

5 Simple Ways To BLESS

Introduction

“How can my life fit into the story of God’s mission?” When you ask yourself that question, you’re asking what it would look like if God’s purposes were the starting point of your life – it’s a shift in perspective.

This guide will help you understand how to live your life on mission. It will equip you to impact those you live, work, and play with as you use the five simple practices of BLESS. Practicing at least one of these each day will help you live out God’s mission. It’s that simple.

The Blessing Strategy

Our mission to go and make disciples of all nations (Matt 28:18-20) is rooted in the original mission to go and be a blessing to others (Gen 12:1-3). This means that blessing others and seeing people come to know, love, and serve Jesus are linked together!

We believe these five rhythms will help us share Jesus with our family, friends, neighbors, and coworkers in a way that is natural, relational and personal. By listening to God, the voices of the people he has placed in our lives, sharing meals together and serving, we will have the opportunity to share the good news in word and deed, where we live, work and play.

If you do at least one of these BLESS practices every day, you will not only look more like Jesus, but you will help others find Jesus too!

BEGIN WITH PRAYER

I will pray for the people in my life and the places that I’m in.

LISTEN

I will listen to and discover the needs of others and the places where God is at work.

EAT

I will share meals and spend time with people in my life.

SERVE

I will respond to the needs of others and help them in tangible and impacting ways.

STORY

I will share the story of Jesus and what He is doing in my life with others.

BEGIN WITH PRAYER

We believe that prayer is how you discover your mission as well as how you accomplish it. If you're not sure who the people are that God is calling you to bless or where the place is that God is calling you to go, you can begin with prayer. And if you know people or the place you want to impact, begin praying for those people and that place.

"God, may Your kingdom come and will be done. Where are You already at work where I live, work, and play? How can I join You? Please provide me with an opportunity today to bless someone or some place. Help me be aware of your presence and your leading today."

PRAYING FOR PEOPLE:

- Who do you live, work, and play with?
- Ask God to give you eyes to see how He is at work in this place or person.
- Pray that God would give you the opportunity to join Him. Ask God to give you openness and wisdom as you enter into spiritual conversations.

PRAYING FOR PLACES:

- Where does pain exist here? Pray for healing.
- Who makes the decisions here? Pray for integrity.
- Who gathers here? Pray for community.
- Where resources are needed here? Pray for provision.

Luke 6:12-16 | Matthew 6:9-13 | Philippians 4:6-7 | Ephesians 3:16-21

LISTEN

If we sincerely hope to impact the lives of people around us, then we must first get to know them. Any relationship starts with listening. We need to listen to their hopes, their dreams, and their challenges. Truly listening may be the kindest and most loving gift you can give someone.

LISTEN TO GOD: *"God, how do You want me to BLESS the world today? Help me to listen to and discover the needs of others and where you are already at work."* In praying for people and places, listen to God intentionally through spending time in prayer and reading His Word.

LISTEN TO OTHERS: *"What is your story?"* Before you can help others find Jesus, you need to listen to them first. In your interactions, conversations, and observations today, take the posture of a learner.

LISTEN TO YOURSELF: *"Do I have assumptions that influence how I see others?"* Lay down your assumptions, and practice being present.

Proverbs 18:13 | Luke 18:35-43 | John 5:1-9 | James 1:19

EAT

Jesus often ate with people and shared in their story. There is something about sharing a meal that moves any relationship past acquaintance toward friendship faster than just about anything else we can do. And there are few ways we can better bless the people around us than by sharing a meal.

- Who could you eat with (or have a coffee with)? A co-worker over lunch? A neighbour during the day? A friend or family member over the weekend?
- Is there a place that you regularly visit (coffee shop, gym, etc.)? Who could you intentionally engage with there?
- How intentional are you in living a life that attracts others to want to join in? Are you living an invitational life?

Matthew 9:9-13 | Luke 7:34 | 1 Corinthians 10:31 | Colossians 3:17

SERVE

If you begin with prayer, listen, and eat; there is a good chance that you will discover how you can best serve the person or place to which God has called you. They'll likely tell you how you can best serve them.

- Who can you serve this week?
- Who do you know that has a practical need? Ask them how you can help them.

Mark 10:45 | Philippians 2:3-8 | John 13:1-17 | Matthew 16:24-25 | 1 Peter 4:10-11

STORY

If you do the other BLESS practices – Begin with Prayer, Listen, Eat, and Serve; then there is a good chance you will have the opportunity to share your story. Someone may ask you to explain what makes you different. It is then that you can tell them your story of how Jesus changed your life. Sharing the story of Jesus with others is a vital part of participating in Jesus' mission (Matt 28:18-20).

Tips on how to share the story of Jesus with others:

- Start by sharing how Jesus has made a positive difference in your life.
- Share your story in such a way that demonstrates that Jesus is also at work in their life.
- Don't feel like you have to tell your life story at once. Think "bite-size" stories.

1 Peter 2:9-10 | 1 Peter 3:15 | John 9:1-15 | Matthew 10:16-20

YOUR NEXT STEP

Daily: Intentionally look for ways to BLESS others.

Weekly: With people you connect with on a regular basis, commit to asking one another this question, “Who did you BLESS this week?”

LEARN MORE

- Use the [BLESS discussion guide](#) to unpack the BLESS Strategy in community.
- For a deeper dive into the BLESS Strategy checkout the book [BLESS: 5 Everyday Ways to Love Your Neighbor and Change the World](#) by Dave & Jon Ferguson.
- If you want to grow in your understanding of how to Coach someone in their spiritual journey checkout the resources and training at 242community.com/coaching.
- If you have discovered that an individual is ready to explore Christianity, invite them to join a Rooted Group with you. 242community.com/rooted
- If you don't have others around you to live this out together with, then go to 242community.com/groups to find a group to connect with.