



## Do Something with What You've Got

Adapted from the sermon series "Do Something" from Stephen Blandino

Sometimes a person can reach a place where they do not think they have anything to offer. Often people feel as though they are not gifted in certain areas or life's circumstances keep a person from investing into others. However, something happens to an individual whenever they begin to serve others.

The following is a great example of what happens to a person who serves others.

According to a 2002 study in *Pain Management Nursing*, nurses suffering from chronic pain experienced declines in their pain intensity and decreased levels of disability and depression when they began to serve as peer volunteers for others also suffering from chronic pain. "Despite encountering challenges, the rewards of this altruistic endeavor outweighed any frustrations experienced by volunteers with chronic pain," says the abstract.

Sonja Lyubomirsky, a psychology professor at the University of California and the author of *The How of Happiness*, has studied this topic for years. She and one of her graduate students received a grant from the Science of Generosity competition at the University of Notre Dame to find out if this theory is really true. According to her research, it is. People who have a tendency toward depression, she asserts, can often help themselves by helping others.<sup>1</sup>

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<sup>1</sup> Therese J. Borchard, "Helping Someone Else Can Alleviate Depression," PsychCentral, October 19, 2015, <https://psychcentral.com/blog/archives/2015/10/19/helping-someone-else-can-alleviate-depression/> (Accessed September 26, 2017).

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## COURAGE

**C1:** After reading the opening story, what are your thoughts?

**C2:** Have you ever done something for someone else? How did you feel? What was your reason for doing what you did?

**C3:** Read and answer the following.

**1 Corinthians 12:27 (ESV)** Now you are the body of Christ and individually members of it.

**Ephesians 5:29–30 (ESV)** <sup>29</sup> For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, <sup>30</sup> because we are members of his body.

- When Paul says, “you are the body of Christ ...” what did he mean?
- What does Paul mean in **Ephesians 5:29-30**?
- In the above scriptures, you are called a member of the body. As a member of the body, what are you called to **do**? How well are you accomplishing what you are called to do? How can you improve?

## STRENGTH

**S1:** Read and answer the following.

### Romans 12:4-6 (ESV)

- From these verses, what are you called to do in the body of Christ?
- On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on how well you **function** in the body of Christ. How can you improve?

**S2:** Spend your lunch time during the next two work weeks thinking, reflecting, and writing down how you function in the body of Christ. What did you determine from this exercise?

**S3:** Read the verses again in **S1**. When you neglect God's call to serve in the local church, you simultaneously rob the body of Christ of what it needs to be healthy. What comes to mind when you read the previous statement?

**S4:** Over the next thirty days, meet with three men and discuss each other's role in the church. What did you learn? How can you improve in serving in your role?

## ENDURANCE

**E1:** Read and answer the following.

### **Romans 12:6-8 (ESV)**

- What are two things this passage emphasizes?
- What gift do you sense God has given to you?
- How many times have you done nothing with the something God gifted you with? Why?

**E2:** You likely have a gift if you experience **fulfillment** (a personal sense of satisfaction when you use this gift), **fruitfulness** (good things happen to others when you use this gift), and **feedback** (you receive genuinely positive feedback from others when you use this gift). Describe gifts in your life that meet these three criteria.

**E3: 1 Corinthians 13** is often misunderstood. To understand the purpose of this chapter, what does Paul discuss in **1 Corinthians 12 and 14**? Why does Paul wedge a chapter about **love** in between the middle of discussing gifts?

**E4:** Read and answer the following.

### **1 Corinthians 13:1-3 (ESV)**

- What can you learn from these verses in relation to using your gifts?

- Do the words from Paul describe how you are using your gifts?

**E5:** In the next thirty days, meet with three men and discuss this lesson. What did you learn from this discussion?