

## Invest in Your Spiritual Health: "Service" or "Serve us"?

LESSON AT A GLANCE	
<b>Facilitator Notes:</b>	<p><b>I wonder...</b></p> <ol style="list-style-type: none"> <li>1.) How do I serve?</li> <li>2.) Can I choose whom to serve?</li> <li>3.) How is service a discipline?</li> </ol> <p><b>I believe...</b></p> <ol style="list-style-type: none"> <li>1.) There is a difference between true service and self-righteous service</li> <li>2.) When we choose to be a servant, we surrender the right to decide who and when we will serve.</li> <li>3.) We must be intentional in our serving. It is not about doing service acts, but rather being a servant.</li> </ol> <p><b>Materials:</b></p> <ul style="list-style-type: none"> <li>➤ IGNITE Bible</li> <li>➤ Index cards (optional)</li> <li>➤ White board or chart paper (optional)</li> </ul> <p><b>References:</b></p> <ul style="list-style-type: none"> <li>• Matthew 20:28, Luke 9:46, John 13: 14-17, Galatians 6:2, Titus 3:2, 1 Peter 4:9</li> </ul>
PRE DISCUSSION MESSAGE TO PARENTS AND STUDENT (TO BE SENT VIA EMAIL OR TEXT)	
	<p>We're in the "Invest in your spiritual health" semester of the THRIVE acronym. How can serving others be a way of investing in your own spiritual health? Find out at small group at _____.</p>
POST DISCUSSION MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)	
<b>Facilitator Notes:</b>	<p>Dear Parents,</p> <p>This week the "I Wonder..." questions were - How do I serve? Can I choose whom to serve? How is service a discipline? This week students learned about the Discipline of Service and how critical it is to our Christian life. Students learned there is a gospel way to serve and a self-righteous way to serve, and that true service is not accomplished in big acts, but constant small acts. Talk with your child about how you can both engage in constant small acts of service to those around you. As always, if you have questions about the topic, feel free to contact us.</p> <p>Your Youth Leaders</p>

**SUNDAY SERMON REFLECTIONS (up to 10 minutes)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>• Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.</li> </ul>	<ul style="list-style-type: none"> <li>➤ What Bible verse was used for the basis of last Sunday's sermon?</li> <li>➤ What were some of the main takeaways? What did you learn?</li> <li>➤ So far this week, how have you applied what you learned from the sermon last Sunday?</li> <li>➤ Going forward, how will you apply what you learned from the sermon last Sunday?</li> </ul>
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**HOOK (up to 10 minutes)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>• Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.</li> <li>• If students cannot think of a time, prompt them by asking – "Have you a helped a friend, relative or stranger recently, who was in need?" (it could be an act that is as simple as holding a door open).</li> </ul>	<ul style="list-style-type: none"> <li>➤ How are you and how are you feeling today?</li> <li>➤ Who would like to share their point to ponder or call to action from last week?</li> </ul> <p>Have students think of the last time they helped someone in need, and to reflect on the experience by asking themselves the following questions:</p> <ol style="list-style-type: none"> <li>1.) Initially, did you want to help?</li> <li>2.) Why did you decide to help?</li> <li>3.) What impact did it have on the person(s) you helped?</li> <li>4.) What impact did it have on you?</li> </ol> <p>Ask for volunteers to share their experience, and their reflection.</p>
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**SET THE STAGE (1 minute)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>• Preview the "I wonder" questions with the students.</li> </ul>	<p><b>I wonder...</b></p> <ol style="list-style-type: none"> <li>1.) How do I serve?</li> <li>2.) Can I choose whom to serve?</li> <li>3.) How is service a discipline?</li> </ol>
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**LESSON (up to 25 minutes)**

