

Making Your Steps Count

For my birthday Kathy gave me a fitness watch. This particular wrist watch counts my steps, measures my heart rate, calculates calories burned and counts how many flights of stairs I climbed. If I wore it to bed it would measure how much rest I actually receive. The device transfers the data to my computer every time I am within 20 feet of the computer and then sends me a weekly email report with the results.



If you know me, you know I am motivated by exceeding goals – not just meeting them. The standard fitness goal is 10,000 steps a day. I never reach 10,000 steps in a day without a planned exercise, so it is obvious I have to be intentional about going above and beyond my daily routine to achieve that goal. By entering my food intake on the computer it will guide me on balancing exercise and diet to burn more calories than I eat. In my humanness I am destined to wait until after the Christmas “eating season” before trying that feature. I’m not sure if it is reality or a less than genuine commitment at this time to use the system for weight loss.

How serious are you on making your life count? There is no computer program or high tech wrist watch designed to measure service to the Lord. If you rely on external incentives there isn’t anything scientific to help you serve others. In the end, God alone is the judge of our worth. He certainly doesn’t want us making lists of accomplishments. He just wants us to do it because it is the right thing to do. God sees the big picture and how all the little things contribute to our overall purpose in life. The little things – kindness and helping others all add up, even though they may seem insignificant at the time. Big acts of service are not the only data that matters. In seeing the big picture, God looks at the heart. It doesn’t take a specialized wrist watch to measure our “heart rate.” God knows your heart and your motivation to help others.

Just as each step adds to our fitness effort; make it a goal to do all you can to serve Him by serving others. Similar to my 10,000 step goal, you won’t reach it unless I make a concerted effort. Want to “win” and accomplish your goal? Be a servant in your everyday life. *Sitting down, Jesus called the Twelve and said, “Anyone who wants to be first must be the very last, and the servant of all.” (Mark 9:35).*

When I achieve one goal on my wrist watch I want to do more. The result of kindness and acts of service is that others feel valued and better about themselves. You can see those results in smiles and their sense of peace. Let that motivate you to do more in the name of Jesus Christ. Serving Him is the only thing that counts - one intentional step at a time.

Question: How can you seek to serve others in small, seemingly insignificant ways? What major efforts to serve are you making?

Scripture: *For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many (Mark 10:45).*

Prayer: Heavenly Father. You can to serve, not to be served. Let us do the same, in the name of Jesus Christ, our Lord and Savior. Amen.