

RADIANT SERVICE: Cultivating Joy and Selflessness During the Holiday Season

Session 1: The Heart of a Servant

Session 2: Joy in the Midst of Adversity

Session 3: The Gift of Giving

Session 4: The Ultimate Example of Service and Joy

Session 5: The Gift of Presence

Session 6: Perseverance in Serving



ON THE JOURNEY WITH MONIQUE MYERS | 2023

Session 1: The Heart of a Servant

Aim: To understand the biblical principles of serving with joy and selflessness during the holiday season.

Scripture Focus for Discussion:

Philippians 2:3-4 "Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too."

The holiday season is a time to put the needs and interests of others above our own, showing selflessness and humility.

My Reflection to share:

Galatians 5:13 "For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love."

Freedom in Christ allows us to serve others in love, which should be the focus of our holiday season.

My Reflection to share:

Matthew 20:28 "For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

Jesus set the ultimate example of selflessness through His service, reminding us to serve others during the holidays.

My Reflection to share:

1 Peter 4:10 "God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another."

Our unique gifts and talents can be used to serve others, spreading joy during the holiday season.

My Reflection to share:

Colossians 3:23-24 "Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ."

By serving with the attitude of serving the Lord, our work becomes a form of worship during the holidays.

My Reflection to share:

Romans 12:10 "Love each other with genuine affection and take delight in honoring each other."

Expressing genuine love and honor for others is a key aspect of serving with joy during the holiday season.

My Reflection to share:

Hebrews 13:16 "And don't forget to do good and to share with those in need. These are the sacrifices that please God."

Sharing with those in need and doing good deeds during the holidays are pleasing to God and demonstrate selflessness.

2 Corinthians 9:7 "You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. 'For God loves a person who gives cheerfully.'"

Giving with a cheerful heart is a reflection of serving with joy and selflessness during the holiday season.

My Reflection to share:

Luke 6:38 "Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Generosity and selflessness in giving during the holidays lead to blessings in return. **My Reflection to share:**

Ephesians 6:7 "Work with enthusiasm, as though you were working for the Lord rather than for people."

Approaching your holiday service with enthusiasm and the perspective of serving the Lord can bring joy and selflessness to your actions.

My Reflection to share:

These verses emphasize the importance of serving with joy and selflessness during the holiday season, reflecting the love and compassion that Christ showed through His own life and teachings.





Discussion Points:

What motivates us to serve during the holiday season, and what challenges may arise that can dampen our enthusiasm?

How does the Bible encourage us to approach serving others with a selfless attitude?

Share personal experiences of joyful service and how it impacted both you and those you served.

Group Activity: The Heart of a Servant

Objective: To engage in an interactive activity that deepens our understanding of serving with joy and selflessness, and helps us apply these principles during the holiday season.

Session 2: Joy in the Midst of Adversity

Aim: To explore how joy can be maintained while serving, even when facing challenges during the holiday season.

Scripture Focus for Discussion:

James 1:2-3 "Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow."

Challenges can be opportunities for spiritual growth and a deeper, more enduring joy in serving during the holiday season.

My Reflection to share:

Romans 12:12 "Rejoice in our confident hope. Be patient in trouble, and keep on praying."

Maintaining joy during holiday service involves rejoicing in hope, practicing patience during challenges, and persistent prayer.

My Reflection to share:

2 Corinthians 4:16-18 "That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever."

Focusing on eternal joy and the greater purpose can help us endure temporary challenges during the holiday season.

Philippians 4:4 "Always be full of joy in the Lord. I say it again-rejoice!"

Rejoicing in the Lord provides a source of joy that remains constant, even when facing difficulties during the holidays.

My Reflection to share:

Psalm 30:5 "Weeping may last through the night, but joy comes with the morning."

While challenges may be present, joy will ultimately prevail, providing hope during difficult times.

My Reflection to share:

Isaiah 41:10 "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Knowing that God is with us during challenges can bring comfort and maintain joy in our service.

