

How to Get the Most Out of This Study

Are you living a life that leads you into a deeper relationship with God? The secret to spiritual intimacy is found in God’s Word. We know that God reveals Himself through His Word. That’s why doing a Bible study like this is so vital—because God’s Word has the power to do His work in our lives. It is the catalyst that refreshes your heart, renews your mind, and restores your soul—it makes life worth living!

This study focuses on the last evening of Jesus’ life when He spent some precious time with His close friends. They were engaged in a conversation that is commonly called the Upper Room Discourse. During this time, Jesus wanted to prepare His disciples for His departure. He expressed His deep love not only for His disciples, but also for all of His people throughout the ages. He urged us to love one another in the power of His Holy Spirit. Jesus shared some great secrets with His followers and drew them into an even closer relationship with their Lord and Savior. We pray that as you participate in this study, you, too, will learn to live a life that is even more deeply connected to Him. We trust that each week you will learn to *Live Intimately* with Jesus!

Each week of the study is divided into five days for your personal time with God. Each day’s lesson contains five elements. They are designed to help you fully “live” as you apply the truths you learn to your life:

1. Lift up ... Here we ask you to “Lift up” prayers to God, asking Him to give you spiritual insight for the day.
2. Look at ... This portion of the study asks you to “Look at” the Scripture text, using inductive questions. These questions help you to discover *What are the facts?* You’ll learn the basic who-what-when-where-how aspects of the passage as well as some of the important background material.
3. Learn about ... The “Learn about” sidebars correlate to specific questions in order to help you understand *What does this text mean?* These sidebar elements

offer cultural insight, linguistic definitions, and biblical commentary.

4. Live out ... These questions and exercises are designed to help you investigate How should this change my life? Here you are challenged to personally apply the lessons you have learned as you “Live out” God’s principles in a practical way. We encourage you to write out all of the answers to the questions in this study. You may want to write the answers to the personal application questions in a journal to ensure privacy. By writing your insights from God day by day, you’ll have a record of your relationship with Him that you can look back on when you need a faith boost.
5. Listen to ... We finish with inspiring quotes from authors, speakers, and writers. You’ll be able to “Listen to” the wisdom they’ve gleaned in their lives and relate it to your own.

Live Intimately is ideal for discussion in a small-group setting as well as for individual study. The following suggestions will help you and your group get the most out of your study time:

Personal Checklist

- Be determined. Examine your daily schedule, then set aside a consistent time for this study.
- Be prepared. Gather the materials you’ll need: a Bible, this workbook, a journal in which to write your thoughts, and a pen.
- Be inspired. Begin each day with prayer, asking the Holy Spirit to be your teacher and to illuminate your mind.
- Be complete. Read the suggested Bible passage and finish the homework each day.
- Be persistent. Answer each question as fully as possible. If you’re unable to answer a question, move forward to the next question or read the explanation in the “Learn about ...” section, which may offer further insight.

- Be consistent. Don't get discouraged. If you miss a day, use the weekend to catch up.
- Be honest. When answering the "Live out ..." questions, allow the Lord to search your heart and transform your life. Take time to reflect honestly about your feelings, experiences, sins, goals, and responses to God.
- Be blessed. Enjoy your daily study time as God speaks to you through His Word.

Small-group Checklist

- Be prayerful. Pray before you begin your time together.
- Be biblical. Keep all answers in line with God's Word; avoid personal opinion.
- Be confidential. Keep all sharing within your small group confidential.
- Be respectful. Listen without interrupting. Keep comments on track and to the point so that all can share.
- Be discreet. In some cases, you need not share more than absolutely necessary. Some things are between you and the Lord.
- Be kind. Reply to the comments of others lovingly and courteously.
- Be mindful. Remember your group members in prayer throughout the week.

Small-group Leader Checklist

- Be prayerful. Pray that the Holy Spirit will "guide you into truth" so that your leadership will guide others.

