

DEFEATING THE NARCISSIST WITHIN ME ACTION STEP

Selflessly serve 3 people who are not in your home.



THIS ISN'T ABOUT CHECKING A BOX.

Jesus constantly noticed the people everyone else overlooked. As we defeat the narcissist within us, we choose to notice people, love people, and serve people the way Jesus did. Pray that God would interrupt your plans this week and give you opportunities to serve.

Ask God to put people in your path. Then look for a practical way to serve each of them without expecting anything in return.

Pray this simple prayer: "God, help me see people the way You see them. Show me people I can love this week."

WAYS TO SELFLESSLY SERVE

Community

- **Bless overnight workers.** Take breakfast or coffee to nurses, police dispatchers, nursing home staff, or convenience store employees working the night shift.
 - **Bless someone at the grocery store.** Purchase a grocery gift card and ask the cashier to give it to someone who could really use it. Include an anonymous note of encouragement.
 - **Serve people who work outside.** Deliver cold drinks, snacks, or electrolyte packets to road crews, landscapers, utility workers, or delivery drivers.
 - **Pay for a stranger's meal.** Ask the server to keep your gift anonymous.
 - **Pay for someone's laundry.** Leave quarters, detergent, or a prepaid laundry card at a laundromat.
 - **Adopt a sports referee.** Drop off a cooler with cold drinks and snacks and thank them for serving your community.
 - **Honor someone whose work is often overlooked.** Write a thank-you note and include a small gift card for a custodian, sanitation worker, receptionist, or maintenance employee.
 - **Bless someone with car care.** Pay for someone's oil change, tire repair, gas, or car wash through a local auto shop.
 - **Adopt a first responder shift.** Deliver breakfast and snacks with handwritten encouragement to a fire station, EMS crew, or police department.
 - **Leave a Bigger Tip Than Expected.** Leave a generous tip with a handwritten note of encouragement.
 - **Leave encouragement everywhere.** Write handwritten notes to people who probably don't hear "thank you" very often.
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Use Your Skills

- **Serve through Help Ministry.** Contact your campus' Help Ministry Director and volunteer to help a widow, single mom, or family with practical needs.
 - **Use your trade or profession to bless someone.** Offer free car repair, photography, tutoring, landscaping, sewing, or another skill you already have.
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Schools

- **Buy lunch for a teacher or school staff member.** Remember custodians, bus drivers, cafeteria workers, office staff, and aides.
 - **Pay for a child's lunches or school supplies.** Work through a school counselor so the gift reaches a family with a genuine need.
 - **Sponsor a family's back-to-school shopping.** Partner with your local school or Help Ministry to bless a family in need.
 - **Bless the School Office.** Instead of only teachers, bring breakfast for the front office staff, school nurse, counselors, and receptionists.
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Generosity

- **Quietly buy the groceries for the person behind you.**
 - **Give away something valuable.** Instead of selling furniture, tools, baby gear, sporting equipment, or appliances, give them to someone who needs them.
 - **Stock a local food pantry or blessing box** with diapers, wipes, toiletries, canned goods, or easy-to-prepare meals.
 - **Create a "Rough Day" envelope.** Include a grocery or restaurant gift card, an encouraging note, and ask a counselor, social worker, or first responder to give it to someone facing a difficult day.
 - **Fill a blessing bag.** Keep bottled water, snacks, toiletries, socks, and gift cards in your vehicle so you're ready when God provides an opportunity to bless someone.
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Families

- **Serve families at a hospital.** Provide meal gift cards, snacks, chargers, or activity bags through hospital staff or chaplains.
 - **Bless young parents.** Put together a date-night kit with dinner, dessert, and help covering the cost of childcare.
 - **Serve a foster, adoptive, or special-needs family.** Provide dinner, pay for housecleaning services.
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Before You Leave Home Each Day

Pray: "Jesus, interrupt my plans today. Open my eyes to someone I can serve, and give me the courage to say yes."

Don't overthink it. Just say yes when God gives you the opportunity.

Action Step: **Selflessly serve 3 people who are not in your home.**
