

## Day 4: Jesus travels to an upper room JESUS WASHES HIS DISCIPLES' FEET

**Scripture reference:** John 13:1-15, 31- 35

**Theme verse:** John 13:34

*"I give you a new commandment, that you love one another. Just as I have loved you, you should also love one another."*

**Catch phrase:** *Awesome are your feet ... they LOVE like Jesus!*

### Lesson goal and objectives:

Your family will explore the story of Jesus washing his disciples' feet and explore the following questions:

- How can disciples serve and care for one another?
- What can we learn when our feet get tired - or sometimes stinky and dirty?
- What does it mean to be a servant leader?
- Jesus taught us to love one another just like he loved us (through serving). How do we serve and love the people with whom we live? How do we serve and love beyond our homes?

### Pack your bag

Your supply list for today is:

- ☐ A candle
- ☐ Flat Jesus
- ☐ Theme verse coloring page (p. 16) and catch phrase coloring page (pp. 57)
- ☐ Your Bible/Storybook Bible
- ☐ Materials for the Bible story response (see p. 50)
- ☐ Arts and crafts supplies (see p. 51-53)
- ☐ Science supplies (see p. 53)
- ☐ Chalk or handprint/footprint printouts, plus tape
- ☐ Water play materials
- ☐ A way to play/listen to music
- ☐ Flat Jesus journal

daily supply list





## OUR JOURNEY BEGINS

### Gathering activity and theme exploration

Can you believe that we are on day 4 of our Staycation Bible School adventure? Find a quiet spot to gather together as a family and don't forget to bring along Flat Jesus!



1. Light a candle to represent the light of Christ present with you.



2. Share one way you know that someone loves you.



3. Learn/sing a "car tune" together. Choose a song from the list and sing it together. If you don't know it, look up the words and teach each other a new song. You can find the list online at [pres-outlook.org/cartunes](https://pres-outlook.org/cartunes) or by scanning to the right in your Spotify app.

Scan in your Spotify app to go directly to the playlist!



4. Say a prayer together.

### Opening prayer

God of love, we love because you first loved us! That is amazing. Thank you for Jesus teaching us and showing us how we are to love others. Help us today as we think about the many ways we can love one another just as Jesus loved us. Amen.



## OPENING ACTIVITY

### Road trip games

Does your family have a favorite road trip game? Have some fun and pretend you are going on a road trip. Can you create the vehicle you will be traveling in? (Car, bus, airplane, boat, or think of others.)

Once you have created your vehicle (using your imagination, or drawn/built it), ask these questions and learn some new about your family.

1. If you could go on a road trip **anywhere in the United States, where would you go?**
2. If you could go on a trip **anywhere in the world, where would you go?**
3. What is your **favorite way to travel?**
4. If you could time travel, **what time period would you visit?**
5. Where would you like to travel to in space - **in the universe?**
6. What would your **dream vacation** be like? Describe it. Where would you go, who else would be there, what would you do?
7. What is your **favorite travel memory from a trip** you've already taken?
8. What is a **favorite "on the road" restaurant?** What do you love to eat at that restaurant?
9. What is your **favorite road trip game** to play?



## EXPLORE THE THEME

**Travel guide note:** Today's story is a part of the larger story that we read during Holy Week. Jesus washed the disciples' feet the same night they ate the Last Supper together, the night Judas betrayed Jesus. If you have the Jesus Storybook Bible or access to one, it has a really wonderful interpretation of this story. You could read the whole story (which includes Judas' betrayal of Jesus and the Last Supper) or just read the part about washing feet. Before you read the story today, spend some time talking about washing feet and being a servant leader. Having some background about both of these subjects will help this story come alive.