- Be faithful. Prepare by reading the Bible passage and studying the lesson ahead of time, highlighting truths and applying them personally.
- Be prompt. Begin and end the study on time.
- Be thorough. For optimum benefit, allot one hour for small-group discussion. This should allow plenty of time to cover all of the questions and exercises for each lesson.
- Be selective. If you have less than an hour, you should carefully choose which questions you will address and summarize the edited information for your group. In this way, you can focus on the more thought-provoking questions. Be sure to grant enough time to address pertinent “Live out ...” exercises, as this is where you and the women will clearly see God at work in your lives.
- Be sensitive. Some of the “Live out ...” exercises are very personal and may not be appropriate to discuss in a small group. If you sense that this is the case, feel free to move to another question.
- Be flexible. If the questions in the study seem unclear, reword them for your group. Feel free to add your own questions to bring out the meaning of a verse.
- Be inclusive. Encourage each member to participate in the discussion. You may have to draw some out or tone some down so that all have the opportunity to participate.
- Be honest. Don't be afraid to admit that you don't have all the answers! When in doubt encourage ladies to take difficult questions to their church leadership for clarification.
- Be focused. Keep the discussion on tempo and on target. Learn to pace your small group so that you complete a lesson on time. When participants get sidetracked, redirect the discussion to the passage at hand.
- Be patient. Realize that not all people are at the same place spiritually or socially. Wait for the members of your group to answer the questions rather than jumping in and answering them yourself.

LESSON ONE

《The Prince and the Pauper》

John 13:1-17

Mark Twain's *The Prince and the Pauper* tells the tale of two boys born into opposite social circles in Tudor England. After a chance encounter, the look-alike boys decide to exchange clothes to discover how the “other half” lives. Prince Edward adapts to life as a beggarly child born to an abusive father, and the pauper, Tom Canty, adjusts to life full of palace protocol and intrigue.

After a series of adventures, in which the prince (Tom in disguise) is declared insane and the pauper (Edward) endures a stint in prison, the boys switch back just in time for Edward to celebrate his coronation after the death of his father, King Henry VIII. But Tom and Edward meet resistance when the nobles refuse to believe that the beggarly child is the rightful king. Things are set straight when the real Edward produces the Great Seal he's hidden before leaving the palace. To show his gratitude for supporting Edward's claim to the throne, Tom is named “The King's Ward,” a lifelong privileged position.

The incarnation of Jesus truly portrays the Prince of Peace becoming a pauper among humankind. In John 13—17, known as the Upper Room Discourse, we see the King of Kings condescend to become a servant as He washes His followers' feet. Although He is the rightful heir to the throne, His temporary role reversal will lead Him to endure a humiliating arrest, torture, and execution, which will begin just after he celebrates this Passover Feast with the twelve men He loves so dearly. John 13—17 contains our Lord's beautiful farewell speech in which He imparts His most deeply held values and advice.

Because Jesus became a pauper, we have been made princes and princesses of the kingdom of heaven for all eternity. What an undeserved reversal of roles we have inherited!

Day 1: John 13:1-4	CHANGING CLOTHES
Day 2: John 13:5-8	CHANGING ROLES
Day 3: John 13:9-10	CHANGING MINDS
Day 4: John 13:11-13	CHANGING HEARTS
Day 5: John 13:14-17	CHANGING EXPECTATIONS

DAY 1

Changing Clothes

Lift up ...

Jesus, how unfathomable it is that You would leave the glory of heaven to live in this world in order to exchange places with me. I can't wait for the day when I cast down every crown at Your feet and declare, "Worthy, worthy, worthy, is the Lord God Almighty." Amen.

Look at ...

We jump into our study in the midst of what must have been a long week for the Savior. On Sunday Jesus made His triumphal entry into Jerusalem. On Monday He cleansed the temple of money changers. On Tuesday He confronted the religious leaders who sought to have Him arrested (see Matthew 21—25). While Jesus spent Wednesday with His good friends in Bethany, Judas conspired with the chief priests (see Matthew 26). That brings us to Thursday, the first day of the Feast of Unleavened Bread. Jesus and His disciples have gone to an upper room in the home of an unnamed friend to celebrate the feast.

In the Upper Room Discourse, we discover that what Jesus *knew* compelled Him to follow through with what He had to *do*—sacrifice His life for the sins of the world. He modeled the principle that information should lead to transformation. As you'll see, one of the key words in today's study is "knew." We'll come to understand that Jesus *knew* where He came from and where He was going. He *knew* that "His hour had come" to leave this world and depart to the next. Therefore He would not only tell His disciples that He loved them, He would show them the extent of His love through His actions. He would stoop to wash their feet in humility. That way, they would begin to know how to become servant leaders. As you study this passage, may you begin to know Jesus as the greatest servant leader of all. And may you know that the way to lead is by serving others.



Learn about ...

2 His Hour

“His hour had come” speaks of the divinely appointed time when Jesus would be glorified through His death and resurrection. Previously in John’s gospel, this phrase had referred to a time yet to come. Now it had arrived. His departure from earth and homecoming in heaven was imminent.

3 His Love

The phrase “loved them to the end” in some translations is “to the uttermost” or “to the full extent.” It can be interpreted three different ways: 1) loving to the end of Jesus’ life; 2) loving to the end of the disciples’ lives; 3) loving to the very end or without end, meaning forever.

