

As you have traveled your BLESS journey, we recognize the path can be circuitous. We pray that you have been able to witness the work of the Holy Spirit in the lives of the people on your BLESS list as they travel their own journeys toward God.

We pray that you have been blessed in your own deepening relationship with God as well as with your friends and family and that you have been a blessing to others. We encourage you to continue on the BLESS path as we seek to make more disciples who make disciples of all ages.

The title 'BLESS Journal' is centered on the right side of the page. The word 'BLESS' is written in a bold, sans-serif font, with each letter contained within a colored circle: B (yellow), L (teal), E (red), S (light green), and S (green). Below 'BLESS', the word 'Journal' is written in a large, black, cursive script font. The background of the entire page features a pattern of overlapping white circles of various sizes on a light gray gradient.

BLESS  
Journal



The Evangelical Covenant Church  
MAKE AND DEEPEN DISCIPLES

[covchurch.org/bless](http://covchurch.org/bless)

“And I will bless you...and you will be a blessing.”

—GENESIS 12:2



intentional evangelism initiative

**BLESS is a new approach to prayer and evangelism.**

It's less about downloading information, and more about loving our neighbors well. These missional practices can help us get “unstuck” and find new ways to share the gospel story. BLESS is an intentional pathway for persons of all ages to become like Jesus and join the mission of Jesus.

This journal is a resource for your BLESS journey with prompts for each practice. These prompts will help you see new opportunities to join the Spirit in blessing the people in your life who do not know God.

Start by identifying three to five people in your life that do not have a relationship with God.

**May God bless you on your journey!**

[covchurch.org/bless](http://covchurch.org/bless)

*How do I Bless someone in my life?*

**B**

**Begin with prayer**

Ask God to show you three to five people in your life who do not know God, and pray for them each day.

**L**

**Listen with care**

Pay attention to people's dreams and pain. Listen for evidence of God's work in their lives.

**E**

**Eat together**

Share meals together.

**S**

**Serve in love**

Be attentive to opportunities God provides you to care for people and attend to their needs.

**S**

**Share the story**

Once you build a relationship and earn trust, look for ways you can share the story of how Jesus is transforming your life and the world.

**Track your progress**

Use the pages at the end of this journal to help track your progress on your BLESS journey.

**BEGIN**  
with prayer

Begin by writing down the names of people in your life who do not yet have a relationship with Jesus. Then write down ways you want to ask God to help you deepen your own relationship with them.

**Collaborate with the Holy Spirit.**

**People who do not know Jesus**

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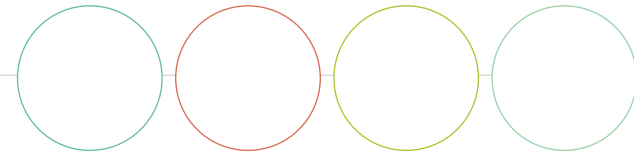
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**My prayer needs:**

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**POSSIBLE WAYS TO PRAY**

- Pray as you go (drive, eat, shop, etc.).
- Use an item you see regularly to remind you to pray whenever you see it.
- Pray that \_\_\_\_\_ will become thirsty for God.  
(JOHN 7:37-39)
- Pray that the Father will draw \_\_\_\_\_ to Jesus.  
(JOHN 6:44-45)
- Pray that \_\_\_\_\_ will become open to God's truth.  
(2 CORINTHIANS 4:4-6)
- Pray that \_\_\_\_\_ will take genuine steps of repentance.  
(2 CORINTHIANS 7:10)
- Pray that \_\_\_\_\_ will become receptive to God's grace.  
(ROMANS 3:23-24; TITUS 3:4-7)
- PRAY THAT \_\_\_\_\_ WILL CLEARLY EXPERIENCE GOD'S LOVE.  
(1 JOHN 4:7-10, 19-21)

For more ideas on beginning with prayer, go to [covchurch.org/bless-pray](http://covchurch.org/bless-pray)

**Pray for people in your life who are far from God. Ask God, "How do you want to use me to bless the people in my life?"**



1.

2.

I'm praying for:

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My prayers are...