**Today we are going to read the story from the New Testament about Jesus washing his disciples' feet.**



### Discussion questions:

1. Talk about feet. Notice how they are our closest body part to the ground. Talk about how this affects your feet (they have the potential to get really dirty; they hold all of our weight; they take us places).
2. Remember at the beginning of the week we talked about how people traveled in Jesus' time? Walking was one of the main ways people traveled. People also wore sandals. Imagine what their feet might have been like after all that walking. How would those feet feel? What would they look and smell like?
3. If you said their feet were stinky and dirty, you are probably right. People did not have very clean feet in Jesus' day. So you can imagine, washing someone's feet was probably a yucky, not very fun job. What do you think that felt like, smelled like, looked like?
4. What are some gross and yucky jobs today? What is your least favorite job to do around your house or school? What is a job you would never want to do? How can we thank the people who do those jobs for us?
5. How would you feel if someone did that yucky/gross job for you? You didn't have to ask them and they didn't ask you for anything back. They just did the gross job for you, because they love you and wanted to help you. How would that make you feel? When was the last time someone did that for you?
6. Have you heard of a servant leader? Can you guess what a servant leader might do? Perhaps it is someone who takes care of a job we don't want to do or a job that is important but doesn't get much recognition. They don't lead because they want attention or praise or to be in the spotlight. They lead behind the scenes. Do you know anyone like that?

7. As we read our story together remember how washing feet was not a very glorious, fun and exciting job. In fact, it was probably pretty yucky. What are some things you can do help others even though they're not so much fun? Why is it important to help others even if it's hard or no one notices?



**Find your Bible verse coloring sheet.** (The theme verse coloring sheet is on page 16.)  
Read the Scripture verse together.

**Theme Verse:** Isaiah 52:7 (From the Message)

*How beautiful on the mountains  
are the feet of the messenger bringing good news,  
Breaking the news that all's well,  
proclaiming good times, announcing salvation,  
telling Zion, "Your God reigns!"*

**Focus on the phrase**

*"Your God reigns!"*



**Wonder together**

Today we are going to think about the last part of this Bible verse, **telling Zion, "Your God reigns!"** We have discovered who the messenger is and where we can deliver our message. Yesterday we thought about **what** the good news is that we have to share. Today, let's think about **why!** Why do we share this good news with others?

You might be wondering who or what is Zion? **Zion is another name for Jerusalem.**

This last part of our Bible verse is basically saying: "Hey there People of God, I am telling you this because God is awesome!"

Today, **think of someone to whom you want to tell the good news of Jesus Christ.** It can be a friend or a family member. And then decide together your why. Isaiah's why was because "God reigns" (which basically means that God is in charge and ruler of us all).



Find a place on your Bible verse coloring page to **write the name of the person you want to share with and your reason for sharing.**

**Let's say our theme phrase together:**

**"Awesome are your FEET ... they LOVE like Jesus!"**



**Color and decorate your day 4 theme phrase coloring page.**

Today we are learning to love like Jesus. Decorate your feet with hearts! Hang up your page and use it to decorate your Staycation Bible School space.

## LEARNING ALONG THE WAY — EXPLORING THE STORY



**Read:** Explore the story of Jesus washing the disciples' feet.

You can find that story in **John 13:1-15, 31-35**.

Experience the story. Fill several buckets with water and soap and have your travelers soak their feet while you read the story. This will make the story come alive and be a great visual for your younger learners, especially if this story isn't in one of your Storybook Bibles. If it's possible, read the story ahead of time and try to tell the story in your own words.



### Reflect

1. The disciples were surprised when Jesus prepared to wash their feet. Why do you think they were surprised?
2. Do you think Jesus should be doing a gross/yucky job? Do you think the disciples think that Jesus should be doing a gross/yucky job? Why or why not?
3. Jesus said to Peter, "Unless I wash you, you have no part of me." What do you think Jesus meant by that? Remember yesterday, we learned about growing our relationship with God. This is another way Jesus was growing his friendship and relationship with his disciples, it was an act of love and hospitality. It wasn't about cleaning their feet, it was about showing them how much he loved them – so much so that he was willing to clean their feet.
4. How is Jesus teaching us about servant leadership?
5. Imagine how you would feel if someone just did the yucky/gross job that you don't like just because they love you and wanted to help you out. In your family, which job could you do that would show another family member how much you love them?
6. Jesus said, "I have set an example that you also should do as I have done to you." He also said, "I give you a new commandment, that you love one another." If Jesus is our teacher and our example, make a list of the ways he has taught us to love and care for other people.
7. Think about your family. Is it easy to show them love and kindness? Is it difficult sometimes? What is one way your family can love one another the way that Jesus teaches us to love others?

## Respond

Now that you have read the story and reflected on what it means, give your children an opportunity to respond to the story in a creative way. Every child has different way of processing and responding. You will be surprised at their creativity.



- **Response 1: Build the story.** Using Legos, Duplos, Magna-Tiles or blocks (or whatever building material you might have), use your imagination and build the story.



