

# REAL TALK

## Building a Heart of Service

This exercise helps families talk about what it means to follow Jesus by learning to notice others and serve in simple, everyday ways. There are no perfect answers, just honest conversation and small next steps. Plan a time to sit down with your teenager and use these questions to have a discussion with them. This could be over dinner one night or during a family devotion. Let everyone know this is a conversation, not a lesson.

OR

If you don't want to have one big conversation with your teen, pick one or two questions to discuss after church each week over the next month. Keep it light, conversational, and encourage them to share their feelings. Over time, these small conversations help teens see that faith grows in the context of real relationships.

### OPENING PRAYER:

"Jesus, thank You for loving us and serving us. Help us see people the way You do and love them well. Amen."

### REFLECTION QUESTIONS

Read: *"For even the Son of Man did not come to be served, but to serve."* Mark 10:45

- What is one way someone helped you recently?
- Why do you think Jesus chose to serve others?
- What does it mean to truly "notice" people?
- Who do we see every day that might need a little encouragement?

### CONNECTING CONVERSATIONS TO FAITH

Read: *"Let us not love with words or speech but with actions and in truth."* 1 John 3:18

- What are some small ways we can serve at home?
- What are some small ways we can serve outside our home?
- How do you think serving others changes us?

## SERVING WHERE WE ARE

Read: *"As the Father has sent me, I am sending you."* John 20:21

- Where are some places where we spend time with people that we could serve?
- Who in our life might need help or kindness this week?
- What is one thing we could do together as a family to serve others?

## FAMILY DECISION:

Choose **one simple act of service** to do this week and decide when you'll do it.

### Examples:

- Help a neighbor
- Write a card to encourage someone
- Serve together at church
- Pick up trash during a walk
- Pray for someone and follow up

Remember, faith grows through small, faithful steps, not perfect plans.

## CLOSING PRAYER

**"Jesus, help our family notice people, care deeply, and serve with joy. Use even our small acts to show Your love. Amen."**