D-GROUP LESSON #9: SELFLESSNESS

The DNA of a Healthy Church

Scripture: 1 Timothy 6:1–2; Colossians 3:23–24

Big Idea: A healthy follower of Jesus puts God's glory and the good of others ahead of personal rights, recognition, and comfort.

Key Takeaway: Be a blessing, not an embarrassment, to the Savior we adore.

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1. HOOK – GETTING STARTED

8 Minutes

Opening Question: What kind of person are you?

Imagine these two employees:

- **Employee #1:** Does exactly what is required, never more and never less. Their attitude is, "That's not my job."
- **Employee #2:** Looks for opportunities to help, takes initiative, and does more than expected. Their attitude is, "What else can I do?"

Discussion Questions:

1. Which employee would you rather have working for you? Why?
2. Which employee best describes you?
3. Why do you think so many people are content with doing the bare minimum?
4. Have you ever gone the extra mile for someone who didn't appreciate it? How did that make you feel?

Leader Transition

Our natural tendency is to look out for ourselves. We want recognition, appreciation, respect, and fairness. We often ask, "What about me?"

But Jesus calls us to live differently.

Selflessness means putting God's glory and others' good ahead of our own comfort, recognition, and personal preferences.

Today we'll discover how selflessness should shape how we treat people, approach our jobs, and represent Jesus Christ.

Ask the group:

> What do you think is harder: serving someone who appreciates you or serving someone who doesn't?

2. LOOK – UNDERSTANDING GOD'S WORD

20 Minutes

PART 1: Selflessness Puts God's Glory Ahead of Our Rights

7 Minutes

Read 1 Timothy 6:1–2.

> Paul addresses Christian slaves and their responsibilities toward their masters.
>
> We need to understand the historical context. Slavery was deeply embedded in the Roman Empire. Paul was writing to Christians who were learning how to live out their faith in a broken culture.
>
> The principle is that our relationship with Jesus should change the way we respond to people, even when our circumstances are difficult.
>
> Think about how this applies to us today:
>
> - What happens when your boss is difficult?
> - What happens when someone takes credit for your work?
> - What happens when you feel overlooked or unappreciated?
> - What happens when someone treats you unfairly?
>
> Our natural response is often to return the same attitude we receive.
>
> But Christ calls us to something different.

Read Philippians 2:3–4.

> Paul reminds believers to look beyond their own interests and consider the interests of others.

Discussion Questions:

1. Why is it so easy to become focused on our own rights and what others owe us?

2. What is the difference between standing up for yourself appropriately and having a selfish attitude?
3. Can you show respect to someone without agreeing with everything they say or do?

Leader Emphasis:

Selflessness doesn't mean allowing people to mistreat you or ignoring wrongdoing. It means responding in a Christlike way rather than allowing someone else's behavior to determine yours.

We cannot always control how people treat us, but with God's help, we can control how we respond.

PART 2: Selflessness Means Going the Second Mile

7 Minutes

Read Matthew 5:41.

Jesus taught His followers to go beyond what was expected.

Going the second mile is not simply about doing more work. It's about having a different heart.

Consider these two attitudes:

First-Miler	**Second-Miler**
Does what is required	Does more than expected
Looks for recognition	Serves faithfully
Asks, "What's in it for me?"	Asks, "How can I help?"
Does the bare minimum	Gives their best
Focuses on convenience	Looks for opportunities to serve

Read Colossians 3:23–24.

Paul reminds us that our work is ultimately an opportunity to serve the Lord.

Our jobs are not simply a way to earn a paycheck. They are opportunities to glorify God.

- Your attitude at work matters to God.
- Your honesty matters to God.

- Your work ethic matters to God.
- The way you treat coworkers matters to God.

Even when nobody notices your effort, God does.

Group Activity: What Would You Do?

Present these three situations and ask the group how a first-miler and a second-miler might respond.

> **Situation 1:** You're at work, and a coworker asks you to help with something that isn't your responsibility.
>
> **Situation 2:** You've worked hard on a project, but someone else gets the recognition.
>
> **Situation 3:** You're tired, you've had a long day, and someone at home needs your help.

Discussion Questions:

1. What does going the second mile look like in your current season of life?
2. Why should Christians have a different work ethic than the rest of the world?
3. How does Colossians 3:23 change the way you think about your responsibilities?

Leader Emphasis:

You may not love your job. You may not appreciate your boss. You may feel like your work goes unnoticed.

But when you understand that you are ultimately working for the Lord, your motivation changes.

You aren't simply working for a paycheck, a promotion, or someone's approval. You are working to honor Jesus.

PART 3: Selflessness Is a Witness to the World

6 Minutes

Read Matthew 5:16.