- **Response 2: Act out the story.** Recreate it and use costumes and props. Be creative with what you have in your house. What would it feel like to have your feet washed?



- **Response 3: Create the story.** Use markers or crayons, play dough or paint! Create the story artistically.

**CONNECTION POINT:** Document how you respond to the story. Take a picture or make a video. Share your response with your church and with your travel buddy.



## REST STOP

On every trip it's nice to take a break and eat a snack. Choose a time each day where you can rest and refuel. Listen to some car tunes as you eat. Visit [pres-outlook.org/cartunes](http://pres-outlook.org/cartunes) to listen to some selected songs.

**Today's snack suggestion: Pretzels.** Why a pretzel today? They look a little like hearts. There is also a legend that the pretzel shape was created by an Italian monk who took pretzel dough and shaped it to look like praying hands. The pretzel can remind us to love and care for one another.



## BREAK TIME — LET'S GET UP AND MOVE

**Presbyterians LOVE energizers!** You can find some fun brain break/energizers on YouTube. Here is a list of a few theme-related energizers you can watch at [pres-outlook.org/energizers](http://pres-outlook.org/energizers).

- Imagine you are hitting the waves with **"Surfer Dude"** from GoNoodle
- Is it a popsicle or **"Pop See Ko 2.0"** from GoNoodle
- Have fun with this camp favorite: **"Boom Chicka Boom"** from GoNoodle
- Try this song/energizer, **"Gonna Serve,"** about serving like Jesus, from Yancy & Little Praise Party.

## TODAY'S DAILY SIDE TRIPS



## EXCURSION 1: Arts and crafts

**Option 1** (especially for preschool/younger children)

### Lacing hearts

You will need: A thick piece of paper or cardboard, yarn, a hole punch.

1. Trace various heart sizes on the cardboard or thick piece of paper.
2. Cut them out. Let your child color and decorate them.
3. Use the hole punch and punch holes about an inch from the edge all around the inside of the heart.
4. Give your traveler some string and let them design away.
  - One idea: Loop the string through a hole from the bottom, around the outside edge and through the next hole from the bottom – keep going until you’ve completed the heart, lacing all along the edge.
  - Or leave the edges bare and lace the center of the hearts – lacing through from a hole on the bottom to one on the top until you’ve filled the center.
5. To make it a little easier you might want to use a little tape on the end of string to make it easier to lace through.

