

## Spiritual Practice: SECRET SERVICE

We can all probably agree that there is great value in doing something for somebody else. At times we can become so consumed with our to-do lists and the schedules of our own lives that we either look past or miss the opportunity to lift someone else's burden. Where do we find the time? The issues seem too large for us to handle. I am only one person; what can I do? What about me? It sure would be nice to have someone serve me.

These are common pushbacks we provide when confronted with the opportunity to serve someone else.

In Matthew 6:1-4 Jesus confronts our idea of service and pushes into the motives behind the service we do offer. **As we have seen throughout the Sermon on the Mount, Jesus is confronting our hearts.** Jesus states, *"Watch out! Don't do your good deeds publicly, to be admired by others."* **He is a genius when it comes to how our hearts work.** He exposes people who practice these disciplines in order to impress. Over time we begin to hunger for others' affirmation because it seems to establish our value.

**Jesus is not concerned about the method, but the motive.** Most of us spend our lives playing for an audience of many, fixating on what others are thinking or saying about us. Jesus is challenging us to serve with no other motive beyond lifting someone else's burden. Instead of serving in a way that assures we get noticed or receive the most likes on our social media post about serving, Jesus is challenging us to serve without trying to get noticed or drawing attention to ourselves.

**This week, see if you can find one small thing every day to help lighten the load for someone else.** There's no need to be a hero – just find something tangible as a means of thinking of others and how you might serve them. If doing something every day seems a bit much, consider one person you could really bless by undertaking something in their world in a practical way.

These acts of service can be anything - shoveling someone's driveway - offering a ride to someone - serving at a homeless shelter or food bank - watching someone else's kids while they run errands or have a date night with their spouse.

To give of your time or talents to put others first displays a heart of service. As far as you are able, try to be of service to others without them knowing. It may be impossible to hide it— and don't lie if they ask you about it. Just try not to draw attention to what you have done.

Adapted from James Bryan Smith, [The Good and Beautiful Life](#)

