



faith practices:

S E R V E

- Share your old or extra toys with a local women's shelter.
- Go through your children's clothes with them. Package outfits they've outgrown and deliver them to a local clothing distribution center.
- Contact people in your neighborhood or congregation who are sick or in the midst of challenge. Deliver a meal to them (be sure to call first). Run errands for them or help transport them to doctor appointments.
- Be an advocate for those who are not heard. Communicate your views on specific issues to your local, state and national representatives.
- Bring extra blankets and water bottles to children's athletic events. Offer these to those who need them.
- Be open to sharing your lunch with someone who forgot theirs or can't afford one.

R E S O U R C E S

- *Growing Little Helpers.*
- *Hands-On Service Ideas for Children.*

Both are available from Augsburg Fortress Publishers. 800/328-4648.

Your pastor or church leader has access to number of catalogs that provide information on additional resources. You might also browse local Christian book stores for other resources.



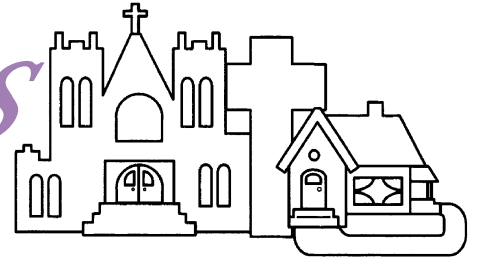
serve

Jesus tied a towel around himself. Then, he poured water into a basin and began to wash the disciples feet. Then, he said, 'So if I, your Lord and teacher, have washed your feet, you also ought to wash one another's feet.' — John 13:4, 5 & 14.

- L** As disciples, we are called to do the things that enrich our journey with Jesus. Serving the needs of others enriches their lives, gives purpose to our lives and shines as a witness to others. Shall we model Christ's example of servanthood?
- C** Yes! Hand me my towel. I'm at your service, Lord.
- L** When someone is hungry, thirsty or without clothes shall we respond to their need?
- C** Yes! Hand me my towel. I'm at your service, Lord.
- L** When someone is sick or in prison, shall we care for them?
- C** Yes! Hand me my towel. I'm at your service, Lord.
- L** Will we help carry one another's burdens?
- C** Yes! Hand me my towel. I'm at your service, Lord.
- L** Leaders in homes and families, will you foster attitudes and activities that nurture a servant's heart?
- C** Yes! Hand me my towel. I'm at your service, Lord.
- L** Children, will you share kindness, food and clothes with those who are in need?
- C** Yes! Hand me my towel. I'm at your service, Lord.
- L** Then, join me, in nurturing a servant's heart, as we honor our call to discipleship.
- C** Thank you Lord, for giving us eyes to see the need, willing hearts to care and hands that embrace those who wait and wonder. Amen.

nurturing lifestyles

t h a t a r e C h r i s t ' s s t y l e



SERVE

These pages will help people in whatever family relationships they live to honor their call to discipleship as they reflect the heart of a servant in their homes and communities.

“For I was hungry and you gave me food, thirsty and you gave me something to drink; I was a stranger and you welcomed me, naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.... Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” — Matthew 25: 42-43, 45

BRINGING IT HOME

Of the total 10,080 minutes we live each week, the average Christian spends approximately 60-120 minutes in a church or formal faith community. The rest of the week is spent eating, sleeping, playing, working and all the rest.

Think for a moment about the many activities in which you and your family are involved. Work together to draw a circle on a piece of paper and divide it to reflect the amount of time you spend doing each activity.

What are some of the primary ways you spend your time? How many of them involve serving others?

Look through the following ideas for nurturing service in your family. Choose one, two or more. Feel free to adapt them to fit your situation.

- Create a mission statement for your family. Identify who you as a family would like to be. List some ways you will accomplish the goals and ideals you have chosen. Post your statement on your refrigerator or somewhere where all can see it. Invite all to think about the reasons why God brought your individual family members together.



- Invite children to design coupons on paper or on your computer. Help them decide what the coupons might be good for—free hugs, emptying the dishwasher, taking out the garbage, etc. Encourage them to give the coupons freely.
- Instill a sense of pride in completing household tasks. Make a poster charting jobs that can easily be done. Use stickers, treats and compliments to motivate or reward those who help.
- Model random acts of kindness. When you are in a check-out line, give a place to someone who might be in a hurry or have fewer items. Put a quarter in someone's parking meter.
- Volunteer to help communities following a disaster or get involved in a project to build affordable housing where you live.
- Become involved in “Meals on Wheels” or other food share programs.
- Become involved in opportunities to lead and serve in your congregation. There are dozens of ways to use talents and abilities of children, youth and families. Evaluate your many talents and gifts and let them shape your involvement in service to God and others. Check one the following gifts you might consider offering:
 - computer skills
 - financial management
 - child care
 - writing and editorial skills
 - drama or dance
 - vocal or instrumental music
 - care and compassion
 - prayer
 - hospitality
- Look for opportunities to reach out to your community and to the world. Participate in CROP walks and other pledging activities.