



SERVE SOMEONE

Those who refresh others will themselves be refreshed. Proverbs 11:25 NLT

Jesus was able to live mentally free because He chose to serve others, and you can do the same! Here are a few ways you can serve the people in your life.

HOW TO SERVE YOUR FAMILY:

- Spend quality time with them
- Do a chore without being asked
- Make them a meal or a snack

HOW TO SERVE YOUR FRIENDS:

- Give them a specific encouragement ("You're such a good friend." or "You are so good at that!")
- Let them choose what you do together for fun
- Do a random act of kindness like getting them their favorite snack or drink

HOW TO SERVE YOUR COMMUNITY:

- Send a handwritten note to a teacher, leader, or coach, thanking them for investing their time in you
- Serve on a team at church
- Pray that God would move in a specific area of life that's important to you like sports, your school, or your family