



## Rehumanize Yourself

As human beings we are very good at this, or better said we work very hard at this. This would be our attempt not to be so human. We often try to transcend our humanness. We believe that by pushing down our feelings and emotions we will reach a higher spiritual realm that will bring us closer to God. This may work for a while, but sooner or later we will come crashing back down to earth.

Jesus, aware of this tendency, often encouraged his disciples to embrace their humanness and rehumanize themselves. This rehumanizing can be clearly seen in Jesus' actions during the Last Supper.

Having dirty feet is a very human thing. Yet, most of us would feel embarrassed to have someone else wash our dirty feet. Having Jesus wash them even more so. It is no wonder that Peter did not want Jesus to wash his feet at the Last Supper. When Jesus insisted, Peter asked Jesus to wash not just his feet but his hands and head as well. By asking to have his hands and head washed too, perhaps Peter wanted to stand out or be treated differently than the other disciples. Since he was the rock, he might have felt that he should be seen as being more special.

Jesus had to explain to the disciples that the whole idea of washing their feet was to show that they should not strive to be special. In fact, they should humble themselves. The best way to do that is by serving others. Jesus demonstrated that humbling oneself to serve others is the essence of discipleship.

Interestingly, the words humility and human come from the same root word *Humus* which means *the dirt of the earth*. Humility and humanness both have their basis in the dirt of the earth.

Just as he did with his disciples, Jesus encourages us to re-humus or re-humanize ourselves so we can better serve others, even if that means washing their feet or having them wash our feet.

This same dynamic of rehumanizing is also found in the Eucharist. The giving and sharing of the Eucharist are very bodily acts. *This is my Body; this is my Blood*. We know that in the Eucharist, Jesus offers us his real being, his bodily Human-self, and his Divine-self. Both are inseparable.

To receive the Lord in his fullness, we are encouraged to receive him in the fullness of our humanity. By rehumanizing ourselves we can humbly approach the Lord with our feet planted firmly on the dirt of the earth ready to serve others. This may mean though our coming to the Lord with dirty feet.

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Article title comes from "Rehumanize Yourself," a song by The Police on their 1981 album *Ghost in the Machine*.