

## Servant Aerobics

Steve Alley

A “servant’s heart” is something that must be developed and exercised. The “Fruit of The Spirit,” as listed in Galatians 5, includes almost all the “ingredients” for a “servant’s heart,” but the presence of the Holy Spirit is just the “starting point.” As with so many aspects of the Christian life, God challenges us to make choices based on what we know will please Him. The “choice” to serve others is one of those critical acts that He leaves up to us.

To develop a “servant’s heart,” it is important to practice. The more you practice this critical act, the easier it will be for you to be a servant “naturally.” Here are some “Servant Aerobics” that will help you “tone up” your servant’s heart!

1. **Park your car in a far-away spot** in the parking lot (instead of the closer spots reserved for pastors or staff). As you walk to and from your car, thank the Lord for those who have to do the same thing. Ask God for a sensitive heart toward their feelings and needs.
2. **Look for things to fix in the classrooms.** This could be a gate that needs adjusting, batteries that need replacing, or whatever else the team members need. **Caution:** if you are “stationed” in the hallway, don’t leave that post. Once you are free of your hallway duties, return to fix the item.
3. **Get something that a team member needs.** If a team member needs something from the supply room, get it for the team member joyfully. Do all you can to have the “How may I help you” attitude. **Caution:** if you are “stationed” in the hallway, don’t leave that post unless you have another hallway assistant with you. If you can’t leave the room without breaking the “Never Alone” rule, ask someone else to assist the team member.
4. **Dump a classroom trashcan** if you see that it is full. Take the can to the larger hallway can and dump it there. This “simple act of kindness” feels good and blesses the team member.
5. **Help a team member clean up the room after a service.** This might be spraying and wiping down the tables, cleaning the board, dumping the trash, resetting the furniture, etc. The team member will be blessed that you are serving him/her.



This “aerobic workout” should continue week after week and month after month. Soon, your “servant heart muscles” will perform without you even thinking. To be a successful CM leader, it is important that serving others becomes “second nature” to you. There are two healthy “side effects” of your well-exercised servant heart: 1) To be the leader that others want to serve under and 2) To be an example for the CM team as they, together, create a “culture” of serving others.

*Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves. Each of you should look not only to your own interests, but also to the interests of others.*

Philippians 2: 3, 4