

Friendship Rising:

By the Grace of God, MISSION & SERVICE

1 Peter 4:10-11

What the Studies Say About Service

- **The High of Helping:** Studies in neuroscience show that altruistic behavior releases endorphins in the brain, producing a physiological phenomenon known as the "helper's high." Serving others triggers the brain's reward centers, similar to the effects of intense exercise.

- **Reduced Depression and Anxiety:** The Corporation for National and Community Service (CNCS) reports that volunteering provides a significant buffer against depression. Serving shifts our cognitive focus outward, interrupting cycles of negative self-reflection and anxiety.

- **Increased Longevity:** A longitudinal study published by the American Psychological Association found that individuals who volunteer regularly live longer, provided their motives are truly altruistic. Serving others lowers blood pressure and significantly reduces the physical wear and tear of stress.

- **Enhanced Sense of Purpose:** Psychological research indicates that individuals who engage in community service report a much higher sense of meaning in their lives. Service grounds us, connecting our personal identities to a larger, communal narrative.

1. **GIFTED:** Every person who places their faith in Jesus Christ is indeed gifted. However, we must always understand that our gifts originate with God and are inseparably bound to God's grace (v. 10).

2. **STEWARDS:** God expects us to faithfully manage the grace of God by engaging in service (v. 10).

3. **WATCH YOUR MOUTH:** As faithful stewards of God's grace, we must speak to others in a manner that reflects the Redeemer (v. 11a).

(over please)

FRIENDSHIP COMMUNITY CHURCH
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4. **DIVINE ECHO:** When we serve others by way of our words through encouragement, instruction, invitation or even correction, we must do so striving for our words to be an echo of the very words of God (v. 11a).

5. **DEEDS MATTER:** As faithful stewards of God's grace, we are to ensure that our actions reflect His grace (v. 11b).

6. **GLORY:** The ultimate goal of all Christian Mission and Service is that God will be glorified (v. 11b)!

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