

Wednesday, February 22

Breathe: Calm your head, heart, and hands as you slowly breathe in... and out.

Read today's passage slowly and out loud. What phrase, word or idea stands out to you?

Scripture: John 13:1-17 *NIV*

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

²The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

⁶He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

⁷Jesus replied, "You do not realize now what I am doing, but later you will understand."

⁸"No," said Peter, "you shall never wash my feet."

Jesus answered, "Unless I wash you, you have no part with me."

⁹“Then, Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!”

¹⁰Jesus answered, “Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you.” ¹¹For he knew who was going to betray him, and that was why he said not every one was clean.

¹²When he had finished washing their feet, he put on his clothes and returned to his place. “Do you understand what I have done for you?” he asked them. ¹³“You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. ¹⁴Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. ¹⁵I have set you an example that you should do as I have done for you. ¹⁶Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷Now that you know these things, you will be blessed if you do them.

Prayer: God, may the light of your Word speak to my heart today. May it guide my path, giving me hope and strength as I journey today. Amen.