

B.L.E.S.S. List

B: Begin with prayer, L: Listen, E: Eat, S: Serve, S: Share
Please fill in both sections (Family and Other neighbors)

Your name: _____

Family

Other neighbors (co-workers, classmates and people in your neighborhood)

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Below, you will find a number of ideas in each BLESS list category to help you get started. You are not tied to these ideas only. Use your own creativity and ask the Holy Spirit to help you as you BLESS the people on your BLESS list!

B: Begin with prayer

- Set an alarm on your phone for the same time each day to remind you to pray for those on your BLESS list.
- Ask the people on your BLESS list how you can be praying for them.
- Ask the Holy Spirit to give you opportunities to share your faith with the people on your BLESS list.
- Share your BLESS list with your community group or family members and prayer together.

L: Listen

- Text message or email a person on your BLESS list each week to see how their week is going.
- Practice asking open-ended questions. (An open-ended question cannot be answered with a yes or no)
- When you listen, wait until your neighbor is done speaking before preparing your response.

E: Eat

- Arrange to meet with a person on your BLESS list for coffee, breakfast, lunch, dinner
- Drop off a baked good to a person on your BLESS list.
- Choose a date each month to host someone on your BLESS list in your home.
- If someone on your BLESS list is sick or experiencing a crisis, offer to cook them meal.

S: Serve

- Offer babysitting for someone your BLESS list.
- Offer to help with yard work, gardening, snow shoveling for someone on your BLESS list.
- Write a thank you note to someone on your BLESS list. (maybe a boss or co-worker)
- Invite a person on your BLESS list to serve the community with you.

S: Share

- Write out your testimony (how you came to know Jesus)
a. your life before Jesus. b. how you met Jesus. c. life after Jesus
- Create a social media post that tells people something good that God has done in your life recently.
- When topics of spirituality comes up naturally in conversation with people on your BLESS list, take the opportunity to share your faith.
- Write a note to someone on your BLESS list to let them know you have been praying for them and include an encouraging scripture passage.



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