

John 13:10-17
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Recent headline that I saw:

International Day of Happiness: Just how happy are you?

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Have you ever thought about what truly makes you happy?

It is a question the **United Nations is asking us to think about**, because it has branded **Friday 20 March the International Day of Happiness**.

The pursuit of happiness is in fact a very serious business, with experts claiming that loneliness can be twice as deadly as obesity.

"I wish everyone around the world a very happy International Day of Happiness! The pursuit of happiness is serious business. Happiness for the entire human family is one of the main goals of the United Nations. "

Secretary-General Ban Ki-moon

The **International Day of Happiness** is celebrated throughout the world on the 20th of March. It was established by the [United Nations General Assembly](#) on 28 June 2012.

Secretary General Ban Ki-moon stated that the world "needs a **new economic paradigm** that recognizes the parity between **the three pillars of sustainable development. Social, economic and environmental well-being are indivisible. Together they define gross global happiness.**"

1988 there was a SONG that **was** making the rounds – and it is still making the rounds today!
"DON'T WORRY – BE HAPPY." GOOD ADVICE, BUT HOW?

IS THERE A PATH TO HAPPINESS? SHOULD CHRISTIANS EVEN BE CONCERNED WITH HAPPINESS? ISN'T "JOY" ENOUGH?

WOULDN'T YOU LIKE TO KNOW HOW TO LIVE LONGER, FEEL BETTER, BE HEALTHIER, AND IN GENERAL ENJOY LIFE MORE? NO - IT IS NOT A NEW FAD DIET OR DRUG. IN FACT, IT IS NOT "NEW" ANYTHING.

HOW TO BE "HAPPY"? ----- BE "USEFUL"! -

ACCORDING TO AN ARTICLE IN THE June - 88 **READERS DIGEST**, TITLED "**The Healing Power of Doing Good.**" . . .

"EXERCISE REGULARLY, FOLLOW A BALANCED DIET, AND DO SOMETHING NICE FOR SOMEONE. THAT'S THE ADVICE YOU MAY SOON GET FROM YOUR DOCTOR. AN EXPLOSION OF NEW RESEARCH IS POINTING TO THE BENEFITS OF ALTRUISM. (altruism = selfless concern for the welfare of others) . . . Researchers found that over a nine year period, a group of 7,000 people they studied, that those who were single, had few friends or relatives, and shunned community

organizations had **more than twice the mortality rate of others**. This was true regardless of race, income, physical activity or other life-style factors.

RESEARCHERS ARE ONLY NOW STARTING TO FIGURE OUT WHY SOCIAL INVOLVEMENT PROMOTES HEALTH AND WELL-BEING. The late Hans Selye, a pioneer in modern stress research, thought that by helping people you inspire their gratitude and affection, and the warmth that results somehow helps protect you from stress. That warm feeling may well come from ENDORPHINS - the brains natural tranquilizers. . .

Scientists are also finding that **GOOD DEEDS MAY BENEFIT YOUR IMMUNE SYSTEM**. The mind and immune system are intimately linked. Neural pathways connect the brain to the bone marrow and spleen, which produce cells needed to fight infection. Researchers have shown that white blood cells are exquisitely sensitive to NEUROPEPTIDES - chemicals produced by the brain. . . (Film of **Mother Teresa**, the embodiment of altruism . . . analysis of the students saliva revealed an increase in "**Immunoglobulin A**", an antibody that can help combat respiratory infections)

. . . **Dr. Ornish**, an internist at the University of California in San Francisco, **ENCOURAGES PATIENTS TO DO THINGS FOR OTHERS**. For example, he once asked two patients who disliked one another to do each other's laundry. SUCH SELFLESS ACTS, **ORNISH BELIEVES, PROMOTE HEALING.**" R/D.June - 88 "The Healing Power of Doing Good."

GOOD HEALTH AND LONG LIFE ARE CERTAINLY KEY INGREDIENTS TO HAVING A "HAPPY LIFE". ACCORDING TO THIS ARTICLE - RESEARCHERS ARE JUST BEGINNING TO DISCOVER THAT **THE WAY TO HAVE THESE THINGS IS NOT THROUGH SELFISHNESS - BUT RATHER THROUGH SELFLESSNESS. NOT LIVING FOR OURSELF, BUT LIVING OUR LIVES FOR THE BENEFIT OF OTHERS.**

A Couple OF Weeks Ago, While Driving Back From Atlanta I Heard Dave Barry, comedic writer, who has released a book called –

"Live Right and Find Happiness" subtitled – tongue in cheek "Although Beer Is Much Faster"

WHO WOULD HAVE EVER GUESSED THAT HAPPINESS COULD COME IN SUCH A WAY?

