

Understanding Selflessness

Selflessness is a heart attitude and lifestyle where a person puts the needs, well-being, and interests of others

above their own comfort, pride, or desires. It reflects humility and love, not neglect of oneself, but a willing

choice to serve others first.

1. Putting Others First

Selflessness involves intentionally choosing to help, care for, and support others. It is rooted in humility.

Philippians 2:3–4: “Do nothing out of selfish ambition... rather, in humility value others above yourselves.”

2. Serving without Seeking Praise

A selfless person serves not for attention or reward, but out of genuine love.

Mark 10:45: “The Son of Man did not come to be served, but to serve.”

3. Sacrificial Love

Selflessness includes giving time, energy, comfort, or resources for the benefit of others.

John 15:13: “Greater love has no one than this: to lay down one's life for one's friends.”

4. Love Shown through Actions

True selflessness is practical—shown through actions, not just words.

1 John 3:18: “Let us not love with words or speech but with actions and in truth.”

5. Unconditional Kindness

Selflessness extends kindness even to those who may not treat you well or repay you.

Luke 6:35: "Love your enemies... do good, expecting nothing in return."

Summary

Selflessness means:

Humility

Serving others

Sacrifice

Practical love

Unconditional kindness

Following Christ's example

Selflessness is love expressed through sacrifice and service.