



# Rhythm of Life



Developing healthy spiritual habits in order to draw closer to God.

## Oct/ Nov Serving in the whole of life

Challenge: Serve one person/ group of people in a fresh way this month

### What is Serving for a follower of Jesus?

"Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others...have the same mindset as Christ Jesus..." Phil 2:3-5

#### Why serve?

**We serve because we follow the Servant King**, who gave his life "as a ransom for many" (Matt 20:28) As we serve, we are offering a sacrifice of praise to the King of Kings.

**We serve because Jesus taught his disciples that this is the best way to live.** He washed his disciples' feet to show them that In God's world, we find freedom and blessing when we put others first, rather than ourselves.

**We serve because we want the world to experience God's love.** By serving, we show people what God is like: full of love and compassion.

#### There are many ways to serve.

**Serving starts from the heart.** We respond to his great love for us, by loving him back, and one of the ways to show that is by loving the people he has created. If we serve out of duty but without love, then the bitterness will soon leak out and make life unpleasant for everyone.

**Serving continues with the Spirit:** If we serve in our own strength, we risk burnout and our work won't bear fruit for long. If we wait upon God's guidance and strength from his Spirit within us, we can make wise decisions and keep going for the long haul.

In the long run, **servicing is about a state of mind and a way of life.** Learning to swallow our pride and love of status. Learning to stand against our own selfishness.

**Serving is also about team work:** we can't do everything! We are partners with our family in Christ and with the Holy Spirit. Serving is not about being super heroes: we need to make time for rest and prayer, just as Jesus did, if we want to live a lifetime of service.

God has made each of us unique, so he gives each of us a particular calling and places us where we can make a difference. We can serve our brothers and sisters in Christ by supporting the church family in some way. We can serve our local community or those far away in need, through the projects the church supports. But **Serving is about the whole of life:** we can also serve through our families, friends, our work and leisure places and in our neighbourhoods. We can do big things and small things, according to our resources and our faith.



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### Serving Challenge

Step One: Set aside a few minutes at the start of the month to pray.

1. As with last month's challenge, write down a list of the places you serve at home, work and play: your main frontlines.

2. Write down all the ways you serve in the church family or as part of the church's projects and activities.

3. Spend some time praying over them and write down any thoughts, ideas or names that come into your mind.

You might want to repeat Step One for a few days. Record anything you feel God is saying to you.

#### Step Two: Identify a particular place/ group of people/ person where is God calling you to serve

This challenge is not about an already very active servant cramming more into their over full diary! God may be giving you a fresh vision and energy to continue serving in places where you already minister. Or he may be calling you to narrow down on a particular person or place for this season. He may call you to go deeper with something. He may call you to focus on something new. He may call you to lay something down and take something else up. Be open, and test any ideas with a wise friend. Then, if God sees to be saying yes, be bold and try it out!

#### Keep it real

Set yourself a target of how often you will do this and for how long. You can always extend and increase once you get in the rhythm!

#### Keep it focused

These spiritual habits are not an end in themselves, they are a means to an end. The goal is to love God more. So try not to do them as a duty you have to endure, but as something you gladly undertake. There are no prizes- save for the joy of knowing God better!

#### Keep it up

You're going to forget, or get distracted, or interrupted. Don't worry! Try again later, or make a fresh start tomorrow.

Ready for a Challenge Boost in November?

Do something different in your serving on your frontline.



Scan me for more info on Serving,  
Frontlines and Rhythm of Life

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