Maundy Thursday: Embracing the New Commandment of Love



Explore the deep meaning of Maundy Thursday and Jesus' new commandment to love one another as He has loved us.





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Introduction

Maundy Thursday holds profound significance within the Holy Week, marking the evening when Jesus shared His last meal with His disciples before His crucifixion. The term "Maundy" comes from the Latin word mandatum, meaning "commandment," referencing Jesus' new and enduring command to His followers: "Love one another as I have loved you." This day invites us into a moment of reflection on sacrificial love and servanthood modeled by Christ.

During the Last Supper, Jesus not only instituted the Eucharist but also demonstrated love through humble service—washing the disciples' feet. This act reversed societal expectations, teaching us that true leadership involves humility and care for others. The new commandment given that night encapsulates the heart of Christian living: love that is selfless, sacrificial, and inclusive.

As we journey through this 5-day Bible study plan, we will dive deeply into the layers of Maundy Thursday, uncovering how Jesus' call to love reshapes our relationships, challenges societal norms, and empowers us to live as His witnesses in the world. Each day will center on Scripture readings, thoughtful devotional reflections, and questions for self-examination, inviting us to internalize and embody this divine love practically.

This is not simply a historical remembrance but a vibrant, ongoing invitation into the ministry of love Jesus exemplified. Whether washing feet, sharing







bread, or loving our neighbors, Maundy Thursday beckons us to practice a love that transforms hearts and communities.















Your Verse

John 13:34 – "A new command I give you: Love one another. As I have loved you, so you must love one another."

Supporting Scriptures

- John 15:12 "My command is this: Love each other as I have loved you."
- 1 John 4:7 "Dear friends, let us love one another, for love comes from God."







Devotional: Embracing Christ's Transforming Love

The heart of Maundy Thursday beats in Jesus' new commandment to love one another. This is more than an instruction; it is an invitation into a lifestyle marked by the depth and selflessness of Jesus' own love. As believers, we're called to love not just in words or feelings but through tangible, sacrificial action—mirroring the love Jesus lavished on His disciples.

Jesus modeled this love in the upper room by washing His disciples' feet, an act of humility and grace. His love breaks down barriers, overcomes selfishness, and fosters unity among us. This day challenges us to evaluate how deeply we embrace this love in our daily interactions.

How can you embody Christ's love in your community today? Remember, this commandment sets Christians apart as those who love differently—unconditionally, sacrificially, and authentically.







Reflect and Apply

	What does Jesus' command to love one another mean in your current life context?
2.	How can you demonstrate sacrificial love this week?
	In what ways does this new commandment challenge your usual way of relating to others?







Journaling Prompts

1.	Write about a time you experienced or gave sacrificial love.
2.	List practical ways you can love others like Jesus today.
3.	Reflect on what might hold you back from loving more fully.







Prayer for Today

Lord Jesus, thank You for the new commandment to love just as You have loved us. Help me to understand Your love more deeply and to express it genuinely to those around me. Fill my heart with humility and courage to serve others selflessly. Teach me to love beyond comfort and convenience, reflecting Your grace and mercy in every action. May my life become a testimony to Your transforming love. *In Your name I pray, Amen.*

















Your Verse

John 13:14 – "Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet."

Supporting Scriptures

- Philippians 2:5-7 "Your attitude should be the same as that of Christ Jesus: Who...made himself nothing by taking the very nature of a servant."
- Mark 10:45 "For even the Son of Man did not come to be served, but to serve."







Devotional: Learning Love Through Humble Service

Foot washing—a compelling act of humility performed by Jesus—teaches us about true servant leadership. In a culture that prizes status and power, Jesus reverses expectations by kneeling to serve His disciples. This moment on Maundy Thursday reveals that love and humility are inseparable.

Jesus calls us to follow His example not only in words but in action. His love is expressed through serving others, particularly those who may be overlooked or marginalized. By humbling ourselves, we open our hearts to the needs of others and reflect the heart of God's kingdom.

What would it look like for you to wash someone's feet—figuratively or literally—today? How can humble service reshape your relationships?







Reflect and Apply

1.	In what ways can humility transform your approach to serving others?
2.	Who in your life needs you to show humble love right now?
	How does remembering Jesus' servant heart change your understanding of leadership?







Journaling Prompts

1.	Reflect on a time when humility opened a door for love in your life.
	Write about areas where pride might be preventing you from serving others.
3.	Identify specific acts of humble service you can commit to this week.







Prayer for Today

Jesus, humble Servant, teach me to follow Your example by putting others first. Strip away my pride and self-interest so I may serve with a gentle and willing heart. Help me to love through acts of kindness and humility, reflecting Your servant-love in my daily life. Guide me to be a servant leader in my family, workplace, and community. *Thank You for Your loving example.* Amen.

















Day 3: The Bread of Life and Communion

Your Verse

Luke 22:19 - "This is my body given for you; do this in remembrance of me."

