

Life Group Guide (2026-02-15)

To Be Like Jesus: The One Towel Challenge

Text: Luke 22:24–27; John 13:4–17

Theme: Towel Over Throne

Opening (10–15 Minutes)

Icebreaker Question:

- What's one act of service someone did for you that you've never forgotten? Why did it impact you?

Opening Prayer:

- Invite the Holy Spirit to examine hearts during this Lent season. Ask God to reveal where pride may be present and where He is inviting each person to “pick up a towel.”

Scripture Reading (10 Minutes)

Read aloud:

- Luke 22:24–27
- John 13:4–17

(Encourage different people to read portions.)

Context Reminder:

- This moment happens hours before the cross. While the disciples argue about greatness, Jesus picks up a towel.

Key Teaching Review (10 Minutes)

Summarize the main movements of the sermon:

- The disciples fought over the throne while the towel sat in the corner.
- Jesus redefined greatness through servanthood.
- The real dirt wasn't just on their feet — it was in their hearts.
- We are called to be gentle and humble (Matthew 11:29).
- The challenge: Pick ONE towel for 40 days (during the Lent season).

Core Phrase: **Towel over throne. Always.**

Discussion Questions (20–25 Minutes)

A. The Throne vs. The Towel

1. Why do you think the disciples argued about greatness right before the cross?
2. Where do you see “throne-seeking” show up in our culture? In the church?
3. In what ways are we tempted to fight for recognition instead of serving quietly?

B. Proud Hearts & Dirty Feet

4. Jesus said they were clean, except for their feet. What does that symbolize for us today?
5. Peter resisted being served. Why is it sometimes harder to receive service than to give it?
6. Have you ever missed a blessing because pride got in the way?

C. Gentle and Humble (Matthew 11:29)

7. Which word challenges you more right now: **gentle** or **humble**? Why?
8. The sermon described humility as:
 - Serving without announcement
 - Letting down your guard
 - Being inclusive, not selective

Which of these is hardest for you?

D. Consumer Church vs. Missional Church

9. What's the difference between "going to church" and "being the church"?
10. What shifts when we move from consuming to serving?

The One Towel Challenge (15 Minutes)

Take a few quiet minutes. Ask everyone to prayerfully consider:

- **Where is God asking me to pick up ONE towel for the next 40 days?**

Possible areas:

- Marriage or family
- Workplace
- Neighbourhood
- Serving the vulnerable
- Church ministry
- A difficult relationship
- Hidden acts of encouragement

Have each person share (if comfortable):

- What their "one towel" is
- One practical way they will live it out this week

Encourage specificity.

Example:

- Not: *"I'll serve more."*
- But: *"I will pray daily for my coworker and offer to help them finish reports each Friday."*

Accountability & Rhythm

Encourage the group to:

- Check in weekly about their towel.
- Follow the daily Lent devotionals.
- Remember: Sundays are celebration days.

Ask:

- How can we support each other in staying faithful to this commitment?

Prayer Time (10–15 Minutes)

Pray in three movements:

1. **Repentance** – For pride, comparison, ambition, and throne-seeking.
2. **Surrender** – “Jesus, make me gentle and humble.”
3. **Commissioning** – Pray over each person’s towel commitment.

Close with this declaration together:

“Jesus, as You have done for me, I will do for others.

Towel over throne. Always.”

Optional Leader Notes

- Keep discussion balanced — avoid turning it into a complaint session about church culture.
 - Gently redirect if someone begins defending pride rather than examining it.
 - Model vulnerability by sharing your own towel commitment.
 - Emphasize that serving flows from grace, not guilt.
 - Remind the group: The towel is not about earning salvation. It’s about reflecting Jesus.
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Final Encouragement

- When Jesus picked up a towel, it changed the world.
- What might happen if we do the same?
- This Lent season:
 - One towel.
 - Forty days.
 - Gentle and humble.
 - Like Jesus.