

Time for Supper

A. Mother Whistling

- ✓ (Whistle example)
- ✓ It was a sound my older sister and I first learned to pay attention to
- ✓ When we heard it, we stopped playing with our neighbor friends and headed home
- ✓ We also learned not to play outside the range of that whistle
- ✓ It was our mother whistling, and it meant?
- ✓ Time for supper

B. Passover Supper

- ✓ One of the most sacred meals in the Jewish calendar is the Passover meal
- ✓ And it is known as an evening meal
- ✓ Way back when Moses was first instructed by God
- ✓ It was the meal that signaled the beginning of the last plague—the death of the firstborn
- ✓ With the pet lamb slain, it's flesh roasted, it's blood resting freshly applied to each Israelite home's door top and side panels
- ✓ The death angel coming that night would "Passover" those home with the blood applied
- ✓ The family sat down with outer coats on and shoes tied and ate the unleavened bread, bitter herbs and lamb
- ✓ Outer coats on and shoes tied—because the Israelites would leave Egypt before the sun came up
- ✓ The lamb, the blood, the deliverance—all pointed to *the* Lamb

C. Jesus Changes Everything

- ✓ So, Jesus, on the night before He would give up His life—changes *everything*
- ✓ He *is* the Lamb
- ✓ The Lamb all other lambs had died to point to...
- ✓ Conquering King Jesus would defeat sin and its author by becoming sin for us!

D. Followers are Arguing and Hagglng

- ✓ That Passover Meal, when Jesus walked into the room—there was a buzzing sound
- ✓ No, there were no bees building a hive in the corner of a nearby window
- ✓ It was the disciples, arguing, haggling with each other
- ✓ Trying to determine who was the greatest, the top and most popular disciple, please!
- ✓ So Jesus very quietly turns the hired servant away to have an early night off
- ✓ He picks up the water jug—gathers the towel and fills a basin and goes about washing his disciples feet

E. Disciples quit for now their jockeying

- ✓ Those feet stop for a few moments trying to step over the other feet
- ✓ Those mouths and their tongues stop as well
- ✓ Their feet are cleaned—even Judas' pair
- ✓ Imagine that—cleaning the feet of His betrayer
- ✓ But Jesus would add, "Not all of you are clean."
- ✓ If Jesus were to wash your feet or mine, what sin, what cherished offense might we be hiding?
- ✓ You see Judas' sin was one he intended to commit
- ✓ Peter's was a sin he did realize he was capable of committing
- ✓ One refused to believe in Him, the other could do nothing but believe in Him

F. Why we wash feet

- ✓ Here is why we wash feet before taking part in body and blood of Jesus
- ✓ We are answering the call, it's time for supper
- ✓ What do we usually do before we sit down for a meal?
- ✓ Wash up, wash our hands
- ✓ But our feet, in this case is what we wash
- ✓ Because Jesus said, as He sat down after washing all 24 feet—I have given you an example to follow—you ought to wash each other's feet

G. Areas to participate here at Valley

- ✓ We have three venues to wash feet here at Valley

- ✓ Out these back doors of the sanctuary and to the right:
 - a. Ladies will take part in the last two rooms on the left
 - b. Men will take part in the second room on the left (Library)
 - ✓ Out these back doors of the sanctuary and to the left:
 - a. Families, couples, may take part in the fellowship hall
 - ✓ There may be those for whatever reason, who prefer to remain here in the sanctuary during foot washing
 - ✓ We, as Seventh-day Adventist believe in open communion and are blessed that you are here
 - ✓ Please stay by for the service to follow
 - ✓ Thank you
- F. Prayer-** Jesus, thank you for changing everything and giving us your example—meet with us here *and* as we go to wash each other’s feet. Meet with us so that we may today say, “I believe in You, Jesus.” AMEN

Where burdens are lifted

A. A very narrow and difficult road made easy

- ✓ Jesus, in His Sermon on the Mount, shared these words
- ✓ TEXT: Matthew 7:13,14 READ

“You can enter God’s Kingdom only through the narrow gate. The highway to hell is broad, and its gate is wide for the many who choose that way. But the gateway to life is very narrow and the road is difficult and only a few ever find it.”

- ✓ How is it then that the *same* Jesus says a while later these words over in Matthew as well?
- ✓ TEXT: Matthew 11:28-30 READ

“...Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear and the burden I give you is light.”

- ✓ How can a very narrow and difficult road with a narrow gate be made easy?
- ✓ The *same* Jesus said both things
- ✓ And that’s right and that point right there provides the answer
- ✓ Surely obedience to God’s law is required to stay on the straight and narrow
- ✓ But the same Jesus who embodies the law, will be the same Jesus who promises to give you and me rest
- ✓ And Jesus’ rest is like no other—His yoke is easy and His burden light
- ✓ You and I say, “I can’t do it. I can’t stay on that narrow road.”
- ✓ So Jesus is saying, “Come to me”

B. Lifting a burden *together*

- ✓ I was working my first job away from home
- ✓ It was a job I had never done before
- ✓ I was working on a dairy farm
- ✓ I woke up each morning at 3:30!
- ✓ And road on the back of a pick-up down to the farm in late October in Nebraska
- ✓ That was a burden for a “city boy”
- ✓ Turned the light on in the changing room and the floor was crawling with cockroaches
- ✓ Changing into my milking clothes and boots with those cockroaches staring at me from underneath the lockers
- ✓ I’m talking about lifting burdens you’ve never faced before
- ✓ Burdens that stand you up and make you ask—“Who am I? Why am I here?”

C. Jesus’ Disciples then, Us now...

- ✓ There’s only one difference between Jesus’ disciples back then and you and me now
- ✓ The type of clothes we wear
- ✓ That’s it—we face the same long list of things we must do and do right
- ✓ And we can’t get even half of those things right half of the time
- ✓ Same with the disciples then, same with us modern day disciples
- ✓ Burdens have always existed—and the narrow road and gate have always existed too
- ✓ How do we get through? How can we succeed and experience victory?
- ✓ Where are burdens *truly* lifted?
- ✓ I will tell you where burdens are lifted

D. Lifting the right burdens

- ✓ Burdens are lifted at the Cross of Jesus
- ✓ Now watch—what did Jesus show us by laying down on that rough wood and being crucified?
- ✓ What burdens did He take Himself in order to do that?
- ✓ He answers that question with His own words there in Matthew 11:29

“I am humble and gentle at heart.”

- ✓ Those two words are themselves Jesus’ yoke
- ✓ Be humble and meek (gentle)

- ✓ Want to find rest for your souls?
- ✓ Take Jesus approach at the Cross and make it your approach to the narrow road and gate
- ✓ Let me save you a whole lot of fuss and heartache
- ✓ There's no other way that will work
- ✓ Where burdens are lifted is the way of Jesus at the Cross

E. Feet of Jesus

- ✓ From small child, youth to grown adult, all can find peace and freedom at Jesus' feet
- ✓ In a few moments we will take to our lips the bread and the juice
- ✓ Jesus once said, "...**anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day.**" (John 6:54 NLT)
- ✓ Do you believe? Do you believe Jesus is *who* must enter your being and lift you up?
- ✓ Do you believe in Jesus as the living bread, the life-giving blood is what makes your yoke easy and your burden light?

F. See His hand—take it

- ✓ There's a hand right now reaching down
- ✓ Why not, with your own, reach out and take *His hand*...