7 His Humility

Surely servants could have performed this menial task. Therefore Jesus’ actions must have surprised the disciples, because previously “on the road they had disputed among themselves who would be the greatest” (Mark 9:34). Jesus had told them that the greatest must be the servant of all. Now He showed them this through His humble actions.

READ JOHN 13:1–4.

Now before the Feast of the Passover, when Jesus knew that His hour had come that He should depart from this world to the Father, having loved His own who were in the world, He loved them to the end.

And supper being ended, the devil having already put it into the heart of Judas Iscariot, Simon’s son, to betray Him, Jesus, knowing that the Father had given all things into His hands, and that He had come from God and was going to God, rose from supper and laid aside His garments, took a towel and girded Himself. John 13:1–4

1. What holiday did these events precede? What, if anything, do you know about that holiday?
2. Explain what Jesus knew about His destiny.
3. Who had Jesus loved and for how long?
4. Describe what you learn about Judas Iscariot in the passage.
5. What three things do you learn about Jesus’ knowledge of Himself and the Father toward the end of this passage?
6. List the four verbs that describe the actions Jesus took after supper.
7. How would what Jesus knew and the way He behaved seem to be a contradiction?

Live out...

8. In the following chart, recount the circumstances in which Jesus alluded to the “hour” of His death to reveal God’s heavenly

timetable. (Look at the context of each verse to see what was going on.)

SCRIPTURE

HEAVENLY TIMETABLE

John 2:4

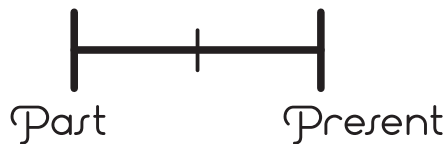
John 7:30

John 8:20

John 12:23

John 17:1

9. a. Either here or in your journal, fill in a personal timeline noting some of the high and low points of your life, from the past leading to the present.



- b. How does it make you feel to know that the Lord will love you to the very end?
10. a. Read Philippians 2:3–11. Today we learned that Christ’s knowledge led Him to take humble actions. If we have Christ’s mind, list how we should and should not behave (see vv. 3–5).
- b. How does acting in this manner model Christlike behavior (see vv. 6–8)?



Learn about ...

8 YOUR HOUR

The Lord knows the beginning and end of your life. “LORD, make me to know my end, And what is the measure of my days, That I may know how frail I am” (Ps. 39:4). Isn’t it comforting to know that until our hour comes, we are invincible? Like Jesus, this should embolden us.

10 YOUR SERVICE

A servant is under another’s authority. Servants are not free to do as they please. Jesus declared that the greatest people are those who serve: “If anyone desires to be first, he shall be last of all and servant of all” (Mark 9:35).

- c. In what three ways is Christ glorified based upon His obedience (see vv. 9–11)?
- d. In what ways have you been a servant this week? How do you think your heavenly Father feels about your actions?

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Do clothes really make the man? Many actors reveal that the secret to capturing a character’s personality lies in the wardrobe. They believe the costume helps dictate their demeanor, stance, and gestures. Think about it, Scarlett O’Hara just couldn’t be the genteel and prissy spoiled socialite without her corset, petticoats, and fancy fan. Vivien Leigh in full costume seemed to float across the silver screen as the perfect Southern belle, even though she was really an English actress.

Geoffrey Rush explained that the key to unlocking the sinister persona of Captain Barbossa in Disney’s hit trilogy *Pirates of the Caribbean* was a hat. Not just any hat, but one with an exaggerated brim, large plumage, and at a cocked position on his head. This helped the actor embody the larger-than-life braggadocio and deceptive outlaw.

When Jesus wanted to relate to humanity, He divested Himself of His glory and took the form of a man. Mary wrapped Him in swaddling cloths at His humble birth. Throughout His life He chose the simple garments of a carpenter. In the upper room, He showed His disciples how to dress by taking off His simple tunic and girding Himself with a servant’s towel. On earth, the only time our Savior wore the purple robes of royalty was when He was being mocked and beaten.

If you’re having a difficult time taking on the role of a servant, perhaps you need to follow Christ’s example and “be clothed with humility, for ‘God resists the proud, But gives grace to the humble’” (1 Peter 5:5). When you dress down, you’ll be dressed for success.

Listen to ...

He clothed himself with our lowliness in order to invest us with his grandeur.

