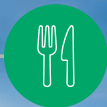


# BLESS



**FOLLOW JESUS**

**LOVE PEOPLE**

**MAKE DISCIPLES**



# WE ARE ORDINARY PEOPLE CHANGED BY JESUS TO CHANGE THE WORLD

In Genesis 12, God tells Abraham that he will bless him in order for Abraham to be a blessing to the world. And the same is true of us as disciples of Jesus – we've been

blessed to bless those around us. Jesus invites us into a lifelong adventure of following him in loving and serving the people he has placed in our lives.

*"All authority in heaven and on earth has been given to me.  
Therefore go and make disciples of all nations..."*

Matthew 28: 18-19



So, what does this look like in our day-to-day lives? This guide will help you by equipping you with the five simple missional practices of 'BLESS'. By doing at least one

of these practices every day, you'll be sharing in Jesus' mission – demonstrating God's love, advancing his kingdom, and making disciples who make disciples.

**THE FIVE  
PRACTICES  
OF BLESS**

**B**



**BEGIN WITH PRAYER**

I will pray for the people in my life, and I'll begin each day by asking the Holy Spirit to lead me.

**L**



**LISTEN**

I will listen first before speaking, to discover people's needs, and I'll listen to God for the people in my life.

# E



## EAT

I will spend time with people, sharing meals with them or sitting down over a coffee.

# S



## SERVE

I will respond to the needs of others, helping them in practical, and naturally supernatural, ways.

# S



## SHARE

I will share the story of how Jesus has changed my life, and I'll share the life-changing truth of the Gospel.

# BEGIN WITH PRAYER

# B



## **PURSuing JESUS' MISSION IN OUR LIVES SHOULD ALWAYS BEGIN WITH PRAYER**

- Write a BLESS list of around 5-10 people in your life who don't yet know Jesus. Be open to the Spirit prompting you to add other names.
- Pray for these people – for their salvation, and for opportunities to listen to them, eat with them, serve them and share with them.
- Begin each day by praying, “Father, who can I bless today? Holy Spirit, help me to partner with you in what you are doing.”
- Ask God for the courage to take any ‘kingdom opportunities’ whenever they arise.

# LISTEN

# L



## **LISTEN INTENTIONALLY TO GOD AND TO THE PEOPLE IN YOUR LIFE**

- Listen to the Spirit for the people on your BLESS list. What does God say about them? Is there anything he is encouraging you to share with them?
- As you chat with people, slow down and be aware of the presence of the Spirit.
- Approach conversations as a learner rather than an adviser. Listen to people's stories, to their hopes, dreams, challenges and pain.
- And listen for opportunities to bring the kingdom there and then (peace where there's anxiety, joy instead of hopelessness, freedom in the place of oppression, healing where there's pain).

# EAT

## E



### **FOLLOW JESUS' EXAMPLE IN SITTING DOWN TO EAT WITH THE PEOPLE IN YOUR LIFE**

- Be intentional about inviting people on your BLESS list for a meal or a coffee – this is a great way to move a relationship from an acquaintance to a friendship.
- Remember, hospitality isn't about achieving perfection – it's about being generous with your home and your life to build genuine friendship.
- Think, what obstacles do you face to showing hospitality, and how might you overcome them?



# SERVE

# S



## WHEN YOU'VE PRAYED FOR PEOPLE AND SPENT TIME WITH THEM, THEY'LL TELL YOU HOW TO LOVE THEM

Look for opportunities each day to love and serve people. This might include:

- Serving them practically, through small acts of kindness, meeting practical needs, celebrating significant events with them, or being present during difficult circumstances.
- Serving them supernaturally, through offering to pray (perhaps for healing or for something in their life), or encouraging them with a word God gives you for them.

# SHARE

# S



## WHEN YOU REGULARLY DO THE FIRST FOUR STEPS, YOU'LL GET OPPORTUNITIES TO SHARE

- Look for opportunities to share your own story. It doesn't have to be long – just your experience of how Jesus has changed, and is changing, your life. Keep it short, keep it authentic.
- And look for any opportunities to share the Gospel – the truth about who Jesus is, what he has done, and what that means for every human being.
- For resources to help with this, visit [kchw.co.uk/bless](https://kchw.co.uk/bless)



**BE A KEY STEP  
IN SOMEONE  
ELSE'S JOURNEY**

Some people come to Christ quickly. Some take years. Others may never come to Christ. That's not in our control. Our responsibility is to love people, serve them, and point them to Jesus. Not just for the course of a series, but over the long term.

And of course, if someone does make a decision to come to Christ, this isn't the end - it's just the first step in their own journey of following Jesus. You have the privilege of investing in them as they do this. Making disciples who make disciples. And seeing ordinary people changed by Jesus to change the world.

# BLESS



**BEGIN WITH PRAYER**

**LISTEN**

**EAT TOGETHER**

**SERVE**

**SHARE**



**KING'S  
CHURCH**  
High Wycombe

The King's Centre  
Desborough Road  
High Wycombe  
Bucks, HP11 2PU

T: 01494 459 901  
E: [office@kchw.co.uk](mailto:office@kchw.co.uk)  
[www.kchw.co.uk](http://www.kchw.co.uk)