



Study Guide, Episode 115–How Serving & Being Served Strengthens & Heals Us

Mosiah 1-3

00:00-12:30	“QOTW: How can serving others AND letting others serve me heal, strengthen & grow me?”
12:31-21:25	“‘Service’ is both serving others AND letting others serve you”
21:26-31:12	“Asking for help is allowing others to serve; Loving others is serving God”
31:13-44:58	“How to serve & be served in small & simple ways; ‘Observe, then serve’”
44:59-END	“‘What will ye that I shall do unto you?’ Serve & be like Jesus”

- 1) What are some of your current “infirmities, body and mind”? Write about these challenges, what they’ve required of you, how they’ve impacted your life, and how you’ve sought to cope with these.
- 2) Imagine being called to be a king/queen and prophet/prophetess, even while struggling with your infirmities? How might you serve and lead those in your care, even as you care for your own needs?
- 3) First, ponder all those you have been blessed to serve. Remember: your family, friends, and those around you are likely those you serve the most, and that’s the way it’s supposed to be. Be sure to count all the “small” things you do for others. Then, ponder the ways you have let others serve you. Remember: letting others serve you is the other important aspect of “service”. Write about one way you might better serve someone else and let someone serve you this week.
- 4) Have you ever felt “tempted to serve in a way that you want to serve and not necessarily in a way that is needed in the moment?” How might you better “observe, then serve,” as Sister Burton advised? What can you do to get in tune with the needs of those around you, & then serve in the ways they need? What might you do to get in tune with your own needs, & then ask for the specific help you need?
- 5) Ponder how you feel when you serve others, and how you feel when you let others serve you. Consider how these things are like Jesus Christ. Write about ways you can better “serve God” by serving others and being served, and what that might do for your emotions, mind, and even body.

Resources

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