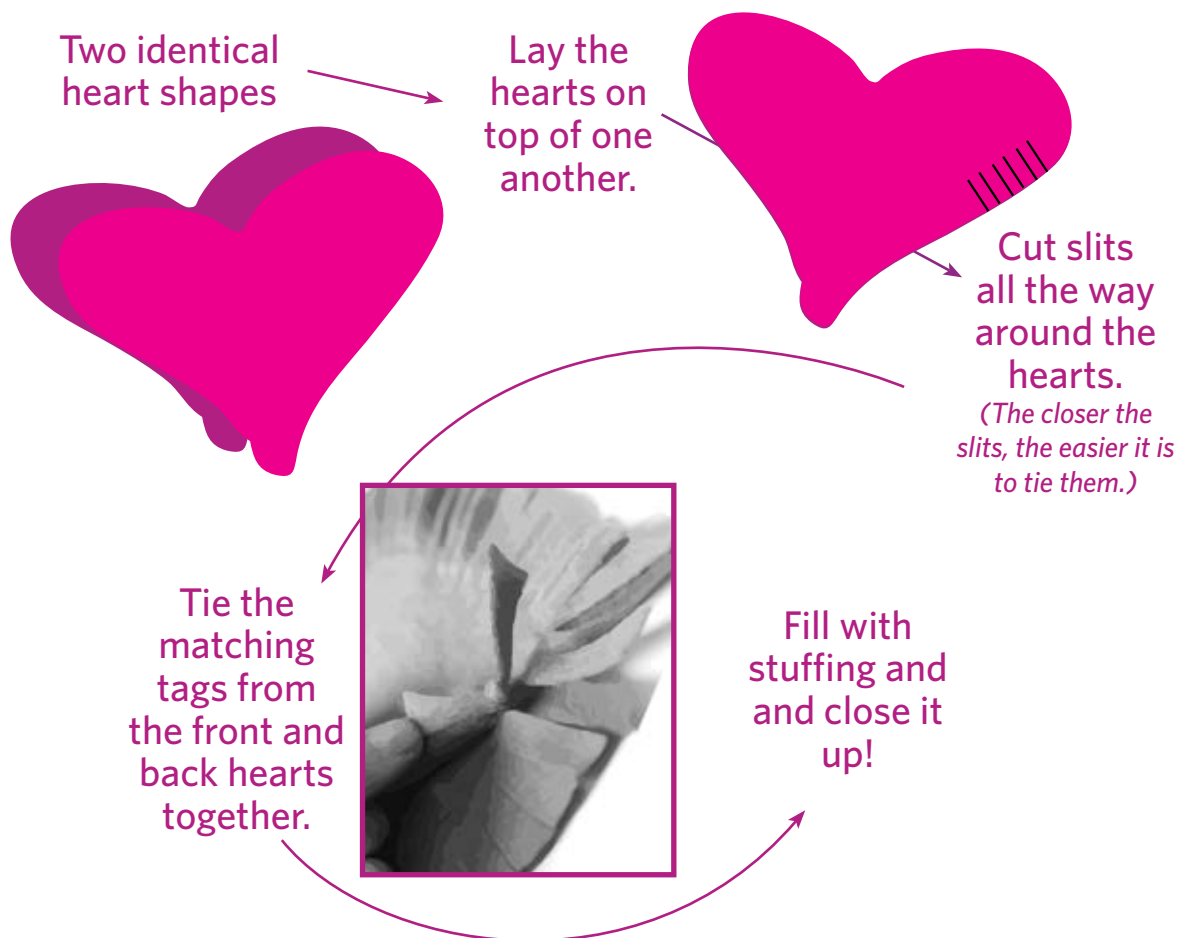


## Option 2 Heart pillow

Make a heart pillow to share with a friend or give away to someone who needs to know they are loved.

You will need: Two large pieces of felt (any color), scissors, a marker or pen, something to stuff the heart with.

1. Cut out a heart shape out of the felt. You will need two hearts for each project.
2. Lay the hearts down on top of one another. Draw a heart on the inside of the top heart – about 2 inches from the edges. Cut slits all the way around the heart, from the outside edge to the heart you’ve drawn inside, cutting through both layers.
3. Begin to tie together the slits along the edge – tying the top piece to the bottom and making a knot. Go all the way around the heart, but leave a small opening.
4. Fill the heart with stuffing material and finish tying the heart closed.





## Option 3

### Stained glass heart cards

You will need: Cardstock (cut and folded in your desired card size), black glue (easy to make: use regular glue and mix in small amounts of black acrylic paint), watercolors.

1. Using the black glue, create your stained glass window design. **Start with the basic heart** on the front of the card. Then add any details you wish (inside the heart or around it).
2. **Let the heart dry.**
3. Once the heart is dry, **fill in the white areas with watercolors.**
4. Make as many cards as you would like.



## EXCURSION 2: Science and discovery

Today's science and discovery challenge is to **EXPLORE HOW LOVE GROWS**. When we love like Jesus taught us to love, watch how love grows!

### Make frozen baking soda hearts

You will need: Baking soda, water, red food coloring, ice cube tray (or a heart shaped ice cube tray or heart-shaped cookie cutter), vinegar.

1. Mix baking soda with just enough water to make a paste. Add the food coloring to make the concoction red. Make sure it stays a paste-like consistency.
2. Put the paste in the ice cube tray, in a heart shaped ice cube tray, or stuff the paste inside the cookie cutter (you might want to put parchment paper underneath or put it on a plate for transfer).
3. Freeze the molds for 2-3 hours.
4. After 2 or 3 hours, take the baking soda cubes out of the freezer. Place the cube in a bowl (*it will make a mess*).
5. Give each traveler a small bowl of vinegar. Try to drop the vinegar on the cube a few drops at a time. See what happens. Did the love grow?





## EXCURSION 3: Stretch your legs (games and play)

### Option 1: Flat Jesus challenge

Take a walk around your neighborhood. Bring Flat Jesus along. Jesus washed the disciples' feet as a way to show them how much he loved them. We are to love one another too. As you walk around the neighborhood, think of a way that you could love one of your neighbors by serving them. Could your family wash a neighbor's car? Or clean a bike? Is there something else you might do to help – maybe carry out the garbage or sweep the walk? These things may be hard to do safely during a time of social distancing, so maybe you could write your neighbor a friendly note, or call them on the phone to say hello, or bake them cookies or sing them a song from the sidewalk (summer caroling!). Or can you help your family by washing the car or doing some other chore? Take a before and after picture with Flat Jesus to show or how you served a family in your neighborhood (or your own family).

