

B.L.E.S.S.



SATURATE
RESOURCES

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“Church is not an event. It’s a Community. Mission is not an event. It’s a lifestyle. We are called to live ordinary life with gospel intentionality.” - Tim Chester

In everything you do, God is present. Everywhere you go, you are a child of God, a servant to Jesus, and a sent one by the Spirit. Everything counts. Christ plays in the everyday stuff of life.

As Jesus saturates our lives, they change. Often the change is not what we do, but how we do them. The focus of our lives shifts from ourselves to God and His mission. Instead of serving ourselves and building our own kingdoms, we bless others and seek Jesus’ kingdom. In other words, we live the rhythms of everyday life with gospel intentionality. Gospel intentionality is doing the ordinary activities of life under the rule and reign of Jesus, for Jesus, and with the power of the Holy Spirit.

But that’s often super tricky! How does grocery shopping, commuting, lunch breaks, bill paying, vacation going, work, sports, and all the other stuff of life change because of Jesus?

We’ve found these five rhythms of life help us reorient those moments of life around Jesus and His mission.

If you’re new to this entire concept, we recommend listening to our podcast series “Gospel Intentionality” as we walk through each rhythm in detail and offer examples.

WHAT ARE THE B.L.E.S.S. RHYTHMS?

Bless: We intentionally bless others through serving, encouraging, giving, and thinking of those around us. Instead of focusing on ourselves, we focus on others.

Listen: We intentionally listen to others through questions, focus, and attentiveness to their story and who they are.

Eat: We intentionally eat through sharing our meals, drinks, and moments around the critical necessity of nourishment.

Speak: We intentionally speak the truths of Jesus by graciously and boldly proclaiming the gospel in all scenarios of life.

Sabbath/Recreate: We intentionally work, rest, and enjoy the fruit of the gospel and fruit of God’s creation. We pause to remember we are God’s mission as we’re on God’s mission. The mission is His, not ours.



THE BLESS GRID

Prayerful Reflection

You can use this grid reflectively thinking about how you lived your life in the past. How did you relate to God, your missional community, and your neighbors? Who were you living for? What was your focus? This can be a great way of assessing, celebrating, confessing, and praying at the end of each week.

	GOD	MISSIONAL COMMUNITY	NEIGHBORS
<p>Bless We have been blessed to be a blessing. (Genesis 12:1-3, Ephesians 1:3, 2 Corinthians 5:21)</p>	How would I describe my worship this week?	Who did I intentionally bless in word, gift, or deed?	Who did I intentionally bless in word, gift, or deed?
<p>Listen God hears our cries so we listen to others. (Proverbs 15:8, James 5:16)</p>	What did I hear God say to me in prayer this week?	What did I learn about people as I listened this week?	What did I learn about people as I listened this week?
<p>Eat The Story ends with a banquet. We share meals as a foretaste and display of hospitality. (John 6:55-59, Matt 26:26-28)</p>	How and when did I feast on God's Word this week?	Who did I share a meal or drink with?	Who did I share a meal or drink with?
<p>Speak The gospel word has been spoken to us. We speak it to others. (Romans 10:14-15, Acts 4:19-20)</p>	What have I been asking God for this week?	Who did I intentionally speak good news to?	Who did I intentionally speak good news to?
<p>Sabbath/ Celebrate We have rest in God and we celebrate His goodness to us. (Rev 21-22)</p>	How & when did I rest with God?	Who did I rest and celebrate God's blessings with?	Who did I rest and celebrate God's blessings with?



THE BLESS GRID

Proactive Planning

You can use this grid to plan an upcoming week where you focus on how you intend to live. Prayerfully ask God to show you how to step into these rhythms and which people He's calling you toward.

	GOD	MISSIONAL COMMUNITY	NEIGHBORS
<p>Bless We have been blessed to be a blessing. (Genesis 12:1-3, Ephesians 1:3, 2 Corinthians 5:21)</p>	How will I worship God?	Who will I intentionally bless in word, gift, or deed?	Who will I intentionally bless in word, gift, or deed?
<p>Listen God has listen to us so we listen to others. (Proverbs 15:8, James 5:16)</p>	How will I listen to God in prayer and His Word?	Who will I love by listening to their story?	Who will I love by listening to their story?
<p>Eat The Story ends with a banquet. We share meals as a foretaste and display of hospitality. (John 6:55-59, Matt 26:26-28)</p>	What is my plan to feast on God's Word this week?	Who will I share a meal or drink with?	Who will I share a meal or drink with?
<p>Speak The gospel word has been spoken to us. We speak it to others. (Romans 10:14-15, Acts 4:19-20)</p>	How will I speak to God in prayer?	Who will I intentionally speak good news to?	Who will I intentionally speak good news to?
<p>Sabbath/ Celebrate We have rest in God and we celebrate His goodness to us. (Rev 21-22)</p>	How & when will I rest with God?	With whom will I rest and celebrate God's blessings?	With whom will I rest and celebrate God's blessings?