—Richardson Wright

DAY 2

Changing Roles

Role playing is very enlightening. Counselors call this exercise “role reversal.” It’s a technique where one person is asked to exchange roles with another person. Each assumes as many of the character traits of the other as possible. In that way one is able not only to experience a different perspective in a situation (to walk in another’s shoes), but also to examine one’s own behavior from the other’s point of view. As a result, role reversals bring significant insight and transformation.

For instance, before disciplining a child, a parent might swap roles and ask, “If you were mommy and your little boy used bad words, what would you do?” Often the erring child suggests more severe discipline than the parent would offer on her own.

Or imagine your workplace. What if next Friday were declared role reversal day? The executives would become administrators and vice versa. Morale would skyrocket as participants became more empathetic to the duties and responsibilities of everyone in the company.

Jesus understood the power of changing roles. Though He could have demanded that the disciples serve Him, He chose instead to wait on them. And He decided to perform the lowest task of all—washing dirty feet. It must have been mind blowing for these twelve men to watch the Savior wrap Himself with a towel, fill a basin with water, and stoop at their feet. What lessons do you think they might have learned? Would they be more willing to serve one another or those less fortunate than themselves? How would you feel if the Creator of the universe dressed as a servant, knelt down, and offered to wash your feet?

Lift up ...

Jesus, Your condescension is humbling. I am ashamed of the times that I demand my rights when You willingly laid Your majesty aside to serve others. Help me to follow Your example. Amen.

Look at ...

Yesterday we joined the disciples and our Lord in the upper room. We discovered what was on the Savior's mind and how His actions seemed counterintuitive. We also witnessed Judas lose the battle between the flesh and the spirit as he succumbed to satanic influence. The stage was set for Judas to make his ultimate betrayal.

Today we find that the reason Jesus changed His clothes was to change roles and wash His disciples' feet. While it must have perplexed all of the men, Peter was overwhelmed. Throughout Scripture we discover that Peter was an outspoken, often presumptuous individual. Jesus had to correct Him on more than one occasion. Remember the time Peter resisted the idea of Jesus' death? "He rebuked Peter, saying, 'Get behind Me, Satan! For you are not mindful of the things of God, but the things of men'" (Mark 8:33).

Have you ever misinterpreted something the Lord has done in your life? Perhaps you have been presumptuous like Peter, assuming God was being capricious when, in fact, He meant it for your good. Learn from Peter's poor example by surrendering your will to God's.

READ JOHN 13:5-8.

After that, He poured water into a basin and began to wash the disciples' feet, and to wipe them with the towel with which He was girded. Then He came to Simon Peter. And Peter said to Him, "Lord, are You washing my feet?"

Jesus answered and said to him, "What I am doing you do not understand now, but you will know after this."

Peter said to Him, "You shall never wash my feet!"

Jesus answered him, "If I do not wash you, you have no part with Me." John 13:5-8

1. "After that" is a transitional phrase. Recount what happened in the preceding verses to bring us to this point.
2. Now describe in detail what Jesus did "after that."
3. a. In your own words, recount Peter's initial question when Jesus approached him.

- b. Why do you think he questioned Christ's actions?
4. a. How did Jesus answer Peter?
- b. Put yourself in Peter's place: Do you think you would have felt comfortable with the answer, or would you have still been confused?
5. Recount the exclamatory statement Peter made to Jesus. Knowing what you know about Peter, why do you think he said this?
6. Why would Peter have "no part with" Jesus if Jesus didn't wash him?

Live out...

7. a. Foot washing was performed as a hospitable service as well as for sacramental reasons. However, there is a third aspect of this lovely ceremony: worship. Read John 12:1–8. When and where did these events occur, and what previously took place there (see v. 1)?
- b. Describe how Mary attended the Lord's feet (see v. 3).
- c. Explain how Judas responded to this action (see vv. 4–6).
- d. How did the Lord respond, and how would this have made the others feel (see vv. 7–8)?
8. Today we see that Peter misunderstood the Lord's intent. But Peter is not the only biblical person to question God.
- a. Use a Bible concordance to search for various forms of the



Learn about ...

2 FOOT WASHING

Washing feet was an expression of hospitality extended to guests in Bible times. People traveling dusty roads in Palestine needed to wash their feet for comfort and cleanliness. The lowliest servant in the household generally performed this task. Guests could also be offered water and vessels for washing their own feet.¹

5 FOOT CLEANSING

This foot washing can also be seen as a ritual known as ablu­tion, meaning to cleanse ceremonially as a rite of purification. It served a fourfold purpose: 1) to initiate into a higher condition; 2) to prepare for a special act of religious service; 3) to purify from defilement; 4) to declare freedom from guilt.