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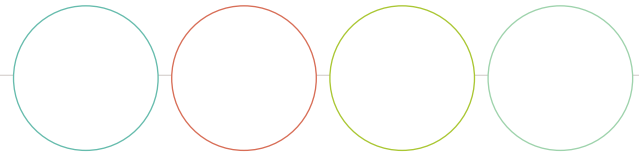
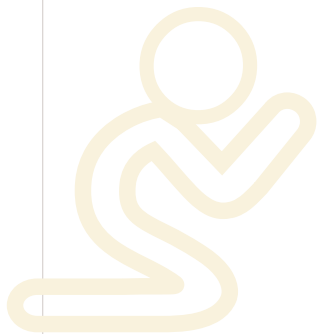
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Write down the names of three to five people you desire to BLESS and the specific prayers you have for them.



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# Reflections

Write your reflections on Beginning with Prayer here.

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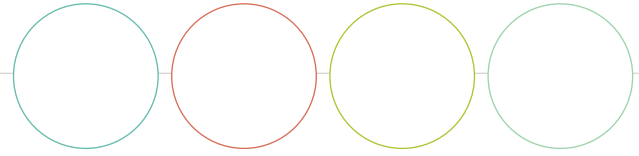
☉ I saw these answers to prayer:

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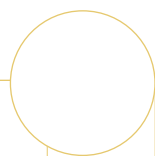
☉ I saw the Holy Spirit work through...

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☉ Where am I stuck?



☉ How is the Holy Spirit using me to bless people in my life?



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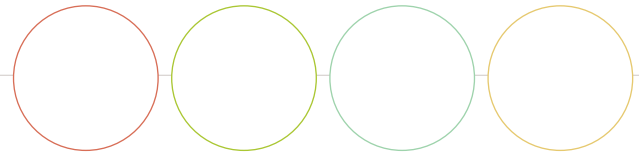

**LISTEN**  
with care

**What are some natural opportunities to listen in your life?  
How can you create opportunities to listen?**

**WAYS TO LISTEN:** ☉ Phone calls ☉ Emails ☉ Social media ☉ Texts ☉ While Together  
For more ideas on listening with care, go to [covchurch.org/bless-listen](http://covchurch.org/bless-listen)

**If you want to be a good listener,  
think of yourself as someone who  
comes alongside another person—  
not to give advice, but  
to learn the other person’s  
real story.**

OPPORTUNITIES:



**PRAYING FOR OPPORTUNITIES**

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**Pay attention to people’s  
dreams and pain.  
Listen for evidence of God’s  
work in their lives.**

**LISTEN**  
with care

1.

2.

**I'm listening to...**

\_\_\_\_\_

**I am learning...**

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List the three to five people you are listening to on the BLESS journey and what you are learning as you listen.

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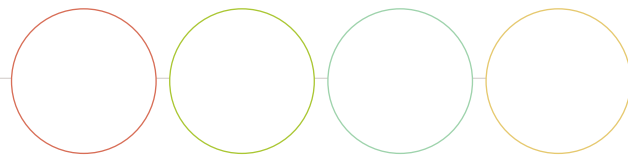
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# Reflections

When I listened,

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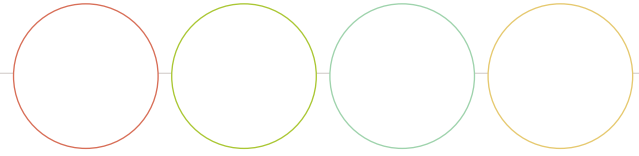
☉ I heard:

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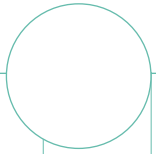
☉ I saw the Holy Spirit work in:

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☉ I learned I can listen better by:



☉ Next Step Opportunities



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	O						
	T						
	E						
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**EAT**  
together

Whether you are eating a meal together or just hanging out, the idea behind this practice is to intentionally spend time together, connecting on a deeper level and building relationship with people who do not know God.

