

20. The Last Supper

MEMORY VERSE: “For I have given you an example, that you should do as I have done to you.” John 13:15

SUNDAY


1 Thirteen people gathered around a table in an upstairs room of a home in Jerusalem. They were there to eat a special meal that the Israelites celebrated every year. Who were the people? Why was the meal special? **Luke 22:8–14.**

The first Passover supper had been many hundreds of years before on the night that God freed the Israelites from being slaves to the cruel Egyptians. That night, the death angel “passed over” the homes of the Israelites, because they had sprinkled the blood of the Passover lamb on the door frames of their homes. Their first-born children were safe.

But the oldest child in every Egyptian home that didn’t have the blood on the door frames died that night. **Exodus 12:23.**

On that night so long ago, every Israelite family was ready to leave Egypt. They had sandals on their feet, and they hurried as they ate the Passover meal. But everything was very different by the time Jesus and the disciples celebrated the Passover. They ate without having to hurry. They weren’t in danger like the Israelites were that long-ago night in Egypt.

Always before, Passover feasts had been special times for Jesus and His disciples, because they could quietly talk together without many other people listening. But this time was different. Jesus was sad and troubled about something.

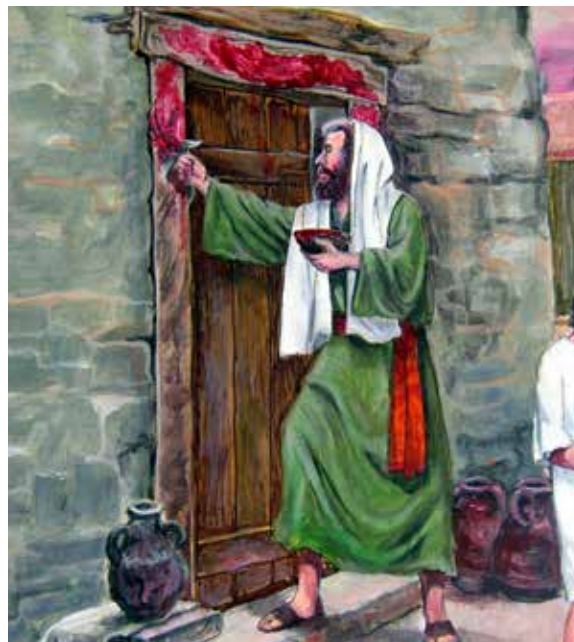
 **THINK:** What were the disciples still thinking that Jesus would do? How were they still feeling toward each other?

MONDAY

2 Jesus and His disciples were ready to eat the Passover supper. But they weren’t really ready. Besides still thinking that Jesus would soon become king, they were still jealous of each other. They had hurried to get the best places at the table. Judas managed to be at Jesus’ left; John was on His right. No wonder Jesus was sad! **Luke 22:24.**


It was the custom for a servant to wash the feet of those at a special supper. The basin, the water, and the towel were ready; but there was no servant. And not one of the disciples was willing to do a servant’s job.

Jesus waited, but the disciples acted as if there were nothing for them to do. Finally, Jesus quietly got up and took off His outer robe so it wouldn’t be in His way. He put the towel around His waist, and He poured water into the basin. Then He went to Judas and washed his



feet first. **John 13:3–5.**

Can you imagine how quickly the feelings of those disciples changed? They suddenly saw how proud and mean they were, and that one of them should have offered to do the servant’s work. Now Jesus, the Son of God, was being like a servant. The Creator of the whole universe was washing their dirty feet!

 **THINK:** How would you have felt if you had been one of those disciples? How did they need to change? Do you think that what Jesus did was better than if He had scolded them for being proud? Why?

TUESDAY

3 The disciples had come to the Passover meal feeling proud, angry, and jealous. But that suddenly changed when Jesus began washing their feet. And He washed Judas' feet first, even though He knew that Judas had already gone to the priests and rulers twice, and had agreed to help them find a way to take Jesus by force.

