

IDU Lesson Notes- Needs- Environmental Needs

Serving Others

A part of our purpose in life is to serve others. **To serve means to assist someone in any way possible.** 1 Peter 4:10 states, "As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God."

In the Bible, there are many examples of persons who rendered service to others. **Elisha served Elijah** by helping him to do God's work. He also rendered service to others by helping a widow to pay her bills and bringing a Shunammite woman's son back to life. (2nd Kings 4:1-7 & 4:18-37) **Joshua served Moses and the Children of Israel** during their journey to the Promised Land.

Individuals are often required to serve others on their jobs. There are some people who serve others with patience and kindness while others are rude and uncaring. Nonetheless, we should serve others willingly in obedience to God's word. (Colossians 3:23).

If individuals did not serve others, then many people would suffer and Christians would not be obedient to God's word. 1 Peter 4:10 admonishes us to serve others, because serving others is a part of honouring God. Ephesians 6:7-8 says, "Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does, whether he is a slave or free."

Rest

Exercise, rest and sleep are important in maintaining a healthy lifestyle. The body needs rest after engaging in school work, chores and other activities.

Benefits of rest and sleep

Rest is good for the mind body and spirit.

- It allows your heart and other muscles to slow down
- Provides relaxation e.g. meditation.
- Provides inspiration through reading, drawing, listening to music, etc.

Sleep is a form of rest. Sleep is important and necessary for everyone.

The body needs between eight to ten hours of sleep every night.

Deprivation of sleep can lead to illness or poor attention span.

- During sleep, the body stores energy from the foods eaten.
- The heart rate and breathing rate slow down.
- The body repairs damaged cells and makes new cells.