

Resolutions

By Chip Borgstadt



New Year's is not the only time to start life with a fresh perspective. Increasing our commitment to serving others nurtures faith for us and for them.

For

Adult, Couple

Season

Winter

Needed

Bible, paper, pen

Prepare in Advance

Mark your Bible at: Matthew 5:16; Matthew 25:35-40; John 15:12; 1 John 3:17; Galatians 6:2; Philippians 2:4.

Activity Plan

1. Say this prayer or something similar to begin.

God, your Son came to seek and serve. Make us bold to follow his example. Strengthen our faith. Amen.

2. Make a resolution to increase the time you spend serving others in the months ahead. Write down your resolution.
3. Read the following scriptures from your Bible or from the text at the end of this activity: Matthew 5:16; Matthew 25:35-40; John 15:12; 1 John 3:17; Galatians 6:2; Philippians 2:4. What do these verses say about serving? Write the verse that speaks to you most strongly in a place where you will see it each time you check your calendar or to-do list.
4. Select a person whom you want to serve and encourage. Make a list of times or days when you might do something that communicates to this person that he or she matters to you and to God. Make a second list of simple ways you can serve this person. Remember that serving others is doing something that communicates or affirms their worth without expectation of recognition. Some ways you might serve: Offer to look over a project for accuracy or clarity, practice brainstorming responses to questions the other person might face in a work situation, help the other person carry materials to his or her work area or another destination, help him or her find a needed resource on-line, do a household or yard chore "on the sly."
5. Discuss with a trusted friend how you will speak about faith with the person you are serving when the opportunity arises. You might tell how God has blessed you and that you seek to share that blessing in your serving. Use words that make sense in the relationship you have with the person served.
6. For the next few days, watch for opportunities to serve the person you selected. Check in with your trusted friend at the end of each day to tell about what you have done (unless you are serving that trusted friend).
7. As you practice these simple acts of serving, pray that God will show you more opportunities to serve others. Ask God to help you make serving a routine part of your life.



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Matthew 5:16:

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Matthew 25:35-40:

³⁵ For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, ³⁶ I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' ³⁷ Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? ³⁸ And when did we see you a stranger and welcome you, or naked and clothe you? ³⁹ And when did we see you sick or in prison and visit you?' ⁴⁰ And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'

John 15:12:

This is my commandment, that you love one another as I have loved you.

1 John 3:17:

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?

Galatians 6:2:

Bear one another's burdens, and so fulfill the law of Christ.

Philippians 2:4:

Let each of you look not only to his own interests, but also to the interests of others.

