



SEASON OF  
**HUMAN  
DIGNITY**  
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# HUMAN DIGNITY



**John 13:1-20** – Jesus washes his disciples' feet

“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.”



**RESPECT**



**LISTEN**



**LOVE**



**EMBRACE**

## FOCUS ON HUMAN DIGNITY

Jesus shows his love for his disciples by washing their feet like a slave, thus setting us an example to treat others with human dignity and love them above all.

## QUESTIONS TO CONSIDER AND DISCUSS

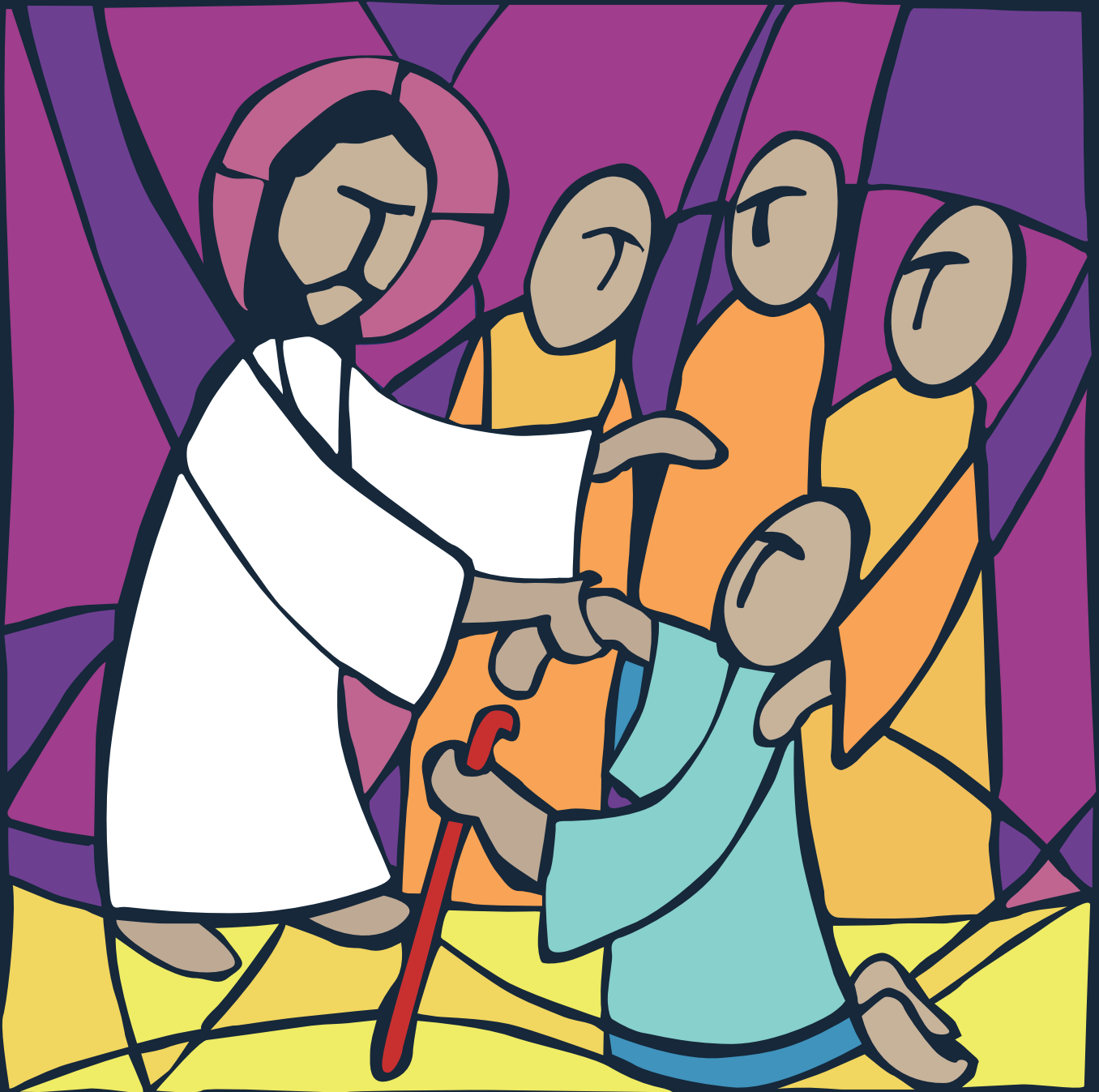
- ❓ What do we learn from Jesus about human dignity?
- ❓ How does Jesus treat other people with human dignity through me?
- ❓ Who surprised you with human dignity?
- ❓ Who could you surprise with human dignity?





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# RESPECT



Luke 6:6-11 – The man with the shrivelled hand

“Get up and stand in front of everyone.”

## FOCUS ON HUMAN DIGNITY

Jesus sees the man's need – with a shrivelled hand and being under attack from the scribes and Pharisees – and shows him respect and compassion by making him stand in front of everyone and healing him.

## QUESTIONS TO CONSIDER AND DISCUSS

- ❓ What do we learn from Jesus about respect?
- ❓ How does Jesus respect other people through me?
- ❓ Who surprised you with respect?
- ❓ Who could you surprise with respect?





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# LISTEN



**Mark 5:21-43** – Jairus' daughter

As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid, only believe."

## FOCUS ON HUMAN DIGNITY

Jesus not only listens to Jairus' request to come and heal his daughter, but also encourages him to keep on believing when he heard his faith being under attack by the news of her death.

## QUESTIONS TO CONSIDER AND DISCUSS

- ❓ What do we learn from Jesus about listening?
- ❓ How does Jesus listen to other people through me?
- ❓ Who surprised you by listening?
- ❓ Who could you surprise by listening?





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# LOVE



John 21:15-19 – Jesus reinstates Peter

“Simon son of John, do you love me more than these?”

## FOCUS ON HUMAN DIGNITY

Jesus restores Peter's association with him and reinstates his status as a leader among the disciples in an intimate conversation with Peter about his love for him. After this Peter could follow Jesus to the end and extol God in his eventual death.

## QUESTIONS TO CONSIDER AND DISCUSS

- ❓ What do we learn from Jesus about love?
- ❓ How does Jesus love other people through me?
- ❓ Who surprised you with love?
- ❓ Who could you surprise with love?





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# EMBRACE



**Matthew 9:18-26** – The woman with severe bleeding

“If only I touch his cloak, I will get well.”

## FOCUS ON HUMAN DIGNITY

The woman with severe bleeding comes to Jesus and touches the edge of his cloak. Jesus turns around, sees her and heals her. Her faith in him saves her.

## QUESTIONS TO CONSIDER AND DISCUSS

- ❓ What do we learn from Jesus about embracing?
- ❓ How does Jesus embrace other people through me?
- ❓ Who surprised you with embracing?
- ❓ Who could you surprise with embracing?

