

Question. Which is more important? Our physical shape? Or, our spiritual shape? Our culture would say, “physical”. But, listen to what Paul says in 1 Timothy 4:7b-8 (ESV), “Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

Today, we continue our series, “CrossFit”. We’re looking at 12 daily disciplines to get us into spiritual shape. Today, we look at the outward discipline of Service. In The Study Guide for “Celebration of Discipline”, Foster says, “As we live out our lives in service for the good of others, amazingly, we find ourselves and discover our sense of place.”

Service flows from humility. In Matthew 23:11-12 (ESV), Jesus says, “The greatest among you shall be your servant. Whoever exalts himself will be humbled, and whoever humbles himself will be exalted.” So often times, our service is “self-righteous”. We serve for recognition, rewards, results, response, and returns. But, Paul says, in Galatians 5:13b (ESV), “Through love (humbly) serve one another.”

Service flows from discernment. In 1 Peter 4:10 (ESV), Peter says, “As each has received a gift, use it to serve one another, as good stewards of God's varied grace.” I know there are varieties of gifts, service, and activities empowered by God, Father, Son, and Holy Spirit, in every believer. Learn what they are. Lead by serving others with them!

Service flows from obedience. In Matthew 20:28 (ESV), Jesus says, “The Son of Man came not to be served but to serve, and to give his life as a ransom for many.” In obedience to Christ, serve! Rely on God. Give yourself. Meet a need. Do little things. Be hospitable. Listen. Bear burdens. Be indiscriminate. Share the Word. Build community. Be content in hiddenness. Make it your “CrossFit” life-style!

Let's pray. Lord, in The Celebration of Discipline, Richard Foster says, “It is one thing to *act* like a servant; it is quite another to *be* a servant.” Lord, Jesus set the example of service for us. Help us celebrate the discipline of service. And, help us pray each day, “Lord Jesus, as it would please You, bring me someone today whom I can serve.” Amen.