

Practice of Loving Service



*“Prayer in action is love,
and love in action is service.”*
Mother Teresa

Active Prayer Sentences

“Jesus, I love you.”

“My Lord and my God.”

“Lord have mercy.”

“Jesus, Mary and Joseph.”

“Lord make haste to help me.”

“Each part... helps the other parts grow...”
Ephesians 4:16 NLT

The Essentials of Service

- **Intention – WHY** am I doing what I am doing? Serving others is a way of loving God. My intention is to love God.
- **Attention – HOW** am I doing what I am doing? I pay attention to what I am doing. I pay attention to the person I am serving. I am serving in the presence of God. Sometimes it may be very difficult to see God in this present moment. I pay attention anyway.
- **Loving Service – WHO** is doing the act of service? Ultimately it is God. Through baptism, I received the gift of the Holy Spirit. It is the Spirit of God that enables me to do the good that I do. Jesus says, “Whatever you did for one of these least brothers of mine, you did it for me.” (Matthew 25:40. NAB) In other words, God is both giver and receiver. I am the means through which this loving exchange takes place.
- **Prayer** – I recognize the voices of the one’s I love because they are so familiar to me. The ones I know best are the ones I spend the most time with. It is the same with God. Prayer is spending time with God. The more time I spend with God the deeper the relationship grows. So, I pray often!

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