

BLESS – Conclusion

Welcome and opening prayers

What happened last week? (15 mins – sharing around the room or in small groups)

- Last week we were hoping to share our story with someone – what happened? How did it go?
- What was your biggest surprise? What was your greatest joy? What didn't quite work out as you had expected?

Summarising our theme (15 mins)

Re-watch the "Bless" YouTube at <https://www.youtube.com/watch?v=EwHuPsuUyx8>

In small groups of 2 or 3s, discuss what rhythms do you have in your life already? What patterns of activity work for you? What do you do that you really miss if you are not able to do it one day/week? E.g., Going to the gym; having a coffee at your favourite café on the way to work; catching up with a friend; regular social time or date with a friend or partner?

- What do you find easy or hard about establishing rhythms?

- In what ways do you find rhythms help you or hinder you?

BLESS is all about trying to build simple missional rhythms into our lives, so that mission is not something we have to think about doing, but rather something that naturally flows out of our relationship with Jesus.

There is a story about one of the Anabaptist martyrs – Dirk Willems – who was imprisoned for forming a faith community and studying the bible outside of the formal Catholic church structures in the Netherlands. One day his jailor accidentally left his cell door open and Dirk escaped across the frozen canals. His jailor ran after him, and was catching up when suddenly there was the sound of the ice cracking and the jailor fell through into the icy water.

What would you have done? Was this God's way of letting you escape? Or should you help a fellow human being? Dirk turned back and pulled his captor out of the water. Sadly he was re-imprisoned and eventually burned at the stake, but the Anabaptists and Mennonites honour his memory as someone who had embodied the rhythms and ways of Jesus even in the most dire circumstances. They talk of re-reflexing our lives – training our reflexes to be those of Jesus. That is what BLESS is all about – building in rhythms of practice so that our reflexes are missional.

How do you react to this story?

Bible Study (15 mins)

Read Hebrews 10:23-25 and Galatians 6:9-10. What do you hear God saying to us?

- Can you think of any stories that Jesus told about having good rhythms in place in our lives?

- These verses talk about keeping going in doing good, and establishing good habits. What do these verses say about the invitation to make the rhythms of BLESS a regular part of our lives?

Waiting on God exercise (15 mins)

Set aside a few moments of silence to consider how BLESS might become a more regular part of your life.

- What might God be inviting you to do?

- What do you want to implement on a regular basis – daily, weekly or monthly?

Write your response on the sheet on the next page, or on a blank sheet of paper.

Share your intentions with one another and discuss how you might help one another in BLESSing.

Prayer (10 mins)

Pray with one another about the people you are BLESSing and seeking to BLESS, and that we would be faithful and fruitful in putting our promises into action.

BLESS Promise

In order to be a blessing God is inviting me to

(Can you express rhythms that would be helpful for you?)

Begin with prayer.

I will pray (how often?) _____ for _____

Listen

I will seek to listen to _____

Eat

I will eat (how often?) _____
With _____

Serve

I will serve (name) _____
by (doing what?) _____
I will serve _____
by _____
I will serve _____
by _____

Story

I would like God to help me share my story
with _____ by _____
with _____ by _____
with _____ by _____