



# Heart

WEEK 1  
Mark 10:42-45

Parents, assign some chores for everyone (parents and kids) to do at home. If they already have their regular assignments, you can switch around the tasks so everyone gets to do something they don't normally do (just make sure the kids can safely perform the tasks assigned to them). You can do this for 2-3 days.

After your agreed upon duration, make time for a group discussion with the kids.

- What was your task? Was it an easy or difficult task?
- How did you feel about doing the task?
- Would you like to keep doing it?

Say: Every time you do something for someone, it is called an act of service or serving. When you did your assigned tasks for our family, you served our family. Serving is not only limited to your family. We can serve anyone - our friends, clubs at schools, at work, people we see on the streets, practically anyone.

Jesus wants to teach us a lesson about serving. Let's read about it.



In Mark 10:42-45, Jesus teaches his disciples about what true serving is like.

*42 And Jesus called them to him and said to them, "You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them.*

*At that time, "rulers of the Gentiles" were seen as the highest form of authority and they demonstrated power that was abusive and self-seeking. People under this kind of authority often experience injustice and oppression.*

*43 But it shall not be so among you. But whoever would be great among you must be your servant, 44 and whoever would be first among you must be slave of all.*

Jesus smashed this idea of authority and proceeded to give a different kind of authority, where one must be a servant to others. Jesus did not mean that we should serve others by doing everything they ask us to do. Rather, it is one that puts others first, ahead of ourselves. It means we think about their interests or well-being more than we think of ourselves.

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

Jesus exemplified this kind of serving when He came to die for our sins. Foremost in His mind was not His own comfort in heaven but our eternal damnation in hell. And He obeyed the Father in order to save us from that. This is the example He set for us and wants us to follow. We serve others not because it makes us look like good people, but we serve others because of our love for God. How then should we serve others?

We serve others out of the example that Jesus gave! He is the reason that we are able to do so. Even though He was perfect among men, He was still willing to be put behind everyone else to serve. Jesus demonstrated authority through miraculous works but at the same time, He was willing to lay down His life because He loved us and gave the gift of eternal life. In the same way, we learn from Jesus' example to serve out of love.

Serving from the heart is also about doing things out of good intent. When our parents would ask us to do something, we don't do it with a grumpy attitude but out of obedience. When our friends are having a hard time with something, we serve them by taking the time to give the help that they need. It may seem hard at first but we can continue to serve others when our hearts are set right. Remember that Jesus is the best example and our desires shouldn't hinder us from putting everyone ahead of us.



**Parent to Kid/s:**

**2-6 years old**

- Can you recall a time when you helped another person do something. Tell us about it.
- Think of ways you can serve your family at home.

**7-12 years old**

- Have you ever helped someone wherein you absolutely did not benefit anything from it? Tell us about it.
- Think of ways you can serve your family at home.

**Kid/s to Parent:**

- What do you do when it's hard to put yourself before others?
- What if the person you want to help does not appreciate what you do for them?

When our heart is right, when we serve others because we want to obey God, it becomes easier and easier doing it. It does not matter when others agree with us or not, or whether they appreciate what we do or not. When what we do is for God, serving becomes a joy and a lifestyle.



Dear God,

Sometimes we find it hard to put ourselves before everyone else. Please help us by continuously reminding us of your example. Give us a clean new heart so we may serve others just as you did. In Jesus' name,

Amen!



Gentiles are mentioned throughout the New Testament, but who are they anyway?

The term "Gentile" refers to anyone who is not a Jew. Translate that today when the Jewish population stands at about 14.7 million people against the world population of 7.8 billion people, that means only less than 1% are Jews and the rest are Gentiles! So, it's probably safe to say that most of us are Gentiles!

Back then, the Jewish people did not see the Gentiles had any part in the promises of God and the Gentiles were seen as the "lawbreakers" and because of that, it wasn't easy for them to get to know God. But despite all this, God still loves them and throughout Scripture, we can see God reaching out to the Gentiles ( see Genesis 16, the book of Jonah, Ruth, among others). When Jesus died on the cross, it was for all - Jews and Gentiles alike!

Source:

<https://www.christianity.com/wiki/christian-terms/who-are-gentiles-biblical-examples-and-importance.html>