jesus is the exemplary servant. He says to His disciples, "For I have given you an example, that you also should do just as I have done to you" (13:15).

- What do you typically think of when you think of serving others? Are there types of service or specific actions that define "service" in your mind?
 - How does Jesus's service in John 13 expand your idea of serving?
- This week, look out for opportunities to serve others.
 - What opportunities do you have to humble yourself before others?
 - What opportunities do you have to sacrifice for others?
 - What opportunities do you have to follow Jesus' example?
- Remember John 13:16, "A servant is not greater than his master, nor is a messenger greater than the one who sent him." Our charge to serve one another is rooted in the authority of the One who first served us.