



Following in the footsteps of Christ

Leader's guide

Aim of session:

- Consider what Jesus would do to help those in need, and how we can follow in his footsteps.

What you will need:

- *Following in the footsteps of Christ* worksheet (1 copy per child)
- Copy of scripture: John 13: 1-15 (Ideally, the Children's Bible)
- Pens and pencils

Procedure:

Start the meeting with the opening prayer from the handbook. Invite the children to read the story of Jesus washing his disciples' feet as today's reflection – John 13: 1-15.

Some things to think about and discuss:

- *Why did Jesus wash his disciples' feet?* In these times, the washing of guests' feet was usually carried out by servants, but Jesus wanted to show his disciples that we should serve each other and not think of themselves as greater than others.
- *Why didn't he ask a servant to do this?* Because he wanted to set an example to his friends.
- *How do you think they felt?* Shocked. This isn't what they were used to.

Activity

As a group, or in small groups, write down what groups of people might need help in your community and talk about what Jesus would do if he were here today in person. Remind the children that we are showing Jesus to others in the act of kindness we do. We are walking in the footsteps of Christ.



St Vincent
de Paul Society

England and Wales

Turning Concern into Action

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Give out the worksheet to each Mini Vinnie. They can write some ideas down for each place they identified and share these with the group.

Before the end of the meeting, as a group, decide what their first call to action will be from their list. Discuss how and when you will take that action, and don't forget to report back at your next meeting.

Close the meeting with a prayer. Why not focus on help in reaching out to those in need?

(From the Mini Vinnies' Prayer Book, p. 44)

Holy Spirit, be with us as we reach out to those in need. Father, we can do nothing without you, so be in our hearts, minds, words and actions this day. Lord, help us to recognise you in the people we help and in those we meet. Amen.



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“ I, your Lord and Teacher, have washed your feet. So you also should wash each other's feet. I did this as an example for you. So you should do as I have done for you. ”



Think about the 5 places where your help might be needed. What would Jesus do to help? Write your ideas in the footprints below.

Think



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