

Serve Board

Love our Neighbors, Serve our Community

WINTER 2023

Me, Moses, + Moving

By: Hannah Bleckley
Life Group Director

I tend to suffer from a self-created (and self-diagnosed) term called "Service Paralysis". It is a fancy way of labeling my unhealthy internal monologue which asks questions and makes statements like: *Who am I to meet such a need? If I do ____ for them, then they will do ____ for me. Someone else will step up and help.* With these inadequacies and hesitations rolling around in my mind, it puts me in a place of paralysis—a frozen place where my heart, soul, and body have lost function and ability to **move**, therefore nothing is done.

In Exodus 3, the Lord saw His people in misery in Egypt. He "heard their cries" and was deeply "concerned about their suffering". Rather than paralysis, He **moved**. >>> **Continued**

ADVENT 2023: WEEK 1

VETERAN'S DINNER December 1, 2023

We are so excited to host the 3rd Annual Christmas Veteran's Dinner to show our appreciation to the veterans (and their families) living in our community.

Ways to Serve

We have many ways to serve. Please visit heightschurch.com/advent and scroll down and click "I WANT TO SERVE"

ADVENT 2023: WEEK 2

AGAPE HOUSE POINSETTIAS

December 2-3, 2023

We invite you to take a beautiful poinsettia flower during any weekend service. Each flower reminds us of our neighbors who may be experiencing homelessness and the wonderful ministries, like Agape House, who serve those families.

Ways to Serve

We need helpers to pickup the Poinsettias from Lowe's during the week of November 27. If you can help, please email local@heightschurch.com

ADVENT 2023: WEEKS 3+4

WEEK 3: BRING & TAKE December 9-10, 2023

Bring a Christmas Meal Bag to share, or take a Christmas Meal Bag for your family or to share with a friend or neighbor.

Ways to Serve

Visit heightschurch.com/advent to see the many ways you can get involved.

WEEK 4: BLOOD DRIVE December 21, 2023

Visit vitalant.com to see a list of local Blood Drive, and visit Park Collective on 12/21 for our Blood Drive.

Love Our Neighbors

By: Hannah Bleckley
Life Group Director

This small section of the Serve Board lays out some practical ways to love our literal and physical neighbors. Bulleted below are a few simple ways I am fighting against "Service Paralysis". Here is a short list of small + intentional **movements** me and my kids came up with:

(I am learning that when I invite others to serve along side me, I am bolstered, held accountable, + God uses them and the service experience to refine and sanctify me.)

- Hand deliver a family Christmas card with a treat attached
- Help with (or just do) front yard pick up—bring hand warmers + your own leaf rake or snow shovel!
- Break the routine of waving from the driveway—Engage *with* them, talk to them, ask them questions, get to know who they are and follow up intentionally next time you see them

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I tend to suffer from a self-created (and self-diagnosed) term called “Service Paralysis”. It is a fancy way of labeling my unhealthy internal monologue which asks questions and makes statements like: *Who am I to meet such a need? If I do _____ for them, then they will do _____ for me. Someone else will step up and help.* With these inadequacies and hesitations rolling around in my mind, it puts me in a place of paralysis—a frozen place where my heart, soul, and body have lost function and ability to **move**, therefore nothing is done.

In Exodus 3, the Lord saw His people in misery in Egypt. He “heard their cries” and was deeply “concerned about their suffering”. Rather than paralysis, He **moved**. The Lord talked to Moses and Moses, a human just like me and you, *almost* got stuck in “Service Paralysis”. Moses asked the question: *Who am I [that I should go to Pharaoh and bring the Israelites out of Egypt]?* And how the Lord responded to Moses is how He responds to us; His response is the reverberating response I hear in my own soul in regards to service. The Lord said to Moses, *“I will be with you. [And this will be the sign to you that it is I who have sent you: when you have brought the people out of Egypt, you will worship God on this mountain.]”* After some back and forth conversation between God and Moses, Moses obeyed—and he **moved**, leading God’s people out of Egypt.

Throughout the Israelites journey to the Promised Land, Moses’s obedience to **move** under the authority of God brought glory and worship to God’s name. So, this winter (through Advent at Heights, in our neighborhoods, in our families, or with strangers), rather than being stuck in paralysis, how will you **move** in obedience to God? How might God’s name be worshiped and glorified through your **movement**?

QUESTIONS FOR REFLECTION AND DISCUSSION

- What is your response when you get stuck in “Service Paralysis”?
- Answer the two questions from the devotional above—
 - How will you **move** in obedience to God?
 - How might God’s name be worshiped and glorified through your **movement**?