**Session 11**

**B.L.E.S.S. PRINCIPLES**

*Jesus commanded us to be a blessing to the world around us when He said, “Love your neighbor as yourself” (Mark 12:31). In obedience to that command, I want to begin doing* ***one*** *of the following five B.L.E.S.S. practices every day:*

**B: BEGIN WITH PRAYER**

*pray for my neighbors.* ***My example is Jesus,*** *who started His earthly mission with prayer (Luke 6:12–16). Prayer is both how I discover my mission and how I do the mission of Jesus.*

**L: LISTEN**

*listen to my neighbors.* ***My example is Jesus,*** *who loved others by asking questions and then listening to them (Luke 18:40–42). Listening is how I give dignity to others, and it is a gracious expression of love.*

**E: EAT**

*eat with my neighbors.* ***My example is Jesus,*** *who consistently shared meals with “sinners” (Matthew 9:9–13). Eating with others is how I move a relationship from an acquaintance to a friendship.*

**S: SERVE**

*serve my neighbors.* ***My example is Jesus,*** *who did not come to be served, but to serve others (Matthew 20:28). Serving others is a tangible way I can demonstrate the love of God to others.*

**S: STORY**

*share my story with my neighbors.* ***My example is Jesus,*** *who shared the good news of His own story with others (John 3:1–17). Sharing my story gives others a clear understanding of how God’s love and the life of Jesus can change their lives.*

**Questions and Observations from the Principles**

1. Notice that each step contains the following elements:
2. a simple statement of the principle.
3. Christ’s example, backed up by scripture.
4. an explanation of or rationale for the principle.
5. Who is my neighbor? Which “neighbors” do I want to impact?
6. Which one(s) of these principles do I feel confident I could do?
7. Which one(s) do I find intimidating?