Supporting Scriptures

- 1 Corinthians 11:24 "This is my body, which is for you; do this in remembrance of me."
- John 6:35 "I am the bread of life. Whoever comes to me will never go hungry."







Day 3: The Bread of Life and Communion

Devotional: Remembering Love Through Sacred Communion

Maundy Thursday is also the day Jesus instituted communion—the sacred meal symbolizing His sacrifice. The bread He broke represents His body, given for our healing and salvation. This act invites us into profound remembrance and fellowship with Christ and one another.

Communion is a visible expression of Jesus' love and a call to live in unity. When we partake of the bread and wine, we proclaim His death until He returns. It is a holy moment of gratitude and recommitment to the new commandment of love.

As you meditate on the bread of life, consider how Jesus sustains and nourishes your soul daily. How can you share this life-giving love with others?







Day 3: 🚺 The Bread of Life and Communion

Reflect and Apply

1.	What does the bread of life mean for your spiritual journey?
	How does participating in communion strengthen your commitment to love?
3.	In what ways can you reflect Christ's sustaining love to those around you?







Day 3: The Bread of Life and Communion

Journaling Prompts

1.	Recall a meaningful communion experience and its impact on you.
2.	Write about how Christ nourishes your spirit during difficult times.
3.	Make a commitment to share the love of Christ more intentionally this week.







Day 3: The Bread of Life and Communion

Prayer for Today

Father God, thank You for the gift of Your Son's body and blood—broken and shed for us. As I remember Jesus' sacrifice through communion, fill me with gratitude and renewed love for You and others. May I be nourished spiritually and empowered to live Your love boldly. Help me to be a living expression of Your grace in the world. *In Jesus' name, Amen.*

















Your Verse

John 13:35 – "By this everyone will know that you are my disciples, if you love one another."

Supporting Scriptures

- Matthew 5:16 "Let your light shine before others, that they may see your good deeds and glorify your Father."
- 1 Peter 4:8 "Above all, love each other deeply, because love covers over a multitude of sins."







Devotional: Reflecting Christ's Love as a Light to Others

Jesus teaches that love is the definitive mark of His disciples. The love we share is not just personal; it serves as a compelling witness to the world about the reality of Christ's presence in our lives.

On Maundy Thursday, the new commandment summons us to an outward-focused love that demonstrates God's kingdom here and now. When we love deeply and authentically—even when it is costly—we reflect God's glory and invite others into the hope of the Gospel.

Consider how your love impacts those around you. Is your life a light shining brightly in darkness? How can you better show God's love that draws others to Him?







Reflect and Apply

1.	How does love serve as a witness in your community?
	What barriers might prevent others from seeing Christ's love through you?
3.	In what ways can you actively demonstrate love that points to God?







Journaling Prompts

1.	List ways your love has impacted others positively.
2.	Brainstorm how to overcome obstacles to living visibly for Christ.
3.	Write a prayer asking God to make your love a witness to His grace.







Prayer for Today

Lord, Your love is my identity and my light. Help me to love others so visibly and deeply that they see You in me. Break down any walls of fear, selfishness, or indifference that hinder my witness. Empower me to be a beacon of hope, kindness, and mercy in every place I go. *May my love open doors for Your kingdom to grow. Amen.* \heartsuit \wedge















Your Verse

Ephesians 5:2 - "Walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God."

Supporting Scriptures

- Colossians 3:14 "And over all these virtues put on love, which binds them all together in perfect unity."
- Romans 12:10 "Be devoted to one another in love. Honor one another above yourselves."







Devotional: Continuing the Journey of Loving Obedience

Maundy Thursday is a beginning—not an end. The love commanded and modeled by Jesus calls us to a daily walk rooted in grace, sacrifice, and unity. Walking in love involves intentional choices to live in harmony with God and others.

This final day reminds us to carry the spirit of Maundy Thursday into all our holidays, relationships, and actions. Love binds us together as the body of Christ and reflects God's glory to a broken world.

How will you continue to live out Jesus' new commandment in the days and years ahead? What legacy of love will you leave behind?







Reflect and Apply

1.	How can you maintain the mindset of Maundy Thursday every day?
2.	What does it mean practically to 'walk in love' in your current season?
	Where do you see opportunities to deepen unity through love in your community?







Journaling Prompts

1.	Write a commitment statement about living Jesus' love beyond this week.
2.	Identify habits that support or hinder your daily walk in love.
3.	Plan a concrete action to demonstrate love in a new way this month.







Prayer for Today

Gracious God, thank You for the enduring example of Jesus' love and sacrifice. Help me to walk faithfully in love every day, reflecting Your presence through kindness, humility, and unity. Strengthen me to be a vessel of Your peace and grace long after Maundy Thursday has passed. May my life be a fragrant offering pleasing to You. *In Jesus' name, Amen.* 1







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