

# Maundy Thursday Family Worship: Footwashing

A great family activity to help you and your kids remember Christ's example of love and humility is to wash each other's feet. Here is a suggested outline of the devotional time:



1. **Opening Prayer.** Focus your prayer time on giving thanks to God for His great love for us, offering us salvation through Jesus Christ. Reflect upon how God “shows his love for us in that while we were still sinners, Christ died for us” (Rom 5:8).
2. **Read John 13:1-17** (Jesus Washing His Disciples' Feet). Read through this passage together, having each family member read a couple of verses at a time.
3. **Pre-Activity Discussion.** Make sure to highlight to your kids how the act of washing people's feet was considered to be a job reserved for the lowest servants, and yet Jesus sets the ultimate example of humility and servanthood by taking on this role. Remind them that in a culture where people walked long distances on dusty roads in sandals, this was a very dirty task! You can also mention how Jesus washes *all* of His disciples' feet – including those of Judas, who later betrayed him, demonstrating His love for even His enemies. Furthermore, you can talk about how Jesus performed this amazing, sacrificial act during the last moments of His earthly life. Instead of simply thinking about Himself as He faced His imminent death, Jesus was still focused on how He could love others and glorify God.
4. **Family Hand/Feet-Washing Activity.**
  - a. Items you will need for this activity include:
    - i. a pitcher of (warm) water
      - Have 2 pitchers of water if both hands and feet are being washed.
    - ii. Towels.
      - Grab 4 towels if washing both hands and feet for everyone.
    - iii. A large bowl/Tupperware/basin to place hands or feet in.
    - iv. A bar of soap
    - v. ¼ cup of olive oil or liquid cooking oil
    - vi. 6-8 drops of essential oil (Lavender is our favorite). Mix the cooking oil and essential oil together in a small dish together.

- b. Begin with some calm music playing in the background. We suggest this [playlist](#). *Try to not talk to each other and just be present in the activity.*
  - c. Starting with the oldest member of the family having their feet washed by the youngest. Have each person wash another family member's feet with water and soap. Then dry them as if you were drying off an infant, softly and gently.
  - d. Immediately after the washing has taken place, an adult should anoint the feet, hands, and head of the washee with the oil mixture while saying the following:
    - i. (Left foot and make a cross with the oil) *The way is long —*  
(Right foot and make a cross with the oil) *let us go together*
    - ii. (Left palm of hand and make a cross with oil) *The way is difficult —*  
(Right palm of hand and make a cross with oil) *let us help each other*
    - iii. (Forehead and make a cross with oil) *The way is love-Christ is the way.*  
*Go in peace.*
5. **Post-Activity Discussion.** After everyone is finished, take time to discuss how it felt for everyone to wash another person's feet, both for the person doing the washing and for the person receiving the service. Finally, ask your kids what is one way that they can be like Jesus and humbly serve those around them, whether it is helping out with chores around the house, helping their younger siblings with their homework, looking out for certain friends or classmates at school, etc.
6. **Closing Prayer.** Take time to close in prayer.
- a. ***Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit, you live and reign, now and forever.***  
***Amen.***(Source:[https://episcopalchurch.org/files/book\\_of\\_common\\_prayer.pdf](https://episcopalchurch.org/files/book_of_common_prayer.pdf))

(Source: Lighthouse Community Church, <http://lighthousesouthbay.org/general/maundy-thursday-family-worship-footwashing/>)