**NATURAL OPPORTUNITIES FOR CONNECTION**

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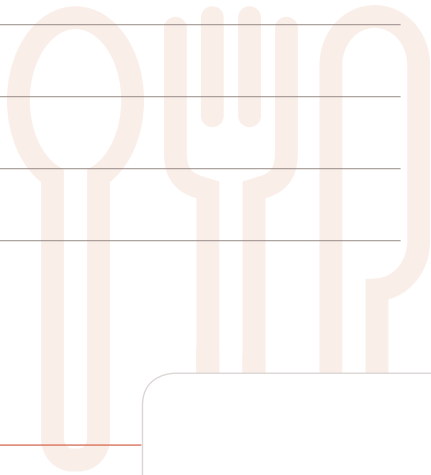
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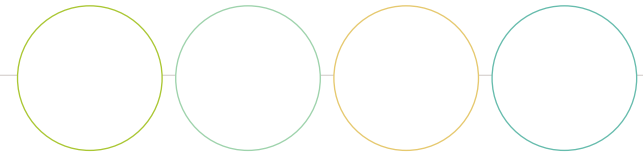
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Sharing meals together on a regular basis is one of the most sacred practices we can engage in as believers. Through the simple act of eating together, we practice hospitality, build community, and deepen relationships.



**Possible Ideas**

- Have dinner together in your home or at a restaurant.
- Share a pizza.
- Enjoy a cup of coffee together.
- Host a holiday party.
- Organize a block party or neighborhood BBQ.
- Include others in your family celebrations.
- Try new restaurants together.
- Add one person to one meal per week.
- Throw a small dinner party.
- Create an affinity group.
- Teach someone how to cook.
- Share a holiday meal.
- Attend their party or event.
- For more ideas go to [covchurch.org/bless-eat](https://covchurch.org/bless-eat)

Share meals with people in your life who do not have a relationship with God. Engage in meaningful conversation.

**EAT**  
together

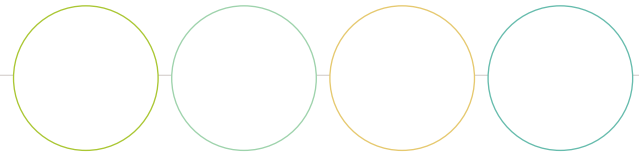
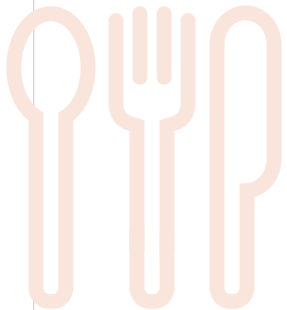
1.

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**We shared a meal...**

**I learned...**

List the three to five people you are sharing your BLESS journey with and some ways you can eat together.



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# Reflections

## When I listened,

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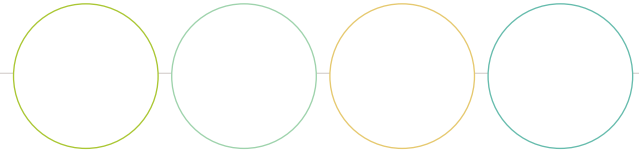
☉ I heard God say:

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☉ I saw the Holy Spirit work by:

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☉ Our connection deepens when:



☉ Observations from my BLESS journey so far:



**SERVE**  
with love

For the next generation,  
**compassionate service is  
the most effective  
on-ramp to evangelism.**

We've found that before skeptical young adults  
embrace faith, they first want to know  
that it makes a difference (a show-then-tell-logic).

—By Tim Lucas and Warren Bird in  
Liquid Church: 6 Powerful Currents to Saturate Your City for Christ

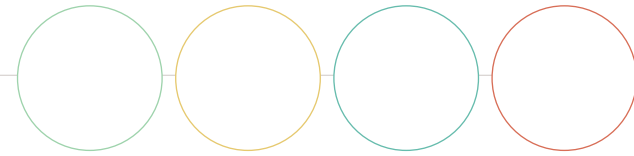
**WAYS I CAN SERVE**

- ☉ Offer to pray. ☉ Keep someone company.
- ☉ Be generous with your gratitude.

You may choose to serve others.  
However, sometimes the greatest opportunities come  
when you allow others to serve you.

**WAYS OTHERS CAN SERVE ME**

- ☉ Accept their compliments. ☉ Borrow something.
- ☉ Share your needs with your neighbors openly.



**Ways we can serve together**

- Volunteer to take care of a tangible need  
(cook a meal, babysit, shovel snow, etc.)
- Volunteer for a shelter, food pantry, fund raiser, etc.
- Help with a community event or nonprofit.