### Option 2: It's another water day!

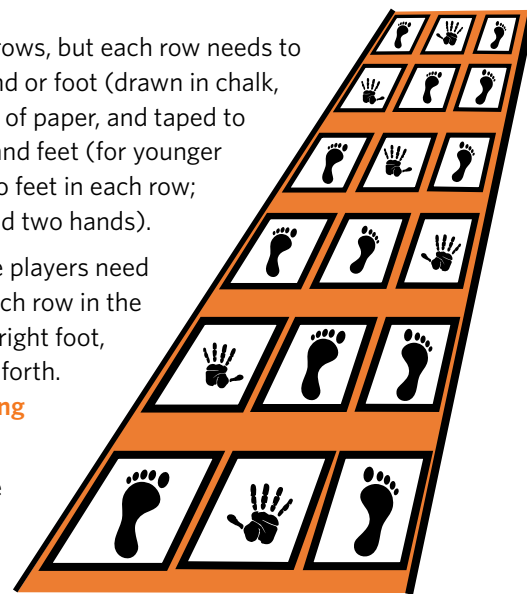
Have fun playing with water.

### Option 3: Bucket of WHAT?

- Fill up a bucket of water. For an even bigger challenge add ice cubes!
- Find small objects to put in the container. Include some that sink and some that float.
- Have your travelers take turns trying to pick up the items floating in the bucket using only their feet.

### Option 4: Hands and feet hopscotch

- Create a hands and feet hopscotch board. You can use chalk or pieces of paper taped to the floor.
- You can have any number of rows, but each row needs to have three squares with a hand or foot (drawn in chalk, or drawn or printed on pieces of paper, and taped to the floor). Mix up the hands and feet (for younger children it's easier to have two feet in each row; for older ones, try one foot and two hands).
- Starting with the first row, the players need to jump on every square in each row in the correct order — right foot on right foot, left hand on left hand, and so forth.  
(Here's a video demonstrating how to play.)
- See who can finish the course most quickly without falling down.





## WHERE IN THE WORLD IS FLAT JESUS??

Let's explore where your church or faith community is sharing the love of Jesus in your own community or around the world. Choose an organization that your church helps throughout the year. It could be somewhere close to home or a national or international organization.

Once you have decided what place you are going to learn about, **decide how you are going to learn more** about it. You could look it up online or call someone in your church who is involved in that organization. Find out:

1. What does the organization do?
2. How does your church support it?
3. How is that organization serving their community now in the time of COVID-19?
4. How can your family support that work?

If the organization is local and you are able, **take your Flat Jesus and visit the organization** — maybe take a picture outside the building of you and Flat Jesus, or take a photograph (from a safe distance) of the person with whom you spoke on the phone.



**Don't forget to add the photo to your Flat Jesus journal.** If it's not possible to take a photo, write a little bit in your journal (or draw a picture) showing what you learned about the organization and how it helps people.



### Travel buddy time

Take some time today to connect with your travel buddy. **Share together:**

1. Tell them something you learned about Jesus' journeying to an upper room.
2. Find out what job they think is yucky or gross and would rather not do.
3. Give them a Flat Jesus challenge.
4. Ask them to teach you their favorite church song.
5. See if they can tell you a favorite road trip story from the past – what's one of the best trips they ever took, or something fun they did away from home.
6. Tell them how your family will support the mission organization that is special to your church or faith community. Find out if your travel buddy has a mission organization that is meaningful to them. Ask them to tell you more about it.



## Make your mark

Our week is almost over! How are you doing on “MAKE YOUR MARK” Bingo? Do you have a row completed? Are you close to blackout? Keep playing bingo and see the mark you are making in the world!



