

# Key of Life

## Session 5~ Be of Service



**Would YOU like to experience life as performance art—a dance, a dream, an epic adventure with YOU as the star? Maybe you can, simply by shifting your point of view.**



*"Gandhi was once asked by a friend if his reason for living in a village and serving the people there was purely humanitarian. Gandhi responded, 'I am here to serve no one else but myself, to find my own self-realization through the service to these village folks.' "* Mahatma Gandhi in The Fruitful Darkness by Joan Halifax

- There's nothing you can buy that fits the phrase "the gift that keeps on giving" as much as being of service.
- It costs nothing, yet it can lift you from despair and remind you of everything you love about life.
- Serve with an open heart, and you'll



find it impossible to give more than you receive.

- When you volunteer for a cause you care about, **you'll meet other people who share your interests** while boosting your self-esteem and physical health.
- Whether it's a simple smile, a formal agreement, or doing your paid job with intention, service is a priceless jewel.



#### KOL 4 Be of Service 1

**I can't count the number of times I've left my home for a service commitment with my brain swirling over worries and stress.**

*The tension made it hard to focus, and circumstances seemed as if they were conspiring to make me late.*

**On the way there, I would wonder why I kept doing this to myself.**

*But it was a different story afterwards.*

**The drive home would be filled with joy, satisfaction, and amazement at the difference a few hours can make – every time.**

*Being of service can help us internalize what we learn on our journeys.*

**One of my most valuable lessons has been about stretching myself while honoring my boundaries.**

1. It's okay, even beneficial, to extend yourself, but It's just as important to respect the human needs of your body, mind, and spirit – to give without sacrificing so much that resentment sets in.
2. When you're in the zone, you always get more than you give.
3. You're the only one who knows your own needs.
4. When you honor yourself, you can dance with the universe and set goals or ask the powers that be for support with something specific – not as 'payment,' but simply to put something at stake and see what happens.

**NOTE:  
Colleges  
and  
employers  
value**



volunteer experience on applications. They know that those who give of their time make better students and employees.

According to behavioral research, people who volunteer for causes they care about are happier and healthier than their peers who don't.

We come into the world wanting to participate and contribute. Lending a hand where it's needed is a sure-fire way to harmonize with the song of the spheres.

KOL 4 Be of Service 2

## *From Drudgery to Joy*



*We can be of service to everyone we encounter.*

You might be surprised to know how much your smile or friendly greeting means to someone, even a total stranger.

The world is a different place today because of people who showed up to work

for causes they cared about.

 As a child I heard the story of two bricklayers.

One saw his job as labor, while the other was thrilled to be building a cathedral.



An attitude of service can transform your paid job, indeed, your entire life, from one of drudgery to joy and self-expression.

*"When I was a boy and I would see scary things in the news, my mother would say to me, Look for the helpers. You will always find people who are helping."* Fred Rogers

*"Everyone can be great because everyone can serve. You don't have to have a college education to serve. You don't even have to make your subjects and verbs agree to serve. You only need a heart full of grace."* Martin Luther King



KOL 4 Be of Service 3  
**NRGX 5.1**  
**Serving and Receiving with Grace**

Here are some questions to help you get in touch with the experience of service.

- I. What's the first thing that comes to mind when you hear the word 'service'?
  - A. Does it call to you? Do you resist it? Do you have mixed feelings?
  - B. Do you have good memories of lending your energy to a worthy cause?
  - C. What about your paid employment? Do you consider it an opportunity to be of service?
- II. Remember a time when someone served you graciously. How did it make you feel about them? How did it make you feel about yourself?
- III. Remember a time you did something nice for someone, and it put a big grin on their face. How did that make you feel?
- IV. Do you have a service commitment now?
  - A. If yes, is it a good fit—one supporting you as well as those you serve?
  - B. If no, are you aware of opportunities to serve? If not a good fit, what's next?
  - C. What are you passionate about? Art? Children? Animals? The

**environment? Enrichment opportunities for youth? Music?**

**The possibilities are endless..**

**V. Have you ever wondered about service from an evolutionary perspective?**

**If we live in an 'eat or be eaten' world, then why does giving and serving feel so good?**

**VI. Do you prefer to give or receive?**

**A. If both are easy for you, you may skip to the last question.**

**B. If giving is easier, can you also receive graciously?**

**C. If receiving comes more naturally, are you also able to give with an open heart?**

**C. If either is challenging for you, do you know what the obstacle(s) might be?**

**VII. There's a narrative In the New Testament, of Jesus washing his disciples' feet. (John 13:1-17)**

**A. Are you familiar with this story?**

**B. What do you think the lesson is?**

**C. Can you imagine letting Jesus wash your feet?**

**D. Would you be willing to wash someone else's feet?**

**E. Which would be harder, C or D?**