

**Door Moments Reflection**

**Teacher Guidance**

**Context:** Door moments are one way to explore our own spirituality and how this relates to our relationships with others. This reflection focuses on serving others as an outworking of our spirituality, understanding our place in creation as part of a community.

**You will need:** just the accompanying PowerPoint presentation

**Slide one**: Use this slide to discuss experiences of the frustration experienced when something doesn’t work properly.

**Slide two**: How many times has this approach worked?

**Slide three:** Consider why the cartoonist thought that God might need to use this approach? Why might the world not be working as it should? Some might think to refer to the story of Noah – the flood symbolising a fresh start for humanity. The big story of the Bible tells us that God tried lots of ways to get people to make a new start and live together better. For Christians, this is the meaning of the story of the flood – most Christians don’t believe that the Noah’s Ark story happened literally but that it tells us about people being very stubborn and God realising that he must always give them a second chance. Christians believe that in the end, God realised that He was going to have to come to earth to offer himself as an example. The death of Jesus shows Christians that self-sacrifice and service is what matters most to God and the resurrection shows them that there is always hope for the world to be made better when we follow this path.

**Slides four and five:** These slides help us to think about howwe can make a difference to the state of the world by our own actions. As mentioned earlier, Christians look to the example of Jesus to help understand what this might mean. In this case, Jesus (although often referred to as ‘King’) served others rather than himself.

**Slide six:** Should we serve others simply because we are told to? Sometimes it might require some self-discipline to do so but maybe that is not the best reason. Helping **others** makes us happy and gives us endorphins. **Serving others** is good for our mental health, our emotional well-being, and our self-esteem. Research also demonstrates that those who **serve others** are more successful themselves. But these should not form our motives – yes they are good outcomes but our motives should be rooted in a desire to ‘love our neighbour as ourselves’, something that Jesus taught us it is good to do. If we all did that, surely the world would be a happy place everywhere?

If you wanted to develop this theme further, you could use the following story, illustrated by a ceiling painting at Vank Cathedral in Iran: <https://en.wikipedia.org/wiki/Allegory_of_the_long_spoons>

**Slide seven:** Use the prayer to end the reflection, inviting those who wish to join in to say the Amen at the end.

**Music options**: ‘You’ve Got a Friend’ – James Taylor, ‘Count on Me’ – Bruno Mars. If you use either of these, you can challenge those who have listened to the lyrics, that serving one another includes everyone, not just your friends and families. However, that is a good place to start!