**Sathya Sai Baba Center of Atlanta**

**Baba’s Teachings on Practicing Selfless Service**

**The service of man is the only means by which you can serve God.**

***Sathya Sai’s Thought for the Day. January 22.***

**The gift of food to the hungry is the noblest of all gifts.**

***Sathya Sai’s Thought for the Day. March 5.***

**Service should not be exhibitionistic; you must seek no reward, not even gratitude or thanks from the recipients.**

***Sathya Sai’s Thought for the Day. April 15.***

**The very joy derived from service reacts on the body and makes you free from disease.**

***Sathya Sai’s Thought for the Day. April 24.***

**Service is a spiritual discipline, not a pastime of the rich and well-placed.**

***Sathya Sai’s Thought for the Day. September 9.***

**One single act of service offered to God whom you visualize in another is worth all the years of yearning for God.**

***Sathya Sai’s Thought for the Day. May 16.***

**Head in the Forest; Hands in Society.**

***Sathya Sai’s Thought for the Day. February 7.***

**Love must express itself as Service.**

***Sathya Sai’s Thought for the Day. February 20.***

**Do good. See good. Be good. This is the way to God.**

***Sathya Sai’s Thought for the Day. January 8.***

**The body will shine if the character is fine; service of man and worship of God will preserve its charm.**

***Sathya Sai’s Thought for the Day. January 9.***

**You must render service out of spontaneous urge from within, with a heart filled with love.**

***Sathya Sai’s Thought for the Day. January 19.***

**Serve man until you see God in all men.**

***Sathya Sai’s Thought for the Day. October 15.***

**Service springs out of Love and it scatters Love in profusion.**

*Sathya Sai’s Thought for the Day. October 20.*

***Questions:***

1. *What is Selfless Service?*
2. *Why we do Selfless Service?*
3. *What are the challenges in practicing Selfless Service?*

***Life Application:*** *Practice Selfless Service every day.*

***Affirmation:*** *I’m practicing Selfless Service all the time.*