

## ROAD TO RECOVERY

### Day Five – Love in Action: Serving Others with a Joyful Heart

**Scripture:** *“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”*

— 1 Peter 4:10 (NIV)

Love is a verb — it moves, it gives, it *does*. We can say “I love you” a thousand times, but real love is proven in our actions. Jesus modeled this perfectly. He didn’t just tell people they were loved; He showed it — washing His disciples’ feet, healing the sick, feeding the hungry, and ultimately laying down His life for us.

When we serve others, we are reflecting the very heart of Christ. The act doesn’t have to be grand or noticed. It might be as simple as checking on an elderly neighbor, taking dinner to a grieving family, helping a co-worker who’s overwhelmed, or volunteering at church. These small acts of service echo into eternity.

Sometimes, though, serving isn’t convenient. It interrupts our plans, stretches our patience, or costs us something. But love that costs nothing doesn’t grow deep roots. When you serve from a joyful heart — not out of obligation but out of gratitude for what God has done for you — you begin to experience the true power of love in motion.

Remember, your service may be the lifeline someone else needs. You never know how your kindness might be the very thing that pulls a weary soul back toward hope.

Here are a few simple ways to *love out loud through service*:

💖 Hold the door, smile, or speak encouragement — kindness costs nothing.

🍴 Prepare a meal or deliver groceries for someone struggling.

🙏 Volunteer at your church, local shelter, or food bank.

💬 Send a handwritten card or message of appreciation.

👂 Listen — really listen — when someone just needs to talk.

When we love through action, we become the hands and feet of Jesus to a world that's starving for compassion. Serving others doesn't just bless them — it restores our own joy and reminds us of our purpose.

### **Reflection:**

How can you serve someone today with a joyful heart? Think of one person who might need your time, help, or encouragement, and take one small step of love toward them.

### **Prayer:**

Heavenly Father, thank You for showing me what real love looks like through Jesus. Help me to see opportunities to serve others each day, not for recognition, but to reflect Your heart. Let my hands be Your

hands, and my words be filled with kindness. May every act of service I give bring You glory. In Jesus' name I pray, Amen.