

After Jesus had washed his disciples feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you.

Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.⁶²

1. Desire **I hold my body in a bow – symbol of Service.**

I hold my body in a humble bow, symbol of surrender, reverence and service. Holding this gesture, I consider who I serve now, and who I would like to serve. I reflect on the meaning and joy service gives to my life. I open myself to the Spirit of Service.

I ask the Spirit for the gift of to offer generous service.

2. Relish **Today I live in the Serving Trinity.**

I imagine I am surrounded in a circle by the Serving Trinity. Father, Jesus and Spirit, address me by name, saying, 'I serve you daily. Help me to serve others.'

Unsure how I can serve others when I have so little, or over-extended with so little energy, or when I already have too any competing demands, I sit humbly, awhile, with my desire to serve, in the mystery of the Serving Trinity.

I relish being of service.

3. Serve **I breathe in the Spirit of Service.**

I imagine and feel the Spirit of Service and generosity into me.

I breathe it in deep, wait, then breathe it out through my desire to serve. I repeat as desired – breathing, generous, ready to serve.

I conclude giving thanks, looking forward to humble service of others.

PRAYER TIME: 10 minutes.

⁶² Jn 13:12-17