

# B L E S S

BEGIN WITH PRAYER   LISTEN AND LOOK   AT A MEAL   SERVE A NEED   SHARE YOUR STORY

## B.L.E.S.S.

An Intentional Friend Tool

God's good dream from the beginning was to bless the world. Sin made a mess of things (Gen 3), but it didn't squash the dream! God sent Jesus to fulfill the dream, and He also invites His people into the work of blessing (Gen 12:1-3; Matt 28:18-20). The B.L.E.S.S. My Relationships tool is five missional practices of Jesus that align with daily rhythms. When extended beyond your four walls into the communities where you live, work, learn, and play, these simple practices become how you bless our world.

<b>BEGIN WITH PRAYER</b>	I will pray for people and places.	<ul style="list-style-type: none"> <li>Use the "My Circle" tool to identify 1-3 individuals by name</li> <li>Commit to daily prayer: Ask God to stir up their spiritual curiosity.</li> </ul>	Before Jesus began His mission to bless the world, He began with prayer." (Luke 6:12-13) -Dave Ferguson
<b>LISTEN AND LOOK</b>	I will listen to people and look for where God is already at work.	<ul style="list-style-type: none"> <li><b>History:</b> Tell me your story.</li> <li><b>Heart:</b> What's your favorite...?</li> <li><b>Habits:</b> How do you spend your free time?</li> <li><b>Hurts:</b> How are you doing with...?</li> </ul>	"The first act of love is always the giving of attention." -Dallas Willard
<b>EAT A MEAL</b>	I will invite people to my table.	<ul style="list-style-type: none"> <li>3 meals/day X 7 days/week + coffee breaks = 21-25 opportunities to EAT.</li> <li>Invite someone I'm praying for to share a meal or coffee break.</li> </ul>	"When we invite friends for a meal, we do much more than offer them food for their bodies. We offer friendship, fellowship, good conversation, intimacy, and closeness. When we say, 'help yourself... take some more... don't be shy...' we offer our guests not only our food and drink but also ourselves. A spiritual bond grows, and we become food and drink for one another." -Henri Nouwen
<b>SERVE A NEED</b>	I will respond to needs by offering and receiving help.	<ul style="list-style-type: none"> <li>How is my friend doing: Relationally? Physically? Mentally? Spiritually?</li> <li>How can I serve them in one of these areas?</li> <li>How can I ask for help?</li> </ul>	"Serving is an 'as you go' sort of activity. It's about a posture of willingness that stands ready to grab an apron (or some toenail clippers) when the opportunity presents itself." -Dave Ferguson
<b>SHARE YOUR STORY</b>	I will share God's story and my story.	<ul style="list-style-type: none"> <li>Familiarize myself with the Compassionate Storyteller Tools.</li> <li>Tell my story in 3 parts (Jn 9:25): my life before Jesus, how I met Jesus, my life walking with Jesus.</li> </ul>	"You won't likely help anyone discover the love of God without using your words and your story." -Dave Ferguson.  B.L.E.S. is an incomplete blessing!

**REMEMBER** B.L.E.S.S. takes time! When I hurry, people feel like projects, and I drive them away.