

When was the last time you wore sandals? What about wearing sandals all day walking around dusty roads and trails? We might have a hard time recalling such an occurrence but for many this is an everyday event. Like this young lady leading her sheep. It would have also been common in Jesus' time; when a guest arrived at your home it would be common hospitality to provide a basin of water for them to wash their feet.

No doubt this is what happened in chapter 12 of John. Jesus arrived in Bethany at the home of Martha, Mary and Lazarus. In chapter 11, last week's story, Mary was the one that was crying while her brother Lazarus was dead and Jesus wept with her. When Jesus was in Bethany again Mary takes some expensive and rare ointments and anoints Jesus feet with them and then she dries his feet with her hair. Mary's anointing of Jesus is an over the top sign of love.

In our reading today, just six days later on the night of Passover Jesus engages in the over the top sign of love, by washing his disciples' feet. When someone came to your home, you would offer a basin for them to wash their feet. If the homeowner had slaves, it might be the case that they would wash the feet of honored guests. A student/disciple might wash the feet of their rabbi/teacher; to do so would be a sign of utter devotion, love and dedication. Peter interrupts Jesus, saying, "You're the master. I'm the student. I should have thought of this. I should be washing your feet." Jesus replies, "I am the teacher and I am teaching you. This is what love looks like. This is what authority and power look like. The greatest of all must be the servant of all." In a room in which evil is present, Judas is in the room, betrayal is imminent. How does Jesus act? Over the

top love and devotion. Love for those he knows are on the side of evil.

We like Peter think we know what love and faith look like. We think we know how things work. Especially things that are everyday and close to us- relationships, behavior, culture. Food is also one of those things. Peter misinterprets Jesus' foot washing in two ways. First by saying he doesn't need it and second by saying he needs even more. Isn't that a great example of our relationship with food? We either do too much or not enough. The Daniel Plan book wonderfully explained what to eat for abundant life. There are many pages of information and resources and if you haven't read them I highly recommend them to you. I'm planning to read them again. Here are three main points:

A key idea is that food is medicine. What we eat has a huge impact on our health, energy level, chronic illnesses and motivation. Changing what we eat creates health in our body, mind and spirit. When it comes to food there is so much information that I am often over whelmed and confused, but the book clarified the information and made clear basic starting points. First, increase fruits and vegetables. Second, stop High Fructose Corn Syrup, Trans Fats, and MSG.

We can and should eat more fruits and vegetables with emphasis on colorful vegetables. I've heard people say I don't like veggies but I would bet you haven't eaten one well prepared. Then people say I can't cook. I say, "bull." Last week as I read the Daniel plan book talked about broccoli and also turmeric (a spice that is really good for you). So I went home, put a small pan on the cooktop on medium heat, added about a tablespoon of EVOO, cut some broccoli into bite size

pieces and tossed them into the pan. I moved them around in the pan, sprinkled them with turmeric and a pinch of salt, until the broccoli had a bit of brown on the edges. It was amazing. The broccoli had a wonderful crunch and an earthy savory flavor. If you want to feel good eat vegetables.

What about HFCS, Trans Fats and MSG? Just stop eating them. These are bad enough for you; you should never have them again. Search your cupboards, read labels at the grocery store, be vigilant about getting these out of your diet. If these words are still kind of confusion do this: if you read the label and there are more than five ingredients or if the ingredients sound like something that belongs in a science experiment not your lunch, don't eat it.

Psalm 24 says, "The earth is the Lord's and everything in it." What does God desire for creation and for us? Read today's story of Jesus washing the feet of his disciples—an over the top sign of love. God desires love and abundance for all creation. God desires health for us, in mind body and spirit, and gives us wonderful foods that will create health in us—food is medicine. God's love comes to us in so many ways. We hear God's love in the story of the food washing, we experience God's love watching a gentle snowfall as we sit inside our warm home, we taste God's love as we eat colorful foods that create abundant life in us. Last week Jesus said to Martha, "I am the resurrection and the life." The life that God gives is everlasting and eternal and it is right here and right now—filled with simple, real, delicious, nutrient-packed foods that are easy to cook and come from a farmer's field.

Jesus says, "I am the resurrection and the life." That life is full of health and real food that has the power to give us our lives

back, so we can more fully engage in lives of purpose. They give us the power to be awoken to the beauty and miracle of life—to love, serve, connect and celebrate all the gifts God gives. Amen.