

Showing Humility and Service

A Reflection on John 13:1-15 Jesus Washes His Disciples' Feet

Praise be the Incarnate Word! "I have set you an example that you should do as I have done for you (John 13:15)." Our Father was clear on His expectations of how we should conduct ourselves as Christians.

This reading tells the story of Jesus washing his disciples' feet during the last supper. The meal was already in progress and knowing that He was to return to God, Jesus taught through action in this act of humility and service. This act teaches us how to love, how to worship, and how to have respectful encounters.

I have seen the countless ways our University of the Incarnate Word community lives the mission through acts of kindness. Many individuals take the charism of the sisters into their communities to bring healing, hope, and light to the darkness. I am humbled that at a moment of uncertainty, rapid change, and social distancing, our community continues to lead by example and symbolically washing the feet of others.

This health crisis has posed many challenges yet has also presented many opportunities. The opportunity to rethink how we engage in service and in acts of humility, and how we continue to build and share our faith in an ever-evolving climate. It has shed light on the act of intentionality. Being mindful of how we use and share resources, intentional about how we maintain the value of human connection, and grateful for those that risk their own health to save others.

Towards the end, Jesus stated, "You do not realize now what I am doing, but later you will understand." As His sacrifice was looming, Jesus showed His disciples what it meant to be Christian. In these difficult times, we must continue to wash the feet of others and show the world what it means for the Word to become flesh.

By Dr. Trinidad Macias