My Reflection to share:

Nehemiah 8:10 "And Nehemiah continued, 'Go and celebrate with a feast of rich foods and sweet drinks, and share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. Don't be dejected and sad, for the joy of the Lord is your strength!"

Even in the face of adversity, the joy of the Lord can provide strength for our holiday service.

Psalm 16:11 "You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever."

The joy that comes from God's presence can sustain us during challenging times in our holiday service.

My Reflection to share:

Psalm 34:8 "Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!"

Finding refuge and joy in the Lord can be a source of strength and peace during the holiday season, regardless of challenges.

My Reflection to share:

John 16:33 "I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart because I have overcome the world."

Knowing that Christ has overcome the world can bring a lasting joy that transcends the difficulties faced during holiday service.

My Reflection to share:

These verses illustrate how joy can be maintained while serving, even when encountering challenges during the holiday season. They emphasize the role of faith, hope, and God's presence in sustaining joy despite difficulties.



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Discussion Points		

Discussion Points:

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What challenges and obstacles have you encountered while serving others, especially during the busy holiday season?

How can we maintain joy and perseverance in the face of adversity?

Share stories of how you've witnessed joy in difficult situations and how it impacted your service and faith.

Group Activity: Joy in the Midst of Adversity

Objective: To engage in a group activity that explores how joy can be maintained while serving, even when facing challenges during the holiday season.

Session 3: The Gift of Giving

Aim: To discuss the biblical principles of giving and generosity, emphasizing the true meaning of giving during Thanksgiving and Christmas.

Scripture Focus for Discussion:

Acts 20:35 "And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus: 'It is more blessed to give than to receive.'"

Giving is a blessing, and the joy of giving far exceeds that of receiving. **My Reflection to share:**

2 Corinthians 9:7 "You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. 'For God loves a person who gives cheerfully.'"

True giving should be done willingly and with a cheerful heart, not out of compulsion. **My Reflection to share:**

Luke 6:38 "Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Generosity results in a multiplied return, not just in material blessings but also in a sense of fulfillment.



Proverbs 11:25 "The generous will prosper; those who refresh others will themselves be refreshed."

Generosity leads to personal prosperity, and those who bless others will, in turn, find blessings in their lives.

My Reflection to share:

Matthew 25:40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!"

Giving to those in need is an expression of serving Christ Himself, emphasizing the importance of compassionate giving during the holidays. **My Reflection to share:**

12 Corinthians 8:9 "You know the generous grace of our Lord Jesus Christ. Though he was rich, yet for your sakes he became poor so that by his poverty he could make you rich."

The ultimate act of generosity is seen in Jesus Christ, who gave up His riches to bless us with spiritual wealth.

My Reflection to share:

Romans 12:13 "When God's people are in need, be ready to help them. Always be eager to practice hospitality."

Hospitality and helping those in need are fundamental aspects of giving during the holidays.

Deuteronomy 15:10 "Give generously to the poor, not grudgingly, for the Lord your God will bless you in everything you do."

Generous and willing giving to the poor is met with God's blessings in all areas of life. **My Reflection to share:**

1 Timothy 6:18-19 "Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others. By doing this, they will be storing up their treasure as a good foundation for the future so that they may experience true life."

True life and treasure come from using resources for good works and generous giving to those in need.

My Reflection to share:

1 John 3:17 "If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God's love be in that person?"

True giving is marked by compassion and a willingness to help those in need, reflecting the love of God.

My Reflection to share:

These verses emphasize the biblical principles of giving and generosity, highlighting the importance of a willing, cheerful, and compassionate heart when giving during Thanksgiving and Christmas, keeping in mind the true meaning of these seasons.

How does the B	Bible guide us in our approach to giving and generosity?	
Share personal	stories of how giving joyfully has impacted your life and the live	s of others.

