Do some chores you have to do seem unpleasant? Jesus did one of those jobs for His disciples. He wanted to show His disciples how much He loved them, and how they should serve others.

Jesus and His disciples had gathered to celebrate Passover. Jesus knew this was the last meal He would eat with them before He died. And there was still so much He wanted to teach them.

His disciples could feel that something was about to happen. But they were expecting Jesus to take the throne and become the ruler of the country. They were waiting for Him to set up a kingdom on earth. And each one wanted the best place in it. Every one of them believed he deserved the most important position.

In those days a servant usually washed the guests’ feet before dinner, especially an important dinner like the Passover. And everything was there in the room where they had gathered—the pitcher, the bowl, the towel. Everything except the servant. Dinner was ready. If someone would just come and wash their feet, they could begin the Passover feast.

The room grew quiet as they waited. Uncomfortably quiet. None of the disciples would look at the others. Each of them knew what needed to be done, but none of them would do it. I’m not going to do the work of a servant, each one probably thought. After all, I deserve the most important job in Jesus’ new kingdom. I am not going to get down on my knees and wash the others’ feet.

Jesus knew what His disciples were thinking. He desperately wanted to teach them that His kingdom was built on love. The way to show His love to others is unselfishly putting others first. Jesus’ disciples had spent three years with Him. But they still had not learned the most important lesson. Greatness in God’s kingdom comes through humble service to others.

So Jesus gave them one last example. Quietly He got up from the table and took off His coat. He wrapped the towel around His waist. He poured water into the bowl. Without saying a word He began to wash the disciples’ feet. He didn’t lecture. He just did the job they each thought they were too important to do. Can you imagine how embarrassed they felt? He was their Master, the Son of God, the Creator of the universe. And He was doing the work of a servant.

It was more than Peter could bear. "Lord,
The Message
We show God’s love when we serve others.

You’re not going to wash my feet!” he exclaimed.

“If I don’t wash you, you have no part with Me,” Jesus replied.

Jesus was washing more than the dust from His disciples’ feet. He was washing away their pride and selfishness. He was teaching them to serve one another. He was showing them how to reach those to whom they would soon be preaching the good news.

Jesus finished and sat down. “Do you understand what I have done for you?” He asked His disciples. “Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have given you an example. You should do as I have done for you.” Serve others, Jesus was saying. Do not be ashamed to do anything that will show My love.

Humility is the sign of true greatness. That night Jesus’ disciples learned a lesson they would never forget. Jesus wants us to learn that lesson too.

When Jesus was finished, He gave another promise. He said, “I will not have another service like this until I share it with you in heaven.”

Someday, we will be with Jesus. And we will share in that special service. But for now, Jesus wants to help all of us live a life of helpfulness to others. That’s one way to show God’s love to others.

Memory Verse
“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet” (John 13:14, NIV).
**SABBATH**

**DO** If possible, go with your family to a quiet place outdoors. Read John 13:1–17 together. Talk about Peter’s actions. Why did he change his mind?

**DO** Teach your memory verse to your family. Stand up and take one step for each word you say. Have them do the same.

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**SUNDAY**

**READ** Read and discuss John 13:1–5 during family worship. What did Jesus know about His future? What did He do for His disciples?

**DO** Ask for permission to prepare a simple snack or meal. Serve it to your family as if you were a servant. What else can you do to serve your family? Why will you do it?

**THINK** Think of three more ways to be a servant for Jesus this week. Is there a lonely child in your class? Ask Jesus to help you to be friendly to that child.

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**MONDAY**

**DO** Remember to do the yucky household chore that you promised to do in Sabbath School. Give the “At Your Service” card to someone today.

**DO** While washing your feet today, notice how dirty (or clean) they are. Think of how the disciples felt when Jesus washed their dusty feet.

**PRAY** Ask Jesus to make you clean all over and take away your sin.

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**TUESDAY**

**DO** Make a card or craft to thank the janitor at your school or church for keeping things clean. If possible, pick up papers to help.

**READ** Get a book from the library about Middle Eastern customs. Read about the way of life there.

**THINK** Think of some people who are famous in the world today. Is serving others what makes them famous? Or do they live a selfish life? For what way of life would you want to be famous? Ask Jesus to help you live for Him.

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**WEDNESDAY**

**READ** Read and discuss John 13:5–9 with your family. Why did Peter say, “Wash my hands and my head too”?

**SING** Sing “This Little Light of Mine” (Sing for Joy, no. 134). Then thank Jesus for showing us how to serve others. Tell Him how you served someone today.
During worship today, read and discuss John 13:12–17. Read verse 16 again. What did Jesus mean?

Draw around your foot five times and cut out the footprints. Divide the memory verse into five parts. Write each part on a paper footprint. Mix up the footprints and see how quickly you can put them together to form the memory verse. Ask your family to do this too.

Clean your room for Sabbath before you are asked to.

Act out the lesson story with your family. Whose feet will you wash?

Give your mom or dad a surprise foot massage after you wash their feet. They will love it!

Say your memory verse together. Then sing a song about serving others. Ask God to help you show His love by serving others willingly and cheerfully.

