



## *Online Stations*

*You are welcome to use any or all of the following activities to guide your reflection this evening. Instructions are followed by a couple of tools that you may want to print prior to the service for your participation. You can also use them on your screen.*

### *Prayers of the People*

While we might not be washing each other's feet tonight, we can hold each other's burden and wash each other clean using the posture of prayer. **Leave your prayer request in the comments of the online service and read someone else's. Spend a few minutes in prayer and pray for the request as you remember through the weekend.**

### *Finger Labyrinth*

As the disciples sat to have Jesus wash their feet they removed their shoes. This act can be vulnerable and intimate. What does it feel like to remove your shoes for a sacred moment with Christ? In what ways might Jesus be washing you clean? **Remove your shoes and reflect as you walk around your space or run your finger across the labyrinth.**

### *Visio Divina*

It is striking to know that Judas was among the disciples as Jesus washed their feet and shared a meal. It can be easy for us to decide who is worthy of Christ's love or an invitation to the table. Maybe you don't feel worthy yourself. But Jesus ties a towel around his waist and kneels down even before his enemy. **Take a few minutes to reflect on the images of Jesus washing the feet of people of different circumstances and character. Is there one that stands out to you? Reflect on this image and ask yourself what it reveals to you about the character of Jesus and about yourself.**



Finger Labyrinth