**Be attentive to  
opportunities God provides  
to care for other people  
and meet their needs.**



For more ideas go to [covchurch.org/bless-serve](http://covchurch.org/bless-serve)

SERVE  
with love

**Track your next steps for  
serving with love.**

	Name	Find Potential Projects	Propose Potential Projects	Confirm Project	Follow-up the day before	Serve together
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5.	_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**SOME OBSTACLES TO OVERCOME  
& STEPS TO OVERCOME THEM**

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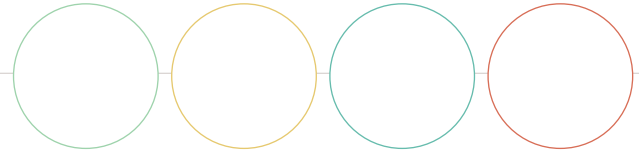






I GREW IN CHRIST BY:

I FOUND NATURAL OPPORTUNITIES TO SERVE WHEN:



I SAW THE HOLY SPIRIT WORK IN:





**SHARE**  
the story

When in your life was God most real to you?  
When has your encounter with Jesus been most influential?  
When have you most connected to the reality  
of the spiritual side of life?

**That's your crucial story to learn to share.**

That's the story that will be most relevant for you  
as a guide to others in their spiritual journey.

-RICK RICHARDSON, REIMAGINING EVANGELISM:  
INVITING FRIENDS ON A SPIRITUAL JOURNEY

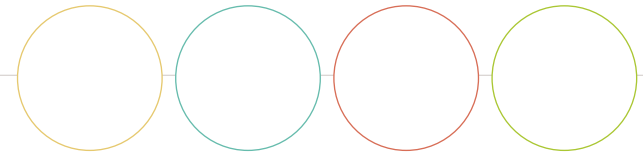
**OPENINGS IN  
MY CALENDAR**

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**NATURAL  
OPPORTUNITIES  
FOR CONNECTION**

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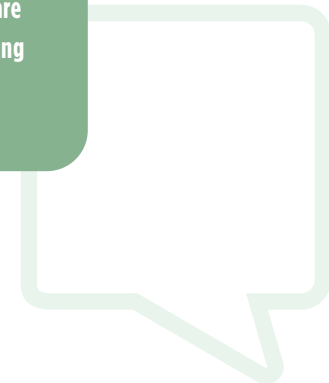
[covchurch.org/bless-serve](http://covchurch.org/bless-serve)



**IDEAS FOR SHARING THE STORY OF GOD'S LOVE**

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Once you build relationship  
and earn trust, look for ways to share  
the story of how Jesus is transforming  
your life and the world.



**SHARE**  
the story

THE STORY OF GOD'S LOVE

## A Gospel Presentation

**God is love and created the world for love—this includes you and me.**

“Give thanks to the Lord, for he is good. His love endures forever!” — PSALM 136:1

God loves us lavishly and created us to enjoy perfect loving relationship with God, with each other, and with all creation.

This was God’s intention from the very beginning.

**In what ways have you experienced the love of God?**

**The world is broken because of our sin, which separates us from God and leads to suffering and death.**

“All have sinned and fall short of the glory of God.” — ROMANS 3:23

“The wages of sin is death.” — ROMANS 6:23

We sin when we do not act with love toward God or others, whether in active rebellion or passive indifference. Sin leads to death and eternal separation from God.

Humanity cannot save itself from the persistent reality of sin and death.

**In what ways have you experienced brokenness in the world or in yourself?**



**God loves the world and sent Jesus to heal our brokenness through his life, death, and resurrection.**

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” — JOHN 3:16

God sent his son Jesus not only to show us the way, but also to provide the way. After living a sinless life of perfect love, Jesus bore our sins upon himself and sacrificed his life for us on the cross (1 Peter 2:24-25). We cannot be saved through our good works. Through Christ alone we can experience healing, restored relationship with God and others, and full life now and forever.

“God demonstrates his own love toward us in this: While we were still sinners, Christ died for us.” — ROMANS 5:8

“Christ died for our sins....He was buried... he was raised on the third day according to the Scriptures...he appeared to Cephas, and then to the twelve. After that, he appeared to more than five hundred.” — 1 CORINTHIANS 15:3-6

**What are some ways in which you understand love and sacrifice to be connected?**

**God invites us to turn from our sin, receive God’s love, and then share that love with the world!**

Therefore, if anyone is in Christ, the new creation has come:

The old has gone, the new is here! —2 CORINTHIANS 5:17

I have come that they may have life, and have it to the full. —JOHN 10:10

**God extends a free invitation to each one of us to receive God’s love, enjoy God’s love, and join God’s mission to heal the world.**

How would you like to respond to God’s invitation?