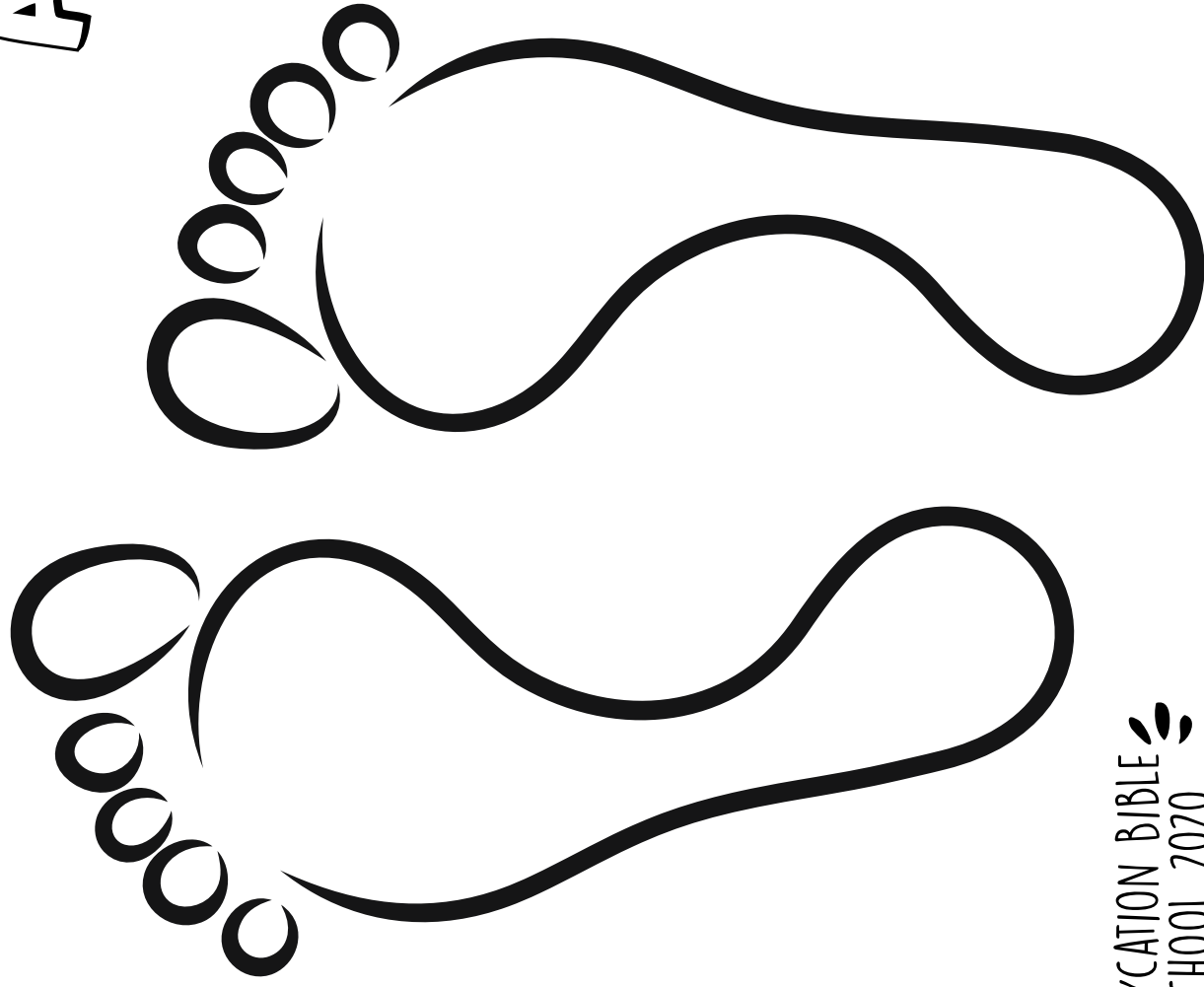
## OUR JOURNEY COMES TO A CLOSE

**Wow!** Only one more day of Staycation Bible School! Find a quiet spot to gather together as a family, don’t forget to bring Flat Jesus along!

- Light a candle to represent the light of Christ present with you.
- Share with each other a joy you had on your journey.
- Share with each other a “roadblock” you have had along the way.
- Share an “aha!” What is something new you learned?
- Sing a favorite “car tune” together.
- Pray using this closing benediction. You can say it together.

We thank you, Jesus, for this day!  
As we followed you along the way.  
We will travel day and night,  
To follow you and share your light!  
Help us journey far and near,  
To share God’s love, with all who hear.  
Amen.

**AWESOME  
ARE  
YOUR  
FEET...  
THEY  
LOVE  
LIKE  
JESUS!**



STAYCATION BIBLE  
SCHOOL 2020  
Feet that follow