

## **Lean Back... It will be ok**

Knowing Jesus as a servant

### **PREPARE**

Lent is a season of preparation. Preparing our heart so that we can fully experience the power and transformation of the resurrection of Jesus. It should be a time of personal reflection which opens your heart to confession and repentance. We want to get to know the heart of Jesus so that in our own brokenness and deep need we can draw closer to him and not turn away in disgrace... but fully experience his grace and mercy. Take a moment or two to quiet your heart and ask Jesus to draw yourself to him in this time.

### **Read Psalm 6**

- <sup>1</sup> O LORD, do not rebuke me in your anger  
or discipline me in your wrath.
- <sup>2</sup> Be merciful to me, LORD, for I am faint;  
O LORD, heal me, for my bones are in agony.
- <sup>3</sup> My soul is in anguish.  
How long, O LORD, how long?
- <sup>4</sup> Turn, O LORD, and deliver me;  
save me because of your unfailing love.

- **Take stock of how you are feeling at this moment and bring those honest feelings to the “unfailing love” of God**

### **REFLECT**

In your core group, briefly discuss one of these three questions. Break into triads if necessary.

1. How have you experienced the blessing of God in these past few weeks?
2. What burdens, worries, or anxieties have you been carrying and would appreciate prayer for?
3. What's a next step looking forward that you are excited about, fearful about, or uncertain about and want to step out in faith and need prayer support for?

### **STUDY**

#### **Read John 13:1-17. Jesus the servant.**

Jesus gathers his disciples in the “Upper Room” for one last final time together before he is arrested, tried, and crucified. There is so much he wants to say to them, but first he shows them the “full extent of his love.” It is a beautiful expression of love and service.

- How would you describe the “full extent of Jesus’ love”?
- What makes it possible for Jesus to take on the role of a servant for his disciples?
- What is causing Peter to be so confused about Jesus wanting to wash his feet? First, “you shall never wash my feet.” And then “not just my feet but my hands and my head as well!”
- What is the call upon us as disciples of Jesus?

**Read Matthew 20:20-28**

- What is at the heart of the conflict between James and John, and the other ten disciples?
- How does Jesus use this as a “teachable moment”? Why do we often miss such moments with our friends or family?
- What do you learn about the heart of Jesus?

**Read the following Scriptures from Paul’s writings:**

2 Corinthians 8:1-9 & Philippians 2:5-11

- How do these words describe the heart of Jesus?
- How do they challenge us to change?

**In John 13:22-25, the “disciple who Jesus loved” (John) leaned back against Jesus as they ate dinner together... Imagine you are in the place of John. Lean back against Jesus...**

- What do you need from him in this time?
- What can you imagine him saying to you?

**RESPONSE**

- From your review of the Scriptures in this study how would you answer this: “Jesus is...”
- Imagine Jesus washing your feet... what are some of your emotions? What would your conversation with him be about?
- How do you sense God is calling you to serve others around you in this time?

Close in Prayer: List prayer requests here.