

COUPLES RETREAT

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CALIFORNIA

Washing One Another's Feet!?

Are you kidding me?! "Wait a minute", Peter replied "Lord, you will never wash my feet" John 13:8.

I believe Peter was in absolute shock that Christ would do so a minimal task that was delegated to a servant or slave of a household. How could their leader, the Messiah, the one that came from God get that personal and close up to stinky and dusted feet? Or perhaps we could ask why?

I read in the International Standard Bible Encyclopedia "it was said Jesus' act of humility, actually cleansed the disciples' hearts of selfish ambition, killed their pride and taught them the lesson of love."

Can you think of ways in your marriage where you can have ample opportunities to "wash one another's feet"? I hope you'll continue to read how this "serving with the right attitude" isn't just reserved for church services but in our marriages as well.



A Word from the Directors

We should be searching for ways to serve our spouse. Each day presents to us opportunities to serve. Let's seek those out and serve with joy! Jesus said "I didn't come to be served but to serve". So, let's begin today praying, "Lord give me a servants heart toward my spouse".

"How Can I Wash My Spouses Feet?"



There are ways to wash one another's feet without actually touching any tootsies. And here's a few to get you started.

1. Becoming a selfless spouse! In other words put his/her desires before your own. Philippians 2:4 reads "don't look out only for your own interests, but take an interest in others, too."
 2. Create memories by doing things your spouse loves to do-even when it's an activity you don't enjoy. Don't concentrate on the activity itself but focus on the bond that grows out of sharing the experience with your spouse.
 3. Honor and Adore. Do one thing each day to show your spouse honor or adoration. Leave notes, speak highly of your spouse in front of others, especially your kids.
 4. You can try your spouses solution to a problem instead of insisting on your way.
 5. You can listen respectfully if you mess up.
 6. With a servants heart do the dishes even if it's not "your turn".
 7. You can be the one to get out of bed at night with the sick child and clean up the vomit.
- Taken from — www.focusonthefamily.com
"Becoming A Selfless Spouse" by Joshua Straub