For a few seconds, Jesus' tender love melted Judas' heart. He almost told Jesus what he had done. But then he quickly changed his mind and let his pride keep him from admitting his terrible sin.

The disciples were all shocked at what Jesus was doing. When it was Peter's turn for Jesus to wash his feet, he probably pulled them away. What did he say, and how did Jesus answer him? **John 13:6–9.**



Peter loved Jesus. But he didn't know how weak he was, and that there were many things about him that needed to be changed. Also, he didn't understand that he couldn't change by himself.

Jesus explained that being baptized was like taking a bath. We don't need to be baptized again every time we do something wrong. The foot-washing at our communion services is like a little baptism. Also, if there are things that we need to make right with others, we should do it. Jesus forgives us as we forgive each other.

Jesus' washing the disciples' feet teaches us a very important lesson

about being humble and having clean hearts. And all but one of His disciples were truly sorry for their wrong feelings about each other. **Verses 10–15.**



THINK: *Is it natural to be selfish and proud? Can you think of times when others have done things that you should have done? Have you ever treated your mother like a servant? How?*

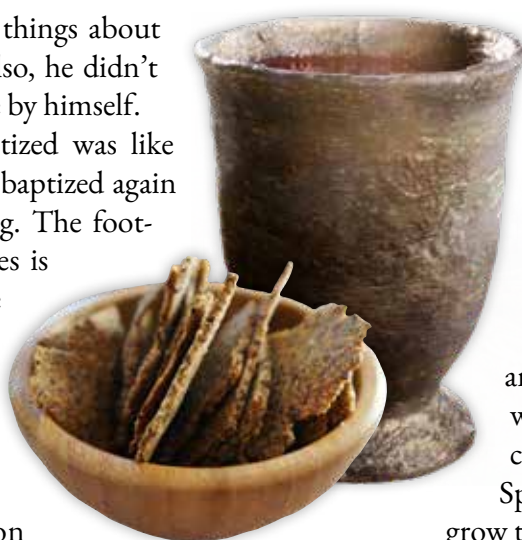
WEDNESDAY

4 Jesus had just washed the feet of His disciples at their Passover supper. And the very next day He would be the Passover Lamb that would die to save us.

But Jesus wasn't thinking about Himself; He was thinking of His dear disciples. They didn't know that the Passover they were celebrating that night would be the last one that would have any meaning. After Jesus' death, the Passover would not be needed to remind people that the Messiah would come and die.

Instead, Jesus started a new ceremony to take the place of the Passover. It is a new way to remind us that He has come and died for us, and that He will come back to take us to His Father's kingdom. The first part of the new ceremony is the part in which we wash each other's feet. The next part is the Communion Service, or the Lord's Supper, and Jesus told its meaning in **Matthew 26:26–29.**

The pure grape juice reminds us of Jesus' life-blood that He gave to save us. Only because He did that is it possible for our sins to be forgiven. He took the terrible punishment that we deserve, so we can be saved.



The bread is to remind us of His body, in which He carried our sins to the cross. There He was broken, or crucified, for us. The bread is made without any yeast, because yeast represents sin. **1 Peter 2:24; 1 Corinthians 11:23, 24.**

Jesus is the bread of life, and His life is in His Word. As we study His Word, and as we copy His perfect life, the Holy Spirit changes us and helps us grow to be like Him. **John 6:35, 63.**



THINK: *Jesus loves children just as much as He loves grownups. He is very happy when they become part of His church family. Then they may take part in the new ceremonies that He taught the disciples that night. Tell in your own words the meanings of the things we do in these ceremonies.*

THURSDAY

Jesus had just taught His disciples a new ceremony that would take the place of the Pass-over. Judas, along with the others, had taken the grape juice and bread. But he was thinking terrible thoughts. Jesus had said that not all the disciples were “clean,” so Judas could tell that Jesus knew what he was planning to do.