6 FOOT SOLDIER

The word *part* in the original language means division, share, or portion. It carries the idea of "participation" as in having a share in someone or something. Jesus was warning Peter that if he did not receive this ceremonial ablu­tion, he would not become "part and parcel" with the Lord.



Learn about ...

7 FOOT BALM

Spikenard was one of the most valued aromatics known to the ancients, with the exception perhaps of saffron. It was very costly since it was obtained by foreign commerce from distant countries such as Persia, Africa, and India. Often it was shipped in expensive alabaster containers.²

8 FOOT IN MOUTH

Peter often put his foot in his mouth by speaking before thinking. Beware! If you don't control your tongue, it can burn others and backfire to burn you: "The tongue is a fire, a world of iniquity.... It defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell" (James 3:6).

words "question," "doubt," or "ask" and describe another person from Scripture who doubted the Lord. Include the biblical reference.

b. Now describe a time when you did the very same thing. What were the circumstances? How did the Lord correct you?

9. Jesus warned Peter that to abstain from this ceremonial foot washing was to reject communion with Him. Which of the following spiritual disciplines are you neglecting? Next to the box, describe how you will reengage with the Lord.

- Baptism
- Communion
- Fellowship
- Intercession
- Repentance
- Worship
- Prayer
- Bible study

10. Journal a prayer asking God to forgive you for your carelessness. Then reaffirm your allegiance to Him.

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Did you know that there are laws both past and present concerning your bathing habits? In 1842, the first bathtub was denounced publicly as a "luxurious and democratic vanity." The city of Boston made it unlawful to bathe except by doctor's prescription. In 1843, Philadelphia made bathing illegal between November 1 and March 15. In Kansas, it was once illegal to swim with a polka-dotted bathing suit before noon. To

this day unusual bathing laws are on the books in many U.S. cities. For instance, in Albuquerque, New Mexico, you can bathe publicly, but in Asheville, North Carolina, you cannot. If you move to Kentucky, the law mandates that people must bathe at least once per year. If you've ever raised a preadolescent boy, you can understand why mandated bathing is important.

Would it surprise you to know that the Bible had bathing laws too? Apparently it was legal to bathe publicly in Egypt, as the pharaoh's daughter did when she discovered baby Moses. Bathing was required by God's law for purification from uncleanness of any kind, such as leprosy (see Lev. 15) or betrothal (see Ruth 3:3). The high priest underwent ritual cleansing on the Day of Atonement before dressing in his holy garments.

In the next few verses, Jesus will reveal the full symbolism behind washing the disciples' feet. However, the interesting fact is that Jesus knew His disciples needed cleansing. He didn't mandate it with a law but enforced it by warning them that to avoid this bath was tantamount to rejecting the Lord. It's astounding that Jesus washed Judas's feet, though his heart was tainted and may never be cleansed. Sadly, taking a bath cannot cleanse a heart.

Listen to ...

A closed mouth gathers no foot.

—*Unknown*

DAY 3

Changing Minds

How often do you change your mind? Howard Gardner explains in his book *Changing Minds: The Art and Science of Changing Our Own and Other People's Minds* that “people underestimate how difficult it is to change minds. When you're little, your mind changes pretty readily, even if nobody pushes it. We are natural mind-changing entities until we are ten or so. But as we get older and have acquired more formal and informal knowledge, then it's very, very hard to change our minds.”³

Minor issues are not where folks become close-minded, like whether dinner is served at six or seven. But try to get people to alter their thoughts on major issues, such as their worldviews, life's goals, or belief systems, and their brains cling tenaciously to the status quo. By the time we're adults, our way of thinking works for us largely because the neural pathways in our brains become set.

Perhaps this phenomenon explains why the odds of a person becoming a Christian as they age decrease precipitously. In fact, a senior citizen who converts to Christianity is a statistical miracle! Throughout His ministry, Jesus' mission was to change minds and hearts. The religious leaders whose neural pathways were set in stone proved to be His greatest challenge. Although His disciples had mind-changing experiences, they still possessed vestiges of stinking thinking. During the Upper Room Discourse, Jesus sought to revolutionize their concepts of love, unity, and His deity. Peter, specifically, would have to surrender his misconceptions of an austere, aloof God for one who was humble and meek. He would have to learn that Jesus was fully God and fully man willing to wash His disciples' feet.

Lift up ...

I confess that my thoughts are not Your thoughts. I'm certain there are many areas where I could use a change of mind. Lord, I surrender my thoughts to You. Please transform me and renew my mind. Amen.