

Breathe

Module: CULTIVATING INTIMACY IN COMMUNITY

Lesson 3: SERVING AS A DISCIPLE

Objectives:

- Students will identify the difference between serving as a discipline and serving out of our strengths.

Materials Needed

- ☐ A journal for each member of the group
- ☐ Pens
- ☐ A deck of cards (or necessary Lego) per group plus supplies for an example
- ☐ A copy of Worksheet B for each student

Minds On

Beforehand build a simple structure with playing cards with the numbers/face facing outwards. Place this 'model' in a separate room or screened off from everyone's view. A Lego structure can also be used if you prefer. Just be sure to have the right colours and sizes for each of the groups to use in their recreation.

Divide your group into teams of 3-5.

If groups of 3:

Have one person choose to be **Builder**: This is the only person that can actually touch the cards, but he/she cannot leave the building area, meaning they will never see the model and they cannot talk to the Visionary.

Have one person choose to be the **Visionary**: This is the only person (if playing with only 3/team) that will get to see the model, but they may not enter the building area, meaning they will not get to see what the Builder is building and they cannot talk to the Builder.

Have one person choose to be the **Communicator**: This person has to stay in an in-between zone. They cannot see the model or the building being built. However they can talk to both the Builder and the Visionary.

If groups of 4:

In addition to the 3 roles above,

Have one person choose to be the **Yes/No**: This person can go anywhere, they can see both the model and the building being built but they cannot touch the cards and they cannot say anything except the words 'yes' and 'no'

If groups of 5:

Have one person choose to be the **Encourager**: This person cannot touch the cards but they can go anywhere and see the model and can talk to anyone. But they cannot give any

information to anyone verbally or non-verbally. They are simply there to be positive and encouraging.

Have each group recreate an identical replica of the model. The cards must be identical in number and suit and being facing exactly the right direction. (If using Lego then the right colours and right size pieces, etc.)

Leader's Note: This game is usually tougher than expected and if group is younger they tend to get pretty frustrated.

After they have played for a sufficient amount of time or one team has been successful, bring them together.

Ask:

How did the Builders feel during the game? The Visionaries? And so on...

How did your group work at overcoming obstacles it encountered along the way?

How did you choose who took on which role?

Did anyone have to take on a role they really didn't want to? If so, how did that go?

How did that person feel during the game?

Action

Prompt: Often when we look for opportunities to serve, we look to serve in areas that we enjoy or feel we can naturally do well. This is sometimes referred to as 'serving out of our strengths'. If we like spending time with children we might offer to baby-sit or volunteer in the church nursery. If we are good at singing we might volunteer to sing at a senior's home or sign up to be on the church or youth worship team. There is absolutely nothing wrong with serving others with our gifts, in fact starting with things we enjoy and tasks we are confident in is often a great place to begin serving. But there is more to the discipline of service than just doing what we enjoy or are good at. As Dallas Willard,

author of The Spirit of the Disciplines, puts it, “I will often be able to serve another simply as an act of love and righteousness, without regard to how it may enhance my abilities to follow Christ. There certainly is nothing wrong with that...but I may also serve another to train myself away from arrogance, possessiveness, envy, resentment, or covetousness. In that case, my service is undertaken as a discipline for the spiritual life.”

Sometimes we serve others not because we especially want to, but because we are called to do so as a way of being obedient to Christ. Let’s look at a passage where Jesus and his disciples end up being called into service.

Leader’s Note: It could very helpful for you to add some illustrations from your own life.

Hand out Worksheet B to each student and, if you have been using journals throughout the module, hand them out to students at this time as well and invite them to record their answers there, rather than on the sheet.

This worksheet is to be done individually and then thoughts will be shared after. (You may want to have some background music playing to help break silence.) Give them 10 min. to complete the worksheet.

Consolidate/Debrief

When your students are finished, gather them together again as a group and **ask:**

Do you think Jesus and his disciples wanted to do everything they did in this story?

Why or why not?

Why do you think they did it anyways?

Prompt: Sometimes when faced with opportunities to serve others, we feel guilty about not wanting to. Take comfort in the fact that this is not uncommon and in the knowledge

that in moments like this, it is less about what we feel and more about what we do. In serving others, we discover the freedom to do things because we know we should without worrying about whether or not we want to. As we practice this discipline we might find that our desire to serve others increases.

Breathe in: Do you ever feel guilty about not wanting to help others? Ask God to forgive you those times in your past and ask him to help make you more obedient during opportunities to serve others in the future.

Breathe out: Be prepared and on the lookout this week to help out in at least one situation that you don't really want to, or by having to do something you don't really enjoy doing or are not very good at.

Cultivating Intimacy in Community: Worksheet B

INDIVIDUALLY:

Before you begin, it might be helpful to know that prior to this passage Jesus had sent out the 12 disciples in pairs to preach and do miracles (Mark 6:7-13) and John the Baptist, a close friend and relative of Jesus, had been executed. (Mark 7:14-29).

Read Mark 6:30-44 on your own and answer the follow questions.

In what big way did Jesus and his disciples serve the large crowd in this story?

Did they want to feed all these people?

Support your answer with examples from the passage.

Did they have good and legitimate reasons for not wanting to be with other people, let alone serve them to the extent they did? If yes, what were they? If no, why not?

Why do you think Jesus listened, spoke, and gave food to these people?