

Week 9: Help Yourself by Helping Others

“Helping others is like helping yourself” - Henry Flagler

We live in a culture that tells us to fix our problems by focusing more on ourselves. **MORE PERSONAL BREAKTHROUGHS. MORE SELF-CARE. MORE PERSONAL THINGS.**

Now, I am not saying we shouldn't focus on ourselves sometimes, but that shouldn't be at the center of our hearts most of the time. The true psychological paradox of humanity is that some of the deepest internal healing can come when we begin to shift our gaze outward.

Human psychology tells us that although helping others doesn't inherently erase our struggles, it does break the mental loop of our current struggle. When you express love or compassion to someone, even if it is in the smallest of ways, your brain releases dopamine, oxytocin, and serotonin. **Slowly, your brain becomes rewired not to chase MATERIALISTIC THINGS.** Instead, your brain begins to rely on acts of kindness and well-being to get its dopamine spikes.

Many times, the quickest way to get out of the darkness of your own perspective is to be a beacon of light for someone else.

We are reminded in Luke that the Lord will reward us for all of our positive acts we bless people with. In Luke 6:38, we are told, “Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” Remember, we are put on this Earth to serve – not to be served.

The simplest acts of kindness can go a long way in the lives of those around us. God designed us in such a way that blessing others blesses us. It's woven into the rhythm of the Kingdom. When you give away encouragement, you receive clarity. When you offer compassion, you gain peace. When you refresh another soul, yours is quietly refreshed in return. Here is a little secret that I have learned: **YOUR BREAKTHROUGH IS OFTEN A PRODUCT OF WORKING TOWARDS SOMEONE'S NEEDS.**

When you begin to step into someone's life and story, even in the slightest, something shifts inside of you. **Service to others breaks that cycle of depression and isolation that anxiety feeds on.** It reconnects you to meaning & purpose. It interrupts negative self-thoughts. Service awakens our mind to the fact that we are capable of doing good, even if it seems like our life is filled with nothing but negative thoughts.

Here is my challenge to you guys this week. Do one of these a day this week and see how your mood changes:

Send a genuine compliment or encouragement.

Call someone who might be lonely.

Hold the door, smile, pay for someone's coffee.

Check on a friend you haven't heard from in a while.

Offer your skill, time, or attention.

Let the smile and the dopamine from your genuine act of kindness toward someone else radiate on you. Your breakthrough is waiting for the moment that you shift your attention away from yourself – and instead give it to someone else.

Help someone out – and watch your own darkness fade away.

GOD BLESS AND HAPPY HOLIDAYS – TY BROERMANN