Group Activity: The Gift of Giving

Objective: To engage in a reflective and interactive activity that deepens our understanding of the principles of cheerful giving and encourages us to apply these principles during the holiday season.

Session 4: The Ultimate Example of Service and Joy

Aim: To reflect on the life and teachings of Jesus as the ultimate example of serving with joy and selflessness.

Scripture Focus for Discussion:

Matthew 20:28 "For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

Jesus' purpose was to serve and give His life sacrificially for others, setting the ultimate example of selflessness.

My Reflection to share:

Philippians 2:5-7 "You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being."

Jesus humbly took on the role of a servant, demonstrating selflessness and the willingness to serve others.

My Reflection to share:

Mark 10:45 *"For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."*

This verse reiterates that Jesus came to serve and give His life for the benefit of others. **My Reflection to share:**



John 13:12-17 "After washing their feet, he put on his robe again and sat down and asked, 'Do you understand what I was doing?... And since I, your Lord and Teacher, have washed your feet, you ought to wash each other's feet."

Jesus washed the disciples' feet to teach humility and servant-heartedness, urging us to follow His example.

My Reflection to share:

Mark 9:35 "He sat down, called the twelve disciples over to him, and said, 'Whoever wants to be first must take last place and be the servant of everyone else."

Jesus emphasizes that true greatness is found in serving others selflessly. **My Reflection to share:**

John 15:13 "There is no greater love than to lay down one's life for one's friends."

Jesus' sacrificial love exemplifies the highest form of selflessness in service. **My Reflection to share:**

Luke 22:27 "For who is greater, the one who is at the table or the one who serves? Is it not the one who is at the table? But I am among you as one who serves."

Jesus identifies Himself as a servant among His disciples, highlighting the importance of a servant's heart.

Matthew 25:40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!"

Serving others is tantamount to serving Christ Himself, emphasizing the importance of selfless service.

My Reflection to share:

1 Peter 2:21 "For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in his steps."

Jesus is our model for doing good and serving, even when it involves sacrifice or suffering. **My Reflection to share:**

John 13:34-35 "So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples."

Jesus' love and selfless service are the markers of true discipleship and serve as an example for us to follow.

My Reflection to share:

These verses reflect on the life and teachings of Jesus as the ultimate example of serving with joy and selflessness, emphasizing His humility, sacrificial love, and servant-hearted attitude for us to emulate.



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Group Activity: "Commitment Cards"

Objective: To engage in a creative and reflective activity that deepens our understanding of Jesus' example of service and encourages us to apply His teachings to our lives.

Session 5: The Gift of Presence

Aim: To explore the value of being present in the moment and how it can enhance our service during the holiday season.

Scripture Focus for Discussion:

Ecclesiastes 3:1 "For everything there is a season, a time for every activity under heaven."

Acknowledging the season and time helps us appreciate the significance of moments, including those during the holiday season.

My Reflection to share:

Matthew 6:34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

Focusing on the present moment reduces anxiety and allows us to serve with a clear and present mind during the holidays.

My Reflection to share:

Psalm 118:24 "This is the day the Lord has made. We will rejoice and be glad in it."

Embracing each day as a gift from God encourages us to find joy and gratitude in the present moment.



Philippians 4:6-7 "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand."

Prayer in the present moment allows us to seek God's peace and guidance for our holiday service.

My Reflection to share:

Colossians 3:17 "And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father."

Serving as a representative of Christ means being fully present in our actions and expressing gratitude for the opportunity to serve.

My Reflection to share:

Ephesians 5:15-16 "So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days."

Being present and wise in our actions enables us to make the most of every opportunity to serve, especially during the holiday season.

My Reflection to share:

Psalm 46:10 "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

Taking moments to be still and acknowledge God's presence helps us serve with a sense of divine purpose during the holidays.

James 4:13-15 "Look here, you who say, 'Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.' How do you know what your life will be like tomorrow?"