FOR THE STUDENT OF GOD'S WORD, THERE IS NO GUESS WORK - WE HAVE ALWAYS KNOWN THAT HAPPINESS COMES IN STRANGE PACKAGES!

I Peter 3:14 But and if ye **SUFFER** for righteousness' sake, **HAPPY ARE YE**: and be not afraid of their terror, neither be troubled;

I Peter 4:14 If ye be **REPROACHED** for the name of Christ, **HAPPY ARE YE**; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.

James 5:11 Behold, **WE COUNT THEM HAPPY WHICH ENDURE**. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.

SUFFERING, REPROACH AND ENDURING IN DIFFICULT TIMES ARE **THE PATHWAYS TO HAPPINESS!**

BUT HERE IS THE LATEST ONE - THE ONE THAT READERS DIGEST SPOKE OF in 1988 - THE ONE SURE FIRE ROAD TO HAPPINESS - JOHN 13.

READ **John 13:10-17**

John 13:17 IF YE KNOW THESE THINGS, HAPPY ARE YE IF YE DO THEM.

DO WHAT? WASH FEET ?

NEED TO UNDERSTAND A LITTLE BETTER THE **CONTEXT** OF **JOHN 13** – and for that purpose we need to look at some of the **PARALLEL PASSAGES** in the other Gospel accounts.

In **MATT. 20:20-24** = it is the **MOTHER** of Zebedee's children REQUEST FOR HER SONS TO BE GREATEST.

In **MARK 10:35-45** IT IS **JAMES** AND **JOHN** themselves WHO ASK TO BE THE GREATEST.

These are the same disciples who had stood with Jesus on the **Mount of Transfiguration**.

(**Peter** was the third disciple there)

WHAT WAS THE **PROBLEM**?

THE **PROBLEM** WAS THAT **CERTAIN DISCIPLES WERE LOOKING FOR HAPPINESS AND FULFILLMENT IN LIFE BY SEEKING A PLACE OF HONOR IN THE EYES OF MEN.** THIS ANGERED THE OTHER DISCIPLES. (*Possibly because they had not thought of it first !*)

LUKE 22:24-27 INDICATES THAT THE **MATTER OF THE DISPLEASURE OF THE OTHERS HAD CARRIED OVER INTO THE UPPER ROOM.**

Luke 22:24 And there was also a strife among them, which of them should be accounted the greatest.

25 And he said unto them, **The kings of the Gentiles exercise lordship over them; and they that exercise authority upon them are called benefactors.**

26 But ye *shall not be* so: but he that is greatest among you, let him be as the younger; and he that is chief, as he that doth serve.

27 For whether *is* greater, he that sitteth at meat, or he that serveth? *is* not he that sitteth at meat? **BUT I AM AMONG YOU AS HE THAT SERVETH.**

THIS IS **THE SITUATION** THAT WE FIND IN **JOHN 13**.

IN THE **FINAL HOURS** BEFORE THE CROSS, JESUS HAS SOME IMPORTANT MATTERS TO DISCUSS WITH HIS CLOSEST FOLLOWERS. BUT HE CANNOT COMMUNICATE SPIRITUAL TRUTH TO **CARNAL SELF-SEEKING HEARTS.**

HE MUST FIRST PURGE HIS DISCIPLES OF THE ATTITUDE OF PRIDE THAT SEEKS ONLY ITS OWN GOOD (AND **SECONDLY, LATER IN THE CHAPTER, HE MUST PURGE THE GROUP OF ONE WHO HAS NO PART WITH THEM.)**

LESSON OF HUMILITY IN **JOHN 13**. THE CONDESCENSION OF THE LORD OF GLORY TO THE POSITION OF HOUSEHOLD SERVANT.

REVIEW OF THE ACTIVITY PRECEDING **V. 12**. “So after he had washed their feet, and had taken his garments, and was set down again, he said unto them, **Know ye what I have done to you?** “

John 13:13 YE CALL ME **MASTER AND LORD**: AND YE SAY WELL; **FOR SO I AM**. If I then, your Lord and Master, have washed your feet; **YE ALSO OUGHT TO WASH ONE ANOTHER'S FEET**.

