

Meditative reflection

A disciple's experience

He stooped low, and I almost could not bear it. The Lord of heaven and earth at my feet, the hands that shaped the stars cupping dust and dirt.

The water was cool, the towel rough, but his touch – gentle, steady – unveiled a truth I had never known: that greatness kneels, that glory bends, that love takes the lowest place.

I wanted to cry out, “No, not you, Lord!” But his eyes silenced my pride. And so I yielded, awkward, trembling, and let him serve me.

From that night on, I have carried the basin in my soul. When I lift bread to the hungry, I hear the splash of water. When I bind the wounds of the broken, I feel again the towel in his hands. When anger burns and I long to turn away, I see his face bent low, washing even the betrayer's feet.

And I know—to follow him is to kneel. To live in him is to serve. To love with him is to pour yourself out, like water spilled upon the ground, like a life offered freely.

All my days since then have been an echo of that night: my Master bending low, my heart remade, my life at the basin.

So I say to you— take up the towel. Do not fear the lowest place. It is there, on your knees, that you will find him still.

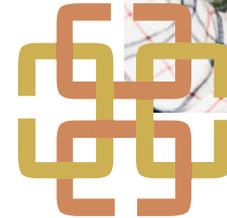
Closing Prayer

Servant Christ,
At your table no one is forgotten,
At your feast no one
is turned away.
Give us grace to welcome,
courage to serve,
And joy in sharing your abundance,
Until all are gathered
and the banquet is full.
Amen.



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Photo: Nina Zeynep Cütiler



HeartBeat

A Seat At The Table

Sunday 24th of August

Lectionary Reading:

Luke 22:24–30 | John 13:1–17

Opening Prayer

Christ our host and servant,
You call us to your
table of abundance,
You kneel to wash our feet,
You break bread
and share the cup.
Teach us to welcome
one another
as you welcome us:
with love, humility, and joy.
Amen.

Icebreaker

In a sentence or two share with the group a memory of having a meal or coffee with someone.

Wonderings

- I wonder what the phrase “a seat at the table” means to you.

Reading One: Luke 22:24–30

(Invite someone to read slowly. Pause in silence.)

A dispute also arose among them as to which one of them was to be regarded as the greatest... But Jesus said, “I am among you as one who serves.”

Question:

Share in twos a word, phrase or image that was important to you as you listened to the reading. Then, if appropriate, share this information with the whole group.

Two different accounts of the same meal

Reading Two: John 13:1–17

(Invite another person to read aloud.)

Reading Three : Luke 22 : 1-28

(Invite another person to read aloud.)

Compare and contrast

In small groups spend time thinking about the similarities and differences between these two accounts

Make short bullet points....which may be helpful

Question for discussion

Comparing Luke and John: What difference does it make that Luke tells this as a teaching, while John tells it as a physical action?

Wonderings

- I wonder which part of these two readings (Luke’s words or John’s actions) speaks to you more strongly — and why.

Reflection

Luke gives us an argument at the table: the disciples still want to know who is the greatest. Jesus interrupts their ambitions with a startling statement: “I am among you as one who serves.”

John gives us the same moment in a different frame. Instead of only words, Jesus acts it out: he takes a towel, pours water, kneels, and washes the disciples’ dusty feet. The host becomes the servant.

In both tellings, the message is clear. The kingdom table is not like the tables of empire. Power is redefined. Greatness is found not in prestige or control but in love that stoops low, in service that makes space for others.

Our challenge is to notice the tables we sit at — in church, community, and the world — and to ask: do they mirror the tables of empire or the table of Christ?

Wondering Questions

- I wonder who in our communities has been given a seat at the table but not a voice.
- I wonder what it feels like to imagine Jesus kneeling to wash your feet.

Conversation Prompts

1. The Church’s Table: How does the Eucharist embody Jesus’ words, “I am among you as one who serves”?
2. Servanthood and Power: What would it look like for our leadership, families, and communities to be reshaped by Christ’s vision of servanthood?