

Service

A practice that develops humility and frees us from the tendency to think we are better or more deserving than others.

Matthew 23:11-12 “The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

The practice of service begins with the body, but always ends with the heart. As such, the first step is to find a place to serve.

In the church: There are endless opportunities to serve within your local church. From helping a widow with yardwork to leading a high school small group, to volunteering for the nursery, there is a place for you to serve. If you don't know where to start, just ask!

In your community: From helping at a homeless shelter to coaching Little League, there are as many places to serve outside the church as there are within it.

Once you find a place to serve, it is important to pay attention to what is bubbling up inside of you as you serve. Without this step, the practice of service simply becomes volunteerism.

Here are two of the most common struggles that can surface when we enter the practice of service.

- A desire to pat yourself on the back, have others know what you have been doing, or a feeling of being under-appreciated in what you do.
- A sense of self-righteousness or the idea that you are better than those you are helping. A distinction between 'us' and 'those people' you are serving.

Don't stuff these struggles! Instead, allow them to open up conversations with God and others about where you want your heart to change to be more like the heart of Jesus.