

## Washing the Feet of His Disciples: A Lesson in Humility

In today's often-times self-absorbed world, a healthy dose of humility – *a modest or low view of one's own importance* is much needed.

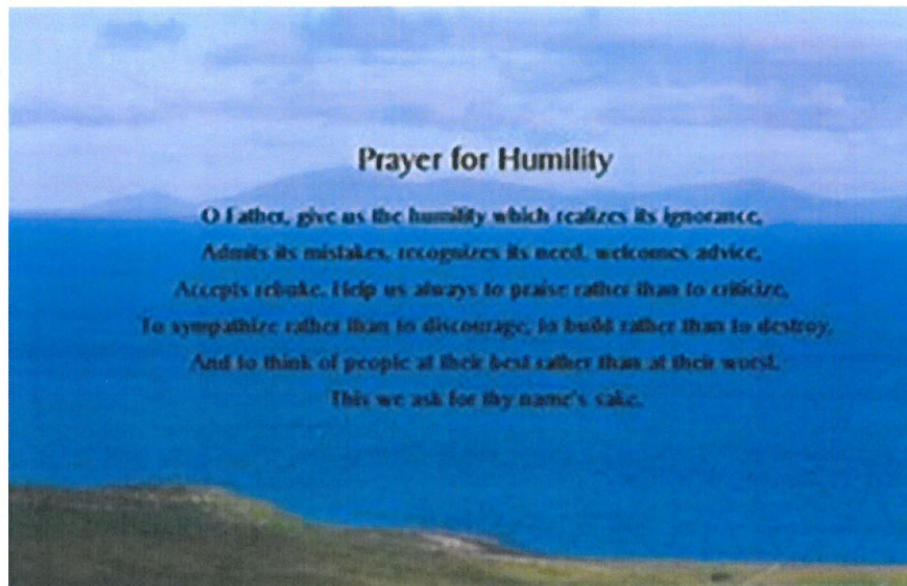
As we continue on our Lenten journey, and we begin to prepare for Holy Week, the parable about Jesus Washing the Feet of His Disciples (John 13: 1-17) is a lesson in just that – humility. The story takes place prior to the Last Supper, and Jesus knows that his hour is near. After removing his outer garments, Jesus took a towel, tied it around his waist, poured water into a basin and he began to wash the disciples' feet. He then dried them with the towel. Upon finishing, he asked the disciples, "Do you realize what I have done for you? You call me 'teacher' and 'master,' and rightly so, for indeed I am. If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do." This act was the ultimate display of Jesus' humility and servanthood.

What steps and actions might we take to live out this parable?

**Lead by Example:** We are called to lead by example – as parents, are we exhibiting behavior we would like our children to witness? When driving, are we courteous to other drivers, allowing enough distance, refraining from unnecessary honking? Do we acknowledge and interact with people that do not

look like us, who may not dress like we do or have the same faith background? The environment in which we are raised has a strong impact on who we become as adults. This Lenten season is a good time to reflect on your own biases and what actions you might take to overcome.

**Prayer:** If we desire to be humble, we need to ask God every day for this virtue – nothing comes without asking.



As St. John Vianney teaches, "We should daily ask God with our whole hearts for humility, for the grace to know that we are nothing of ourselves, and that our corporal as well as our spiritual welfare proceeds from him alone."

**Others First:** Think better of others than of yourself. In our careers and in the professional world, are we stepping on others to reach the top? Do

we belittle or minimize contributions from others in an effort to raise our profile? Do we listen to new ideas or are we too busy pushing our own agenda? Perhaps we are content with "what we've always done" and dismiss ideas too quickly. This is a good opportunity to evaluate behaviors and write down a few ideas on how you can lift someone up rather than tearing them down. This exercise is valuable in both your personal and professional relationships.

Written by Bernadette Lawson, a member of our Stewardship Committee

Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist, there cannot be any other virtue except in mere appearance.

—St. Augustine