BY THIS SIMPLE YET STARTLING ACT OF SERVICE, HE HAD TURNED A COMPANY OF ANGRY, JEALOUS, SELF-SEEKING MEN INTO A BAND OF HUMBLED AND UNITED DISCIPLES.

JOHN AT LEAST SEEMS TO HAVE LEARNED WELL THIS LESSON.

"When John wrote his **GOSPEL** many years later, **HE NEVER MENTIONS HIS OWN NAME**.

Whenever he comes into the picture, he calls himself, "**THE DISCIPLE WHOM JESUS LOVED**."

In his **EPISTLES**, he calls himself, "**THE ELDER**"

and in the book of **REVELATION**, in addressing the churches, he says,

"**I JOHN, WHO ALSO AM YOUR BROTHER, AND COMPANION IN TRIBULATION, AND IN THE KINGDOM OF PATIENCE AND OF JESUS CHRIST.**"

HE USES NO HIGH-SOUNDING TITLES OR HIERARCHICAL PRETENSIONS. HE HAD LEARNED HIS LESSON OF TRUE HUMILITY." T. Earnest Wilson "*The Farewell Ministry of Christ*." p. 25.

Peter also learned a lesson in personal purity and the need for cleansing when communion is interrupted by sin.

"In his two epistles he uses the word "**holy and holiness**" many times.

In **I Peter 5:5** he exhorts us to be "**CLOTHED WITH HUMILITY**"

(The word "**clothed**" is the term used in **John 13:4-5** where the Lord "**girded**" Himself with the towel!) ." T. Earnest Wilson "*The Farewell Ministry of Christ*." p. 26-7

BUT JUST WHAT IS THIS **LESSON OF HUMILITY**? IT IS THE **LESSON OF FOOT WASHING!**

John 13:14 If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet.

WHAT DOES IT MEAN TO WASH THE DISCIPLES FEET ?

BASIN AND WATER *****

THE ORIGINAL MEANING OF THIS WORD "**OUGHT**" = "**TO OWE**" IT HAS TO DO WITH A "**MORAL OBLIGATION**" TO WASH ONE ANOTHERS FEET.

"**IT IS NOT THE ACT ITSELF BUT THE MORAL ESSENCE**, WHICH AFTER HIS EXAMPLE HE ENJOINS UPON THEM TO EXERCISE." *Expos. v. 1, p. 816.*

John 13:15 For I have given you **an example**, that ye should do **AS** I have done to you.

HE DID NOT SAY - "**DO WHAT** I HAVE DONE - BUT RATHER DO **AS** I HAVE DONE TO YOU.

IT IS AN EXAMPLE $\upsilon \pi \acute{o} \delta \epsilon \iota \gamma \mu \alpha$ "HUPODEIGMA" A "**PATTERN**" - From **G5263**; an exhibit for imitation or warning (figuratively *specimen, adumbration*): - en- (ex-) ample, **pattern**.

THIS IS THE TYPE OF THE RELATIONSHIPS THEY WERE TO MAINTAIN ONE WITH ANOTHER.

NOT "WHO IS # 1 BUT WHO MAY I SERVE TODAY!

THE "WASHING OF FEET" BECAME A **MARK OF IDENTIFICATION** AMONG EARLY BELIEVERS - **BUT IT WAS NEVER PRACTICED AS A CHURCH ORDINANCE**.

Description of Godly women in I Timothy.

I Timothy 5:10 Well reported of for good works; if she have brought up children, if she have lodged strangers, **IF SHE HAVE WASHED THE SAINTS' FEET**, if she have relieved the afflicted, if she have diligently followed every good work.

Mark 10:43 . . . **but whosoever will be great among you, shall be your minister:** And whosoever of you will be the chiefest, shall be SERVANT OF ALL. FOR EVEN THE SON OF MAN CAME NOT TO BE MINISTERED UNTO, BUT TO MINISTER, AND TO GIVE HIS LIFE A RANSOM FOR MANY.

V. 17 - IT IS **NOT WHAT WE "KNOW"** IN THE CHRISTIAN LIFE THAT MAKES US "HAPPY" BUT RATHER IT IS **WHAT WE "DO"** THAT BRINGS US THE BLESSINGS OF LIFE.

John 12:26 **IF ANY MAN SERVE ME, LET HIM FOLLOW ME; AND WHERE I AM, THERE SHALL ALSO MY SERVANT BE: IF ANY MAN SERVE ME, HIM WILL MY FATHER HONOUR.**