



Sermon  
Discussion  
Guide

Sunday, March 8, 2026

## Body of Christ - Anatomy of Redemption

### The Hands of Christ

#### Read/Reflect

1. Read John 13:1-17. John says Jesus “loved his own... and loved them to the end.” What do you think love looked like in the moment of washing feet? How have you experienced this kind of self-giving love from Christ?

#### Explore

2. The disciples failed to serve Jesus because they were preoccupied with themselves. In what ways do our own preoccupations keep us from receiving Jesus’ love?
3. Peter resists Jesus—first refusing to be washed, then overcorrecting. Where do you see similar patterns in your own walk with Christ (resisting, then trying to take control)? What makes surrendering to Jesus difficult for you personally? What do you fear losing?
4. How does seeing Jesus—the one with “all power”—kneeling in service reshape our understanding of true authority?
5. How does knowing that Jesus blesses us with *wounded* hands shape your understanding of God’s love?
6. What practices help you regularly place your life “into the hands of Jesus”?
7. What might your hands look like if they truly became more like the hands of Christ—hands that love, surrender, and bless?

#### Pray

- Picture Jesus’ hands—strong, gentle, pierced—and place the concerns of your heart into His hands.
- Pray simple prayers of thanks for Christ’s sacrifice, for his faithful holding, and for moments when his love has met you in suffering.
- As Jesus holds you in his crucified hands, pray that your own cruciform hands may bless others with his love.