

The Superpower of Showing Up

Your "yes" is enough.

Time:

10-15 minutes

Focus:

Serving, Purpose, Love

Scriptures

Luke 1:38

Psalm 37:4

Deuteronomy 11:13-14

2 Chronicles 16:9

1 Chronicles, 28:9-10

Matthew 6:21

Judges 2:11

Philippians 3:13-14

Matthew 5:37

Colossians 3:23-24

Proverbs 13:4

2 Corinthians 2:14-15

1 Peter 4:10

Matthew 5:37

Matthew 25:37-40

Parking lot

Write down distracting thoughts here:



Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to give you a willing heart and show you how to serve him today.



Scripture reflection

Read Luke 1:38 slowly. Then read it again:

Luke 1:38 TLB

Mary said, "I am the Lord's servant, and I am willing to do whatever he wants. May everything you said come true..."

Serving God isn't about grand actions—it's about faithful availability and willingness.



Thought starter

We often imagine serving God and finding our purpose as something big—like preaching to large crowds or launching a new ministry. But most of the time, it's much simpler than that.

Serving God means showing up. It's the simple choice to be present with him. It's reflecting God's love to the person next to us, even in the smallest way. It's taking a conviction we found in prayer and living it out in our everyday actions.

We don't have to be the most talented.

We just have to be willing.

Because our availability is our greatest ability.

Here's what we'll learn in today's Quick Quiet Time:

- Serving God starts with being present with him.
- Serving God is about the heart, not behavior.
- Serving God means taking action to serve others.



Serving God means showing up.

Psalm 37:4 ERV

Enjoy serving the LORD, and he will give you whatever you ask for.



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Notes:

Deuteronomy 11:13-14 NLT

"If you carefully obey the commands I am giving you today, and if you love the LORD your God and serve him with all your heart and soul, [14] then he will send the rains in their proper seasons—the early and late rains—so you can bring in your harvests of grain, new wine, and olive oil."

2 Chronicles 16:9 NIV

"For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him ..."

God scans the whole world, looking for people whose hearts are fully committed so he can help them and give them purpose.

💖 A dating metaphor

Imagine someone plans a dinner, buys flowers, and sends encouraging texts—but then...doesn't show up for the date. No matter how great the plan was, it doesn't matter if they're not there.

- Serving God is the same. It's not about big promises or dramatic gestures—it's about actually showing up.
- God values faithfulness, not flashy gestures. He's looking for the one who keeps showing up, even when it's simple, quiet, or inconvenient. He's looking for the willing heart.

**Reflect**

- How good am I at showing up? Do I usually follow through on plans, or do I back out when things get inconvenient?
- What does it look like for me to be fully available to God today—and how can I say "yes" to the moment he's placed in front of me?

❤️ Serving God starts with our hearts.

1 Chronicles 28:9-10 NIV

"And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the LORD searches every heart and understands every desire and every thought. If you seek him, he will be found by you; but if you forsake him, he will reject you forever. [10] Consider now, for the LORD has chosen you to build a house as the sanctuary. Be strong and do the work."

Matthew 6:21 NIV

For where your treasure is, there your heart will be also.

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Notes:

Judges 2:11 ERV

So the Israelites did something very evil before the LORD. They began serving the false god Baal.



Truth bomb: God wants our hearts. He sees not just our actions, but the intentions behind them.

- God values wholehearted devotion and a willing mind when we serve him.
- Sometimes we can exchange our devotion to God for something else.
 - It might not be a statue like it was in the old days of the Bible, but anything that takes priority over him can become a modern-day “Baal.”

**Reflect**

- Is there a “false god” I am serving?
- Are there any distractions—habits, routines, or influences—that are quietly pulling my attention away from God?
- What would “treasuring” God look like today?

**Serving God means taking steps.****Philippians 3:13-14 NIV**

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, [14] I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Matthew 5:37 NIV

All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.

Colossians 3:23-24 NIV

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, [24] since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Proverbs 13:4 NIV

People who refuse to work want things and get nothing. But the desires of people who work hard are completely satisfied.

God blesses forward motion rooted in faith.

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Notes:

 The flashlight metaphor

Sometimes we're waiting for a spotlight from heaven to show us God's calling. We want something bright, dramatic, and impossible to miss.

But God often hands us a flashlight instead. It doesn't light up the whole path, just the next step.

- That small gift we've been overlooking? That quiet opportunity to help someone? That's our flashlight.
- It may not feel big, but it's exactly the step God wants us to take—and exactly what someone else might need to see hope.

**Reflect**

- Am I waiting for a loud calling when I already have clear opportunities to serve?

 Serving God means serving others.**2 Corinthians 2:14-15 TLB**

But thanks be to God! For through what Christ has done, he has triumphed over us so that now wherever we go he uses us to tell others about the Lord and to spread the Gospel like a sweet perfume. [15] As far as God is concerned there is a sweet, wholesome fragrance in our lives. It is the fragrance of Christ within us, an aroma to both the saved and the unsaved all around us.

1 Peter 4:10 NIV

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

Matthew 25:37-40 NIV

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? [38] When did we see you a stranger and invite you in, or needing clothes and clothe you? [39] When did we see you sick or in prison and go to visit you?' [40] 'The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'"

**Lightbulb moment:**

Serving others is what happens when our hearts are full of God's love.

- When we choose to live out our faith in every situation—not just the convenient ones—we become a light in the darkness and a difference-maker in the world around us.
- The person God wants us to serve is often the one standing closest to us.
- Just as prayer is surrendering control, service is choosing generosity over self-focus.
- One small "yes" after another will lead to a big life of purpose.

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Notes:

**Reflect**

- What opportunity to serve did I miss yesterday because I was too busy, distracted, or self-focused?
- What small gift or skill am I ignoring because it doesn't feel "big enough"?

 Try it!

Write down one action you'll take to serve someone in your life in the next 24 hours:

- **Show up and stay present:** Be the friend who follows through.
- **Send a surprise encouragement:** A voice memo, handwritten note, or even a Venmo for coffee with a "You've got this!"
- **Offer your time:** Help with errands, babysit, or volunteer at church.
- **Feed a soul (and a stomach):** Drop off a snack, meal, or drink to someone who could use a pick-me-up.
- **Be the first to reach out:** Text someone you've been meaning to check on.
- **Use your gifts:** Organizing, fixing, baking, listening, making people laugh—use it today.

 Final thought

When we step out in faith—even with a small, quiet act of kindness—we're serving. Our power isn't in the size of the task. It's in our obedience to God's call. It's our willingness to show up.

 Closing prayer

"God, help me to say 'yes' to you today. Show me where I can serve, and give me the courage to follow through—even in the small things. Let my life reflect your love in every moment."

**Humor break!**

Why was the restaurant for computers closed?
Their servers weren't working.

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