Jesus loved Judas, and He longed for him to change before it would be too late. After Jesus explained about the grape juice and the bread, the disciples could tell that He was troubled. Everyone became quiet. Then Jesus said something that really shocked them. **Matthew 26:21.**

The disciples wondered why any of them would betray Jesus. But He had always spoken the truth, so they wanted to know who would do such a thing. **Verse 22.**

Peter felt that they must know which of them Jesus was talking about, so he motioned to John to ask Jesus. **John 13:22–26.**

Judas took the food that Jesus handed him and ate it, but he hadn’t heard what Jesus said to John. He had kept quiet as the others had each asked, “Is it I?” But as the disciples looked at him, what did Judas do, and how did Jesus answer him? **Matthew 26:25.**

By His answer to Judas’ question, Jesus showed that He knew he planned to betray Him. That gave Judas one more chance to repent and confess his wrong. It still wasn’t too late.



THINK: *Why should we always listen to the Holy Spirit when He reminds us that what we are doing is wrong? Did Judas suddenly become so wicked, or was it little by little?*

FRIDAY

Jesus had given Judas every possible chance to change. But each time, he had stubbornly refused. Now he made his final wrong choice. After giving that piece of food to Judas, what did Jesus say? **John 13:27.**

The other disciples still didn’t realize what was happening. **Verses 28–30.**

When Judas left, it was dark outside; but it was even darker in his mind. He had chosen darkness, and had turned away from Jesus’ light. He had no idea that he was living the last hours of his life. Before the next night, both he and Jesus would die.



Judas hurried away from the room to get ready to betray Jesus. The priests had already paid him thirty pieces of silver to do that. How sad that he loved money more than he loved Jesus!

Perhaps Judas thought that if Jesus was to be crucified anyway, no matter what he did, he might as well have the money that the priests and rulers had paid him.

But Judas was sure that Jesus would escape from His enemies, as He had so many times before. Then, he thought, Jesus would become king, and people would praise Judas for helping to make that happen. And he would still have the money that the priests had paid him.



THINK: *How do you feel about Judas? Can you name some things that some people love more than they love Jesus?*

FURTHER STUDY: Matthew 26:14–30; Mark 14:10–26; Luke 22:1–30; John 13:1–35; 14:1–31; *The Desire of Ages*, pp. 642–672; *The Bible Story*, vol. 8, pp. 147–154; vol. 9, pp. 55–69; *Children’s Century Classics*, vol. 5, pp. 132–134

Doctor Exercise

“God’s Eight Doctors Keep You Healthy and Happy” by Kymberlee Smith

Have you ever watched two puppies romping and playing together? When God created animals and people on the sixth day of creation week, He created them all for action. It is natural for animals to be active. God made them that way so they would grow and be healthy.

When God made Adam and Eve, He immediately gave them a job to do so they would get exercise. He told them to take care of their garden. And gardening is still a great, all-around exercise. If you feel lazy or tired, or if you can’t think, get some exercise; and your feelings will soon change.

Regular exercise...

- Helps build your 640 muscles and makes them stronger.
- Helps you digest your food better and stay at just the right weight.
- Strengthens your heart muscles. That means you won’t be as likely to have a heart attack.
- Helps you feel good, gives you more energy, and helps you learn better.
- Strengthens your 206 bones by helping them keep their calcium and other important minerals.
- Helps your immune system work better. That means you won’t get sick or have colds and flu as often.



•Helps your blood circulate better. Good health depends on our blood circulating well.

There are lots of great ways to get exercise, such as swimming, walking, yard work, bicycling, and gardening. The important thing to remember is that you need at least 30 minutes

of exercise every day. Besides that, there are lots of ways that you can get exercise in some of the normal things you do. Here are a few ideas: Take the stairs instead of the elevator. Offer to wash your car by hand instead of using a car wash.

Offer to vacuum the floor for your parents. Suggest a family walk in the evening for family time.

Fill in the blanks.	Word Bank
• Regular exercise gives you more _____.	Circulation
• Exercise helps your blood to _____ better.	Calcium
• Exercise helps keep you well by making your _____ system work better.	Energy
• Good health depends on good _____.	Immune
• Exercise strengthens your bones by helping them not to lose their _____.	Circulate