

## LENT: WASHING STINKY FEET

March 7, 2026

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

John 13:1-5

### Memory Verse

8 But God showed how much he loved us by having Christ die for us, even though we were sinful.

Romans 5:8



# CASEY'S DAY

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How do *you* show love? Do you help your younger siblings with homework, hug your grandma, or make your parents a special dinner? Those are all ways you may show love by what you do. Jesus showed his love through his actions, too, but it wasn't in the way you might expect.

Jesus knew that he was going to die on the cross for the sins of the world. By dying on the cross, he would give everyone the chance to be in God's family. But before that, he showed his love for his disciples by washing their feet. Back then, people didn't have running water, and they couldn't take showers every day. They wore sandals and walked on dirt roads where animals like donkeys and sheep also walked. Their feet probably smelled like a petting zoo. Jesus and his disciples were having dinner together. Jesus surprised everyone by getting up from the table, taking off his outer clothing, and wrapping a towel around his waist. This was how servants dressed in their time. He poured water into a large bowl and began washing his disciples' feet, drying them with the towel he wore. His disciples didn't understand what he was doing. Why would *Jesus* wash their stinky, smelly feet? That was a job for a servant, not for the Son of God, the Savior

of the world!

But Jesus explained his actions to his friends. He said, "... if your Lord and teacher has washed your feet, you should do the same for each other." In other words, Jesus set the example by serving his disciples, and he wanted them to serve one another out of love. He wants us to do the same today. Maybe we don't wash each others' feet, but we can show love by serving others with a humble heart. You might volunteer to help with a project at church. At home, you might take out the trash without complaining. If you do those with Jesus' love in your heart, you're serving others with a heart like Jesus'. And by serving others, you're actually showing love to God too.

## Prayer

Dear God, thank you for loving us and sending Jesus to die on the cross for our sins. Thank you that Jesus showed us how to love. Please show me how to serve others with a humble heart like Jesus. Amen.

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*written by Areo Keller-Donahue*

<https://kidscorner.net/devotions/lent-washing-stinky-feet>

*Printed on June 4, 2026*