



INTRODUCTION

Keep Calm—and serve others

The holidays are coming.

What's supposed to be a season of joy and celebration, often is not. We find ourselves distracted by preparations, overwhelmed by expectations, or depressed by our own circumstances. Let's learn how we can make the holidays enjoyable and meaningful!

We'll discover how to take a biblical approach to the holidays, and explore how we can be present, keep calm, and survive the season.

DISCUSSION QUESTIONS

1. Do you prefer to serve other people, or do you prefer to be served? Explain your answer. Why do you think we sometimes feel other people should serve us?
2. Why do you think serving other people can be a humbling experience? Why do we tend to look down on those who serve?
3. Can you think of an example where someone served you in a surprising and meaningful way? How did it make you feel? How do you feel when you serve others?
4. Read John 13:1-11. Why do you think Peter resisted Jesus' efforts to wash his feet?
5. How did Jesus associate foot washing with the spiritual cleansing he is able to provide for us?
6. Read Philippians 2:3-11. How does this passage relate to the verses we just read in John 13? In what ways will God bless us if we serve?
7. What are some things that hinder us from serving more? How can we apply Philippians 2:3-11 to our daily lives?
8. What are some specific ways in which you can serve during the holidays?
9. How might you apply this lesson to your life?

APPLICATION

What if we viewed the holidays as an opportunity to give rather than to receive? What if we served others more, rather than letting others serve us? We tend to view this time of year as a break, a chance to relax, or an opportunity to catch up on other things. However, we should want to make a difference, and this is the perfect time of year to shift our focus to others instead of ourselves.

Jesus said the true measure of greatness is not revealed in how we are served, but in how we serve. The holidays provide unique opportunities for all of us, and we can take advantage of this special time of year by looking for opportunities to serve, and moments where we can help others. You can even plan ahead for what you'd like to do or how you'll be able to serve those around you—it could make the holidays a much more enjoyable time for everyone!

KEY VERSES (HCSB)

Mark 10:45
Luke 22:25-26
John 13:1-15
Philippians 2:3-11