> Jesus tells His followers to let their light shine so others may see their good works and glorify God.
>
> Our behavior can either open doors for the Gospel or create barriers.
>
> Think about this:

What happens when someone knows you're a Christian, but they constantly hear you complain, criticize, gossip, or disrespect others?

What kind of picture of Jesus are you painting?

Our workplace, our homes, and our everyday relationships are opportunities to demonstrate the love of Jesus.

Discussion Questions:

1. Have you ever seen someone demonstrate Christ through their attitude or work ethic? What stood out?
2. Why do people sometimes have higher expectations of Christians?
3. What does it mean to be a blessing rather than an embarrassment to Jesus?
4. If your coworkers or family members were asked to describe your attitude, what do you think they would say?

Leader Emphasis:

People may never read their Bibles, but they are reading your life.

They are watching how you respond to pressure, how you treat difficult people, and whether your actions match your faith.

We need to be a blessing, not an embarrassment, to the Savior we adore.

3. TOOK – PUTTING GOD'S WORD INTO PRACTICE

9 Minutes

Now let's move from understanding selflessness to actually practicing it.

It's easy to agree with a sermon. It's much harder to live it out when someone irritates us, overlooks us, or makes our lives difficult.

Ask everyone to take a moment and honestly think about these three areas.

AREA 1: MY ATTITUDE

- Do I regularly complain about the people I work with?
- Am I more concerned about being appreciated than being faithful?
- Do I respond to difficult people with the same attitude they give me?
- Am I more focused on my rights than my responsibilities?

AREA 2: MY ACTIONS

- Am I doing only what is expected of me?
- Do I look for opportunities to serve others?
- Do I give my best even when nobody is watching?
- Does my behavior reflect Jesus?

AREA 3: MY INFLUENCE

- Do the people around me see Christ in my actions?
- Am I making it easier or harder for others to hear about Jesus?
- Would my coworkers describe me as someone who is different because of my faith?

Group Discussion

Give everyone a moment to reflect before opening the discussion.

1. Which of these three areas is the biggest challenge for you right now: attitude, actions, or influence?
2. What is one relationship where you need to practice more selflessness?
3. What is one specific thing you could do differently this week to go the second mile?

THE SECOND-MILE CHALLENGE

Your challenge for this week:

Intentionally practice these three things:

- **Go the second mile:** Do something beyond what is expected of you at work or home.
- **Show Christlike respect:** Intentionally encourage or serve someone who is difficult to get along with.
- **Be a witness:** Look for an opportunity to demonstrate the love of Jesus through your attitude and actions.

At next week's D-Group, be ready to share what happened.

4. PRAYER – CLOSING TOGETHER

3 Minutes

Ask everyone to share one area where they need God's help in becoming more selfless.

Pray for:

- A heart that puts God first instead of always putting ourselves first.
- The ability to respond with grace when others are difficult.
- A willingness to go the second mile.
- Opportunities to demonstrate Christ through our work and relationships.
- The courage to live differently in a world that encourages selfishness.

Closing Prayer

Father, forgive us for the times we have been more concerned about ourselves than about honoring You. Help us develop hearts of humility and selflessness. Teach us to serve others faithfully, even when it is difficult or goes unnoticed. Help us see our workplaces, homes, and relationships as opportunities to demonstrate Your love. May our attitudes and actions point people toward Jesus. Help us to be second-milers who bring honor to Your name. In Jesus' name, Amen.

FINAL D-GROUP TAKEAWAY

Be a blessing, not an embarrassment, to the Savior we adore.

A healthy Christian doesn't simply ask, "What do I have to do?"

A healthy Christian asks, "How can I honor God by doing that and then some?"

Live selflessly. Serve faithfully. Reflect Jesus daily.

MEMORY VERSE – COLOSSIANS 3:23

"Whatever you do, work at it with all your heart, as working for the Lord, not for men."

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Parent Challenge



Big Idea:

A healthy follower of Jesus puts God's glory and the good of others ahead of personal rights, recognition, and comfort.

Memory Verse:

"Whatever you do, work at it with all your heart, as working for the Lord, not for men."
Colossians 3:23

As a Family, Let's...

- ☐ Look for ways to help others, even when it's not our job.
- ☐ Show respect and kindness to everyone.
- ☐ Go the second mile — do more than is expected!
- ☐ Be a light for Jesus at home, school, and in our community.

This Week's Challenge:

Choose at least one of these:

- ☆ Do something extra to help someone at home, school, or work.
- ☆ Show Christlike respect to someone who is difficult (or different).
- ☆ Look for an opportunity to share God's love with others.



Talk About It:

- What did you do this week to put others first?
- How did it make you feel?
- What can we do next week to be even more selfless?

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