

# BLESS



Cedarbrook Community Church  
23700 Stringtown Road  
Clarksburg, MD 20871

T: 301.528.6702  
[www.cedarbrook.org](http://www.cedarbrook.org)



P O C K E T   G U I D E





## GOD'S MISSION

In Genesis 12, God explains his mission to Abraham in this way: "I will *bless* you... and you will be a *blessing* to others... all the families on earth will be *blessed* through you." God's strategy for reaching and restoring the world has always been simply this: to have his people bless the world.

You might ask yourself, "Where does my life fit into this grand story of God's mission? What might my life look like if I started each day with the intention of joining God in the work he is doing? This pocket guide will explore ways to live this kind of life by equipping you with the five simple practices of BLESS.

## WE ARE BLESSED TO BE A BLESSING

Our mission to go and make disciples (Matthew 28:18-20) finds its roots in God's original mission: to go and be a blessing to others (Genesis 12:1-3). Blessing others and helping people come to know and love Jesus are closely linked together. If we build one of the BLESS practices into our lives every day, we will not only look more like Jesus, we will help others find Jesus, too – which is exactly what God calls us to do.



# B



## **BEGIN WITH PRAYER**

I will pray for the people in my life and the places where I go.

# L



## **LISTEN WITH CARE**

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

# E



## **EAT WITH OTHERS**

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

# S



## **SERVE WITH LOVE**

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

# S



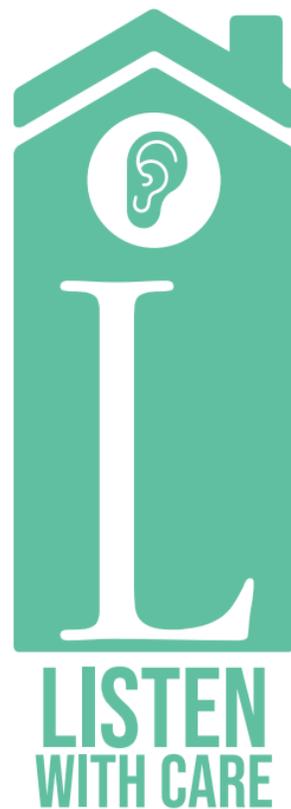
## **SHARE YOUR STORY**

I will share with others the story of Jesus, and what he has done, and is doing, in my life.



Pursuing Jesus' mission in our lives always begins with prayer.

- Create a list of people who you live, work or play with who do not know Jesus. Ask God who from this list he wants you to focus on blessing.
- Pray that God would bless them and their families.
- Pray for their salvation.
- Pray that God would create a spiritual curiosity or hunger within them.
- Pray for opportunities to listen to them, eat with them, serve them, and share your story.
- Pray that God would give you wisdom to make the most of these opportunities.
- Pray for courage that, when given the opportunity, you would share God's story with love and gentleness.



Seek to listen with care to God and the people and places in your life.

- **God:** who is God asking you to put on your BLESS list, and what is he saying to you about these people?
- **People:** seek to learn people's stories; be attentive to their hopes and dreams, struggles and pain, and listen for evidence of God's work in their lives.
- **Places:** where are the needs and gaps in your community? How can you be meaningfully involved in showing the love of Jesus and make an impact for good where you live, work and play?



**EAT  
WITH OTHERS**

Eating together is one of the surest ways to move a relationship from an acquaintance to a friendship.

- How can you be intentional about having a meal with the people you are seeking to bless?
- What are the obstacles you face to extending hospitality to others? How can you overcome these obstacles?

#### Simple ways to eat with others.

- Meet for coffee or invite a work colleague to lunch.
- Have dinner or dessert at a home or a restaurant.
- Host a game night.
- Organize a BBQ with some neighbors.
- Add one person to one meal per week.



**SERVE  
WITH LOVE**

When you spend time praying for people, listening to them and eating together, you will discover opportunities to serve them in meaningful ways.

- Who do you know that has a need you can meet?

#### Simple ways to serve others.

- Offer to meet a tangible need, such as providing a meal, babysitting, running an errand, etc.
- Invite someone you are praying for to join you in a service project.
- Keep someone company when they are going through a difficult time.
- Be generous and willing to share what you have with others.
- Offer to pray for someone.



**When you regularly engage in the first four practices, you will get opportunities to share your faith story... will you be ready?**

- Talking about what Jesus means to us and what he has done in our lives does not have to be complicated or dramatic.
- Keep it short, simple, real – and focused on Jesus.

**A simple way to share your story.**

- **Before:** Your story before you trusted in Jesus, and committed to following him.
- **During:** Your story of how you came to put faith in Jesus and made a commitment to follow him. Tell how you came to this place, and what you did.
- **After:** Your story after you made a commitment to follow Jesus. Tell about the difference that trusting and following Jesus has made in your life.

**Your Next Step**

- **Daily:** Do at least one BLESS practice every day – be intentional about looking for ways to BLESS others.
- **Weekly:** In your Growth Group, or with other Christ-followers that you see on a regular basis, commit to asking the question: “Who did you BLESS this week?” This simple practice will prove very helpful in keeping BLESS at the forefront of your mind.

**Additional BLESS Resources**

- You can find helpful video and print resources on Cedarbrook’s web page:  
[www.cedarbrook.org/bless](http://www.cedarbrook.org/bless).