Jesus, the Servant

Directions: Use the code to find out the most important way that we show we are Christians.

www.gracelink.net/primary
Has anyone ever helped you carry something really heavy? Or have you helped someone lift something that was too heavy for them? Simon helped Jesus carry something very heavy for Him.

Jesus had just endured the worst night imaginable. After the Passover feast He had gone with His disciples to the Garden of Gethsemane. There He was arrested. During the night He was put on trial. He was harshly questioned before the high priest, the Jewish leaders, Pilate, and Herod. He was spit on, slapped, mocked, and insulted. And He was sentenced to death. Twice He was whipped until His back was bleeding and raw.

And now it was morning. Prisoners were expected to carry their own crosses to the place of execution. And so, as Jesus was taken out of the court, His cross was laid on His bleeding back.

And then he met Simon. Simon looked where everyone else seemed to be looking. And he saw something horrible—a Man surrounded by four Roman soldiers. The Man had a crown of thorns on His head. His back was bloody. He looked like He was going to faint. And He was carrying a cross. That meant He was going to be crucified. He must have done something horrible, Simon may have thought. Only the very worst criminals are crucified.

Suddenly the Man fell down. He’s been beaten so much and lost so much blood. He looks almost dead already, Simon probably thought as he watched. But this prisoner is different. Most criminals I know about curse and yell and fight. But this Man does nothing. He says nothing. He looks . . . kind.

As Simon watched, the soldiers talked with one another. The Man didn’t even try to get up. Simon felt sorry for Him. Just then a soldier looked around and pushed through the crowd right to Simon. “Come with me,” the soldier said. “You can carry Jesus’ cross.”

Simon didn’t dare disobey. Any Roman soldier could make anyone do any work.
Simon picked up the cross and started to walk. The cross was heavy. Simon wondered how a beaten man could carry it even a little way. *And they don’t go the shortest way when they take a man to be crucified,* Simon may have thought. *They want to hurt and shame the person as much as possible.*

*I’m glad I can help Him. I can’t stop what’s going to happen, but I can help by carrying His cross.*

Simon must have watched as Jesus was nailed on the cross. He must have heard Him comfort the thief who asked to be remembered when Jesus comes again. He must have heard Jesus forgive the people who hurt Him.

All this must have changed Simon forever. For the rest of his life Simon would remember doing something to help Jesus. Simon must have learned about the heavy burden Jesus carried—the weight of the sins of the whole world. And Simon had done something to help the Savior who died for him.

What can you do to help Jesus today?
**Sunday**

**Read** Read and discuss Mark 15:21 during family worship. Simon had two sons who became Christians before he did. What were their names? Also see Romans 16:13.

**Do** This week, look for ways to help people who are burdened with cares.

**Pray** Ask Jesus to help you carry someone’s burden today.

**Simon** was from the city of Cyrene in North Africa. Many Jews lived there.

**Monday**

**Read** Read Luke 23:26. What do you think Simon was doing in Jerusalem?

**Share** Share the cross you made in Sabbath School with someone who is burdened with problems. (Or draw a cross and write on it “Carry each other’s burdens.”) Tell them about Simon carrying Jesus’ cross.

**Tuesday**

**Do** During family worship, look on a Bible map and find Cyrene, a country in northern Africa. Ask your parents to help you find out:
1. How far was it from Cyrene to Jerusalem?
2. How do you think Simon got there?
3. How long do you think it took him to get there?

**Pray** Pray for travelers today.

**Wednesday**

**Do** Offer to help someone carry something heavy. Remind them about Simon carrying Jesus’ cross.

**Do** Review your memory verse until you can say it without help. Then say it for your family during worship. Tell them how you helped someone today.

**Pray** Thank God that you are able to help others.

Read Matthew 27:27–32 with your family. Where was Simon from? Why was he forced to carry Jesus’ cross? What kind of burdens do people carry today? How can your family help them?

**Pray** Pray for someone who is carrying a heavy burden.

Pray for travelers today.

Thank God that you are able to help others.

This week, look for ways to help people who are burdened with cares.

Ask Jesus to help you carry someone’s burden today.

During family worship, look on a Bible map and find Cyrene, a country in northern Africa. Ask your parents to help you find out:
1. How far was it from Cyrene to Jerusalem?
2. How do you think Simon got there?
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Pray for travelers today.

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THURSDAY

PRAY During family worship, pray for someone who has problems and is sad. How can you help them today? Make a plan and do it.

SING Sing “I’m So Happy” (Sing for Joy, no. 65) or “We Are His Hands” (Sing for Joy, no. 129). Then thank Jesus for helping you help others.

FRIDAY

DO Review the lesson and act out the Bible story with your family. Who will be Jesus? the soldier? Simon?

READ Read Acts 13:1, another verse that might be about Simon.*

*Parents: You may also want to read The Desire of Ages, p. 742, to your child.

On the Way to Calvary

Puzzle

Directions: Beginning with the second letter of each word, cross out every other letter to find out how we show God’s love to others. Copy the remaining letters on the lines provided.

Hqewlepr  oytuhieorpsa
csadfrgyh  tjhkelizr
bnurqdwexznsg

__________  __________

__________  __________

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