Recognizing the uncertainty of the future encourages us to focus on the present moment and make the most of our opportunities to serve now.

My Reflection to share:

Psalm 90:12 "Teach us to realize the brevity of life so that we may grow in wisdom."

Recognizing the brevity of life encourages us to use our time wisely and serve with purpose and wisdom.

My Reflection to share:

1 Corinthians 10:31 "So whether you eat or drink, or whatever you do, do it all for the glory of God."

Being present in every activity allows us to bring glory to God through our service during the holiday season.

My Reflection to share:

These verses encourage us to value the present moment, seize opportunities for service, and find gratitude and wisdom in the moments we have, enhancing our holiday season service with a focused and mindful approach.



	the story of Martha and Mary (Luke 10:38-42). How did their actions represent ance of being present and focused on what truly matters?
Share prac he holiday	tical ways to prioritize presence and connection with others while serving during /s.

Group Activity: "Prayerful Mindfulness and Presence Meditation"

Objective: To help participants practice being present in the moment, reduce stress, and find peace during the busy holiday rush.

Session 6: Perseverance in Serving

Aim: To discuss the importance of perseverance and endurance in serving with joy, especially during challenging times.

Scripture Focus for Discussion:

Galatians 6:9 "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

Perseverance in doing good is key, and the promise of a harvest of blessings encourages us to serve with joy even when facing difficulties.

My Reflection to share:

James 1:12 "God blesses those who patiently endure testing and temptation. Afterward, they will receive the crown of life that God has promised to those who love him."

Perseverance during testing and challenges is rewarded with the crown of life, giving us a reason to serve with joy.

My Reflection to share:

Hebrews 10:36 "Patient endurance is what you need now so that you will continue to do God's will. Then you will receive all that he has promised."

Persevering in doing God's will is essential, as it leads to the fulfillment of His promises. **My Reflection to share:**



Romans 5:3-4 "We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation."

Challenges and trials, when endured with joy, develop strength of character and deepen our hope of salvation, making them valuable in our service. **My Reflection to share:**

Colossians 3:23-24 "Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ."

Serving with perseverance as if for the Lord brings the promise of a reward, motivating us to endure with joy.

My Reflection to share:

2 Timothy 4:7-8 "I have fought the good fight, I have finished the race, and I have remained faithful. And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return."

Enduring in faithful service is likened to completing a race, and the reward is the crown of righteousness.

My Reflection to share:

2 Thessalonians 3:13 "And as for you, brothers and sisters, never tire of doing what is good."

This verse emphasizes the importance of never growing weary in doing good, even during challenging times.

James 5:11 "We give great honor to those who endure under suffering. Job is an example of a man who endured patiently. From his experience, we see how the Lord's plan finally ended in good, for he is full of tenderness and mercy."

Endurance in the face of suffering is highly regarded, as exemplified by the story of Job, and it leads to God's ultimate plan of good.

My Reflection to share:

1 Corinthians 9:24 "Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win!"

The analogy of a race encourages us to serve with endurance and determination, striving to win the prize.

My Reflection to share:

Hebrews 12:1-2 "Let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith."

Perseverance in our spiritual journey is achieved by fixing our focus on Jesus, who is the ultimate example of enduring with joy.

My Reflection to share:

These verses underscore the significance of perseverance and endurance in serving with joy, especially when facing difficulties, and they offer the promise of blessings, rewards, and character growth for those who persevere in their service.



Discussion Points:

What are common challenges and obstacles that can lead to weariness and discouragement in serving during the holiday season?

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How do the selected verses encourage us to persevere in our service, and what are the rewards of not giving up?

Share personal stories or strategies for maintaining perseverance and joy in serving, even when faced with difficulties.

Group Activity: "Perseverance Plan Creation"

Objective: To create a personalized "perseverance plan" that outlines challenges & obstacles, strategies, commitments and support system, for maintaining motivation and joy in our service roles, even when facing adversity.



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