<p><b>Facilitator Notes:</b></p>	<p>Read the following story:</p> <p><i>Josh arrived early for his interview and walked into the waiting area where the other candidates for the position sat. Josh silently prayed again, and then began to prepare mentally for his interview. As he sat there, he couldn't help over hear the other candidates talk about their accomplishments, awards, and degrees. Josh began to feel very under qualified for the position for which he was about to interview. The other candidates had way more experience and had accomplished far more than he in the field. When it was time to interview, candidates were</i></p>
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*called by name and sent down a long hallway to the CEO's office. The interviews lasted about 10 minutes and then candidates returned to the waiting area, gathered their coats, and with big smiles said things like "Nailed it!". Josh was the last candidate to interview, and when his name was called, he couldn't help feel that this was all a complete waste of his and the CEO's time considering the caliber of candidates he was up against. As Josh walked down the hallway, he noticed a crumpled piece of paper on the floor and bent down, picked it up and placed it in the trash can just outside the CEO's office. The CEO, who was standing in the doorway, said "Josh, there's no need for you to interview. You're hired." Josh was shocked and could barely speak, but managed to say "How...why??" The CEO explained that the interviews were scheduled to find qualified candidates, of which all of the candidates were, including Josh, but that the real test was to see who would be willing to pick up the piece of crumpled paper in the hallway and throw it in the trash. "Josh, that paper has been on the floor all day. All of the candidates saw it, but you were the only one willing to pick it up." The CEO continued, "The core values of our company are Service, Humility and Dedication. I believe you are going to fit right in here."*

Have students work in pairs or small groups to discuss the following questions which can be found on the Student Copy of the lesson:

**Student Question #1 How do you define: service, humility, and dedication? How do you define service, humility and dedication?**

**Student Question #2 How did the CEO in the story define: service, humility, and dedication?**

- a. Service – any act of assistance (no matter how small) that betters the organization/group/individual
- b. Humility – no matter what role, position of authority, or credentials one might have, you are willing to do whatever needs to be done to serve the organization/group/individual
- c. Dedication – feeling obligated to always do what is right/best for the organization/group/individual

**Student Question #3 Read the story about Jesus washing the feet of the disciples in John 13:14-18. What message was Jesus trying to teach His disciples? How is this similar to Josh's story?**

- a. Jesus wanted His disciples to learn that the greatest must become the least in order to enter into the kingdom of heaven – regardless of one's pedigree/credentials, Josh did not put himself above picking up trash.
- b. Washing feet was a necessary part of life / tradition during Biblical times. Christ wanted to teach His disciples that it's the willingness to serve each other with small, humble acts, regardless of one's position in life, is what matters most – the CEO wanted employees that would do whatever task was necessary for the success of the company, regardless of one's position in the company.
- c. Christ demonstrated many acts of service throughout His life. He came to serve all mankind, not to be served – Josh believes he is responsible for caring for the creation, keeping the planet clean, regardless of where you are or what you are doing.

- Be sure the discussion around question 3 is about serving with humbleness and doing what is expected and right in God's eyes always.

- As you go through the list, encourage the students to think about the “results” of each act of service. For example, the service of guarding the reputation of others, would result in an environment where gossip would no longer exist. People would only talk about the good God has placed in each of us. People would recognize how valued and important they are to God, and each other.
- Consider writing the list of practices on a board for all to see or have the students write them on notecards along with some of the supporting points for each act of service.
- Consider whether the service of “bearing the burden of others” might also include accepting traits or characteristics or personality quirks in the person that others might find “unbearable”

The Discipline of Service is not about an outward act, but a willingness to live a life dedicated to putting the needs of others before our own. Below is a list of ways to begin practicing the Discipline of Service:

