



Do Something for Someone Else

Adapted from the sermon series “Do Something” from Stephen Blandino

It was my sophomore year in high school. It was my first game playing with the varsity team. The speed was much quicker in the game than in practice. The lights were bright and the stadium was full of cheering fans. As a defensive tackle, it was my job to take on the blockers so my linebacker could make the tackle. I beat the blocker across from me, and I stood in the gap watching the quarterback hand the ball off to the running back. The running back was coming right at me. I was going to make my first tackle, in my first game on the varsity team, in a stadium full of screaming fans. I stood there only to watch the running back quickly see that I was waiting for him and reverse course. I stood there and watched the running back run for a touchdown. As I went to the sideline, my coach met me ten yards on the field. He grabbed my facemask and yelled in my face his famous line, “Don’t just stand there! Do something, even if it’s wrong! If you don’t you are going to get us killed!”

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COURAGE

C1: Think back on your life and describe a time when you should have done something but did nothing. How did you feel?

C2: What does the phrase “do something” mean to you?

C3: What are some hindrances that stop you from **doing something**?

C4: Read and answer the following.

Philippians 2:1–2 (ESV) ¹So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, ²complete my joy by being of the same mind, having the same love, being in full accord and of one mind.

- What is the key truth for these two verses?
- According to verse two, what three things was Paul asking for to complete his joy?
- On a scale of 1-4, with 1 being very well and 4 being not so well, rate yourself on how well you do these three things daily. Write out a plan to improve.

STRENGTH

S1: Read the following and answer the questions:

Dr. Karl Menninger, the famous psychiatrist, was once asked following a lecture on mental health: “What would you advise a person to do, if that person felt a nervous breakdown coming on?” Most people thought he would say: “Consult a psychiatrist.” But he didn’t. He surprised everyone when he replied: “Leave your house, find someone in need, and do something to help that person.”¹

- Do you agree with Dr. Menninger in his statement? Why or Why Not?
- Describe how you feel when you do something for someone else.
- Do you help someone else in need? Why or Why Not?

S2: Read and answer the following:

Galatians 5:13 (ESV)

- Describe the difference between a **selfish mentality** and a **scarcity mindset**.
- Do you agree that a selfish mentality plus a scarcity mindset equals a sinful appetite? Why?

¹ 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)

- How can you keep your sinful appetite from dominating your life?

S3: Read and answer the following:

Philippians 2:3-4 (ESV)

- What can you gather from these two verses?

- What are some things you can do to **step aside** so others can **step ahead**?

S4: In the next thirty days, meet with three men to discuss this lesson and ways you can step aside. What did you pick up from this meeting?

ENDURANCE

E1: Read and answer the following.

Philippians 2:5-8 (ESV)

- What is the key theme of these verses?
- Someone said, “An easy way to tell if you have a servant’s heart is how you act when you’re treated like a servant.”² How do you respond when you are treated like a servant?

E2: On a scale of 1-4, with 1 being very well and 4 being not very well, rate yourself on how well you **set aside** your **status** in order to serve. Write out a plan to improve.

E3: For ten days, spend your lunch time reflecting on the question, “What would your life look like if you helped others instead of serving yourself?” Share your thoughts with three men. What was their response?

E4: For the next thirty days, answer the following questions every day and then write down what you did, how you felt, and any responses you observed.

- Today, how did I step aside so others could step ahead?
- Today on my job, how did I set aside status in order to serve others?”

² Michael F. Bird, “An Easy Way to Tell If You Have a Servant Heart,” May 25, 2016 Church Source, <https://blog.churchsource.com/an-easy-way-to-tell-if-you-have-a-servant-heart/> (Accessed September 26, 2017).



- Today, how did I serve as a door opener for someone else?