**SHARE**  
the story

**1.**

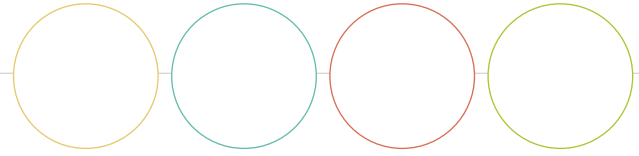
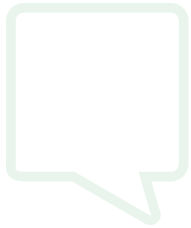
**2.**

**Follow-up to  
connect them  
to Christ...**

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**Connections...**

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**3.**

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# Reflections

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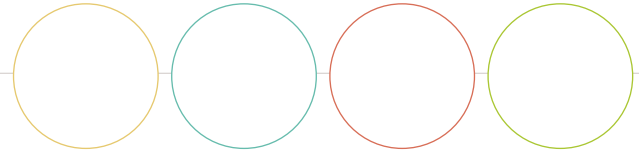
☉ As I shared, I heard God say:

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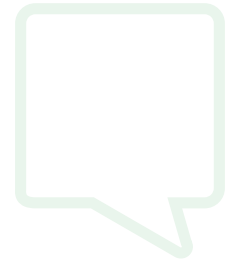
☉ I saw the Holy Spirit work by:

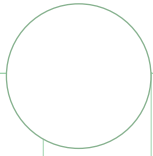
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☉ I can share again:



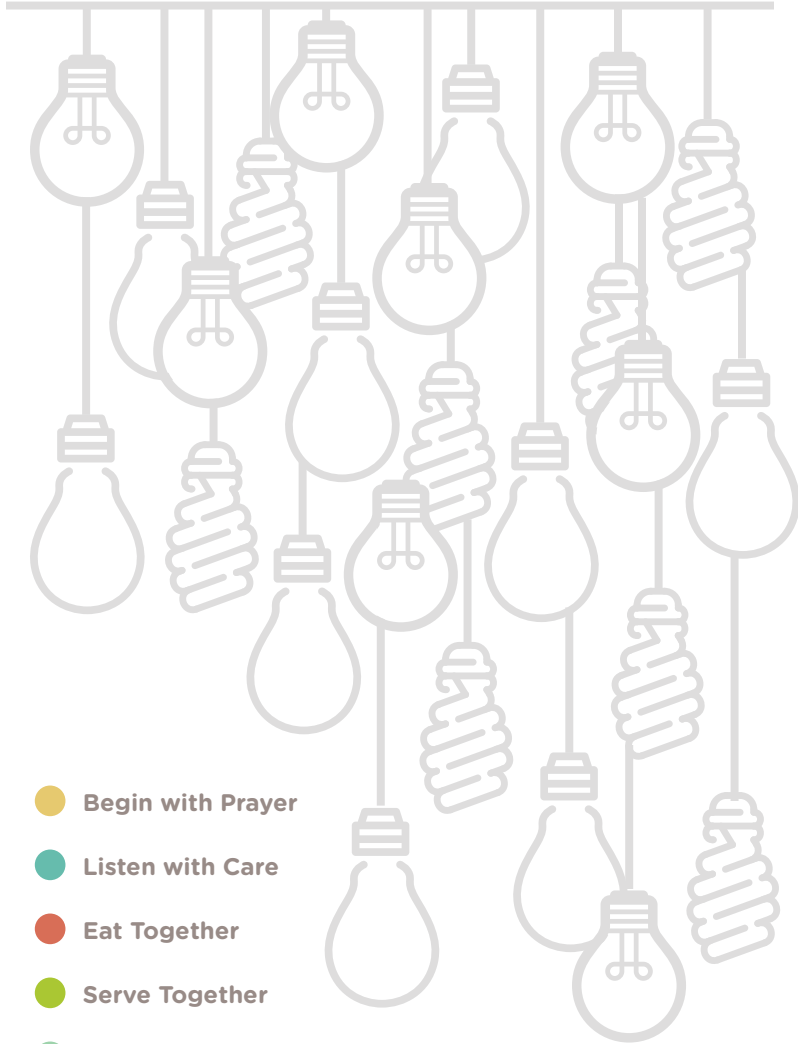
☉ I learned





