

Truthbearers

Month 7 — Practical Holiness

Week 3 — Holiness Means Serving Others

Modern culture often encourages people to focus primarily on themselves: their comfort, their image, their success, their desires, and their recognition. Christian holiness always turns outward toward service, sacrifice, charity, generosity, and love. A holy person does not merely ask, “What do I want from life?” They also ask, “How can I help others?”

“Whoever would be great among you must be your servant.” — Matthew 20:26

Saint Focus — St. Teresa of Calcutta

St. Teresa of Calcutta dedicated her life to serving the poor, the abandoned, the forgotten, and the dying. She reminds us that holiness is not simply about ideas or emotions — it is lived through love put into action.

THINK

Do I mostly think about myself, or do I genuinely notice the needs of other people?

DO

Perform one hidden act of service or charity every day this week without seeking praise, recognition, or attention. Examples: • helping quietly • encouraging someone • serving family members • volunteering • sacrificing time for others • checking on someone struggling

PRAY

“Lord, help me love through action and service.”

DISCUSSION

Why does genuine service often go unnoticed or unappreciated?

CHALLENGE

Choose one person this week and intentionally make their life easier, lighter, or better in some practical way.

JOURNAL PROMPT

How willing am I to sacrifice comfort, time, or convenience for others?