

YOU WERE MADE TO



B L E S S

*Missional Rhythms in order to
Find Persons of Peace,
Plant the Gospel &
Make Disciples in your everyday places of life*

B.egin in Prayer

- Desperately pray for those God has called you to. Use the BLESS 5 guide. Go on Prayer walks. Use blesseveryhome.com to pray for your neighbors

L.isten & engage

- Create spaces to ask questions and engage in real conversations

E.at

- Have meals with people. Get coffee. Grab a drink.

S.erve

- Practically serve people in ways they feel loved. Scratch the itch in the name of Jesus.

S.tory

- Share personal stories of how Jesus has moved in your life. Ask people their stories. Invite them to Discover God's Story (use the Discovery process at: DBSgroups.com)

BLESS GUIDE



Prayer Guide & Missionary Rhythms

BLESS 5 - Prayer Guide

Choose 5 People to Pray for, 5 minutes a Day, 5 days a Week

Questions to consider when choosing your 5 *Someone Who...*

- Has recently stopped coming to church?
- Is easy to have coffee with?
- Is the most unlikely person to become a Christian?
- Would take the tiniest nudge?
- Is my immediate neighbor, best friend?
- Are natural connectors?



Day 1: B – Body: Bless health, protection, strength

Day 2: L – Labor: Bless work, reward, security, provision

Day 3: E – Emotional: Bless joy, peace, hope

Day 4: S – Social: Bless love, marriage, family, friends

Day 5: S – Spiritual: Bless salvation, revelation, faith, grace

The Practice of Blessing Prayer

The Bible is full of Blessing.

The act of blessing is the involvement of God's spiritual power for the benefit of those addressed. The authority to bless (Romans 12:14 - "Bless and do not curse") is one of the most precious gifts God has given us. Genuine spiritual transactions take place when we speak blessing in Jesus' name.

The authority of God's people to bless is a powerful endowment. When you speak a blessing, you aren't just saying idle words. You are willing good for that person. You're standing in God's presence as one of his chosen people and priests, welcoming his goodness into the life of another. In blessing, we are asking God to bring about those good things that only he can.

Blessing can be directly spoken over others, or indirectly sought in times of prayer apart from those you wish to bless. For Example:

1. "Today, by the authority that God has given me as a son/daughter of the King, I bless (my coworkers, my family, my neighbors, etc.) with peace, hope, faith, and generosity. I bless their families to flourish, their work to be fruitful, and their lives to be a blessing to those around them."

2. Pray a single word or phrase of blessing for each individual depending on their life circumstances and needs. For example: "I bless (name) with trust in God's timing" "I bless (name) with a deep sense of calling and identity" "I bless (name) with health and life" "I bless (name) with restored relationships" Consider sending a note to those you have blessed in prayer, so that they can be directly encouraged by your blessing.

By using the BLESS acronym (Body, Labor, Emotional, Social, Spiritual) to pray for those far from God who he is calling us to love, we are authoritatively and holistically declaring God's favor in their lives. Incredible things happen when everyday missionaries practice this sort of prayer.