- **Service of guarding the reputation of others**
  - Apostle Paul in Titus 3:2 admonishes us to speak evil of no one
- **Service of being served**
  - When Jesus washed the feet of the disciples, Peter refused. Peter didn’t want his master to stoop to such a low task. Even though this sounds like Peter is making a statement of humility, there is a hint of pride mixed in. In other words, if Peter was the master, he would not have washed feet!
  - We should submit to acts of service by others. We should graciously receive service offered by others, and never feel we must repay it, or we are above it.
- **Service of common courtesy**
  - “Thank you”, “yes, please”, “my pleasure”, RSVP responses are all services of courtesy with the same goal: to acknowledge others and affirm their worth.
  - This is much needed in the computerized and depersonalized society in which we live.
  - Looking into someone’s eyes during a face-to-face conversation, adds an emotional connection to a conversation, that a text lacks.
- **Service of hospitality**
  - In 1 Peter 4:9, Peter urges us to “Practice hospitality ungrudgingly to one another”. Open your home to others (with parent permission).
  - Don’t make it complicated...invite someone in to study, to watch a movie, to share a meal/snack, or to sit and talk. It’s about making people feel welcome and a willingness to share what we have with others.
- **Service of listening**
  - The beginning of love to others is learning to listen to them.
  - We do not have to solve each other’s problems, but just become available to others, with patience and compassion.
  - If you think you don’t have time to listen to others, eventually you will have no time to listen to God and others, and only time for yourself and your own desires and needs.
- **Bear the burden of others**
  - In Galatians 6:2, we read “Bear one another’s burdens, and so fulfill the law of Christ”. The “law of Christ” is the law of love.
  - Learn to bear one another’s sorrows. It doesn’t mean you need to wallow in the sorrows of others, but help others to see the value in lifting up their sorrows to Christ.
- **Service of sharing the word**
  - We need to share God’s word with others, and allow them to share the word with us.
  - We can learn so much more about God and the Lord Jesus when we discuss his word with a community of believers (even non-believers can teach us what we still need to learn, and we can teach them what they may have never considered).
  - This is the purpose of the Wednesday evening small group discussions.

**WHAT'S IN IT FOR ME? (up to 10 minutes)**

**Facilitator Notes:**

Ask the group if this lesson has changed their understanding of service, and if so how?

- Things for the group to consider:
  - Does this mean we do not have to participate in “outward acts of service”, such as assisting in a food drive, donating to a good cause, etc.?

It's our attitude and expectations that determine a true act of service. Are we serving only when it's convenient, comfortable and/ or a preferred activity? Are we expecting praise, thanks, recognition for what we do?

**Close with the “I Wonder...” questions**

- Ask a student to read an “I Wonder...” question and invite another student to answer with an “I Believe...” statement or an “I Believe...” statement in their own words.
- As you review each question and answer, stop and check in with the group to be sure there are no misunderstandings or misconceptions.
- Remind the students on their Confirmation day that they will or have already promised and committed to surrendering themselves in belief in God.

**I wonder...**

- 1.) How do I serve?
- 2.) Can I choose whom to serve?
- 3.) How is service a discipline?

**I believe...**

- 1.) There is a difference between true service and self-righteous service
- 2.) When we choose to be a servant, we surrender the right to decide who and when we will serve.
- 3.) We must be intentional in our serving. It is not about doing service acts, but rather being a servant.

**Point to Ponder...**

Think about your past approach to serving and determine if your approach to serving was in the spirit of true service or not. What needs to change?

**A Call to Action...**

This week, choose one of the ways to practice the Discipline of Service and commit to trying it for a week. Be prepared to share with the group how it affected you, those around you and the mood/climate of the situation.

**Weekly Reflections**

What Bible verse was used for the basis of last Sunday's sermon?

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What were some of the main takeaways? What did you learn?

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So far this week, how have you applied what you learned from the sermon last Sunday?

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Going forward, how will you apply what you learned from the sermon last Sunday?

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**Point to Ponder...**

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**Call to Action...**

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<p><b>References:</b> Matthew 20:28, Luke 9:46, John 13: 14-17, Galatians 6:2, Titus 3:2, 1 Peter 4:9</p>	

**1. How do you define:**  
**service** \_\_\_\_\_

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**humility** \_\_\_\_\_

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**dedication** \_\_\_\_\_

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**2. How did the CEO in the story define:**  
**service** \_\_\_\_\_

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**humility** \_\_\_\_\_

\_\_\_\_\_

**dedication** \_\_\_\_\_

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**3. Read the story about Jesus washing the feet of the disciples in John 13: 14-18. What message was Jesus trying to teach his disciples?**

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**4. How is this similar to Josh's story?**

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**Point to Ponder...**

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