

WHAT KIND OF SERVING S.H.A.P.E ARE YOU IN?

This study and meditation is designed to help you recognize God's revelations and to energize you to get into serving S.H.A.P.E. this Lenten season. It's time to move you from sitting to serving...from praying for those in the game to playing in the game...from wondering what to do, to working!

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This Lenten season, let us retreat with the intention to respond to service. Move beyond the ceremonial and spiritual focus of God's sacrifice, Jesus' ministry and resurrection. During the forty days of fasting, inner examination and abstaining from distracting lifestyles, God is going to reveal where He wants you to serve. In order to respond properly to His revelation, you will need to be in serving S.H.A.P.E.

Week 1 WHAT SPIRITUAL GIFT(S) HAS GOD GIVEN YOU?

1

Serving is a God initiative and helps you to fulfill your God given purpose. God said "...to each one the manifestation of the Spirit is given for the common good." *Each believer has been given at least one spiritual gift to benefit others. What have you gifted me to do Lord?* Not only will the answer reveal your gift, it will also reveal your assignment.

Lent Commitment Week One
(We fast from Monday through Saturday only)
Refrain from eating red meat or pork.

Goal for this week
For God to reveal both my spiritual gift(s) and areas where I can employ them!

Prayer for the Week
God, You have Spiritually Gifted me for service, help me to employ and exploit my 'Spiritual Gift'. Reveal to me ministries and a cell group I'm gifted for.

Week 1 - Scripture Reading
Romans 12:1-8, 1Corinthians 12, Ephesians 4:1-16,
1Peter 4:10, Matthew 24:45-51

Reflecting Questions:
What spiritual gifts do you think you possess?

Week 2 WHAT HAS GOD GIVEN ME THIS HEART FOR?

2

God says "...serve him with all your heart and with all your soul..." *What has God given you the heart for that others need? It is those things that reveal your uniqueness.* God has given you that heartbeat so let it pump life into dead situations and debilitating circumstances. Discover what has God given you the heart for?

Lent Commitment Week Two
(We fast from Monday through Saturday only)
Refrain from eating any meat and drink plenty of water.

Goal for this week
For God to reveal my heart and areas where I can resuscitate life?

Prayer for the Week
God you given me a heart for service, help me to share it with others. Help me to overcome my fear and apprehensions of vulnerability. Protect me from dangers seen and unseen.

Week 2 - Scripture Reading
Proverbs 23:7, Matthew 12:33-37, Mark 7:1-23,
Mathew 25: 31-46, Acts 21:13

Reflecting Questions:
How do your thoughts and conversations reflect your heart for service? How does your conversation and conduct mirror your heart for service? How does your religious weekly routine make you feel like you have pleased God, even though you may not have served anyone?
Who has been hindering you from obeying your heart?

Week 3 WHAT TALENTS & ABILITIES HAS GOD GIVEN ME?

3

Not everyone recognizes their spiritual gift, but everyone does possess talent. God made it that way! *He made humanity to glorify Himself. You either do so with your talent, or you do so with both your talent and your spiritual gift.* Together life is lived to its fullest! When the two are used together to bless a life, then you're operating in life's sweet spot.

Lent Commitment Week Three
(We fast from Monday through Saturday only)
Refrain from the consumption of alcohol, drugs, caffeine and cigarettes. Refrain from cursing, gossiping and unholy talk.

Goal for this week
For God to reveal both my abilities and areas where I can employ them in ministry!

Prayer for the Week
God, You have given me certain abilities that can be used for service; help me to employ and exploit them for your use. Reveal to me ministries and a cell group my abilities will compliment.

Week 3 Scripture Reading
Matthew 25:14-30; 1Peter 4:11; Hebrews 13:21;
Deuteronomy 8:17-19

Reflecting Questions
How are your talents and abilities currently being used? How does God respond to Christians who sit on their talents and abilities?

Week 4
HOW CAN MY PERSONALITY
PERFECT MINISTRY?

4

One of the biggest problems Christians have with ministry and serving is working with all of the various personalities in the church. In fact, one of the primary reasons why churches split and church people separate from one another is personality differences.

Your personality cannot be divorced from your project, calling, or your ministry. Nor is there a luxury to pick and choose ministries or service opportunities based upon the personality make-up of the group. On the contrary, God intends for all Christians to work together regardless of their personalities.

Lent Commitment Week Four
(We fast from Monday through Saturday only)
Refrain from eating any sweets or desserts. Refrain from sexual activity. Refrain from any unholy media; i.e, radio, television or Internet.

Goal for this week
For God to reveal both my personality and other personalities I have difficulty serving with, and find ways of working together to accomplish His mission!

Prayer for the Week
God, You have given me my personality, help me to compliment others not conflict with them. Help me to overcome personality issues so that they do not interfere with ministry.

Week 4 Scripture Reading
Ephesians 4:1-3; Colossians 4:5-6; Galatians 6:1-5;
Philippians 4:2-3; Philemon 8-18

Reflecting Questions
What is typically your response to personalities in church you don't like or prefer? What can you do to foster unity in the church, cell group and/or ministry? What does it mean for your conversation to be seasoned with salt?

Week 5
HOW CAN GOD USE MY EXPERIENCES?

5

Getting into serving S.H.A.P.E has everything to do with our Spiritual gifts, Heart, Abilities, Personalities and Experiences. However the question is "...do we know how to apply them in our daily lives?" Instead of blocking out our bad or painful experiences let us use them for God's glory. Let's explore how God can use your experiences to serve others!

Lent Commitment Week Five
Eat vegetables only. Release your debtors: if someone wronged you, forgive. If someone owes you money, let it go.

Goal for this week
For God to reveal how my experiences can inspire others to faith through their experiences.

Prayer for the Week
God, You have permitted the experiences in my life, give me wisdom to know what parts of my story can inspire others and what parts might enable others to stumble. Give me the wisdom and courage to know what to share, and wisdom when to keep silent. God deliver me from the guilt, shame and pain of my story. Thank you Lord for my trials and triumphs, lows and highs, tears and cheers, brokenness and wholeness!

Week 5 Scripture Reading
Acts 7:20-29, 22:3-4; Ecclesiastes 2:12-14

Reflecting Questions
How can the negative and positive lessons you've learned be used to affect change in others?
What can you do today with your experiences to help someone else?

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