

## **SOUL TRAINING**

### **Secret Service**

Based on James Bryan Smith's "The Good and Beautiful Life"

The exercise this week is to do five things that will lift someone else's burden. Any act of service that lightens someone's load will do. Examples include doing someone's laundry, filling someone's car with gas, cleaning someone's room, helping put up wallpaper, driving someone to where he or she needs to go, or helping someone complete some tasks. Other examples:

- Listen, really listen, to someone.
- Offer to serve dinner at a homeless shelter.
- Help your kids with homework.
- Borrow a car over the lunch hour and clean it inside and out.
- Ask God to send you a person in need. Watch out for this one!

As far as you are able, try to be of service to others without them knowing. It may be impossible to hide it—and don't lie if they ask you about it. Just try not to draw attention to what you have done. One final caution: don't give people money. Certainly there is a place for this, but for now your acts of service should involve your time and energy, not merely writing a check. Keep your acts of service on the nonmonetary level. Experience the joy of putting the needs of others before your own, and break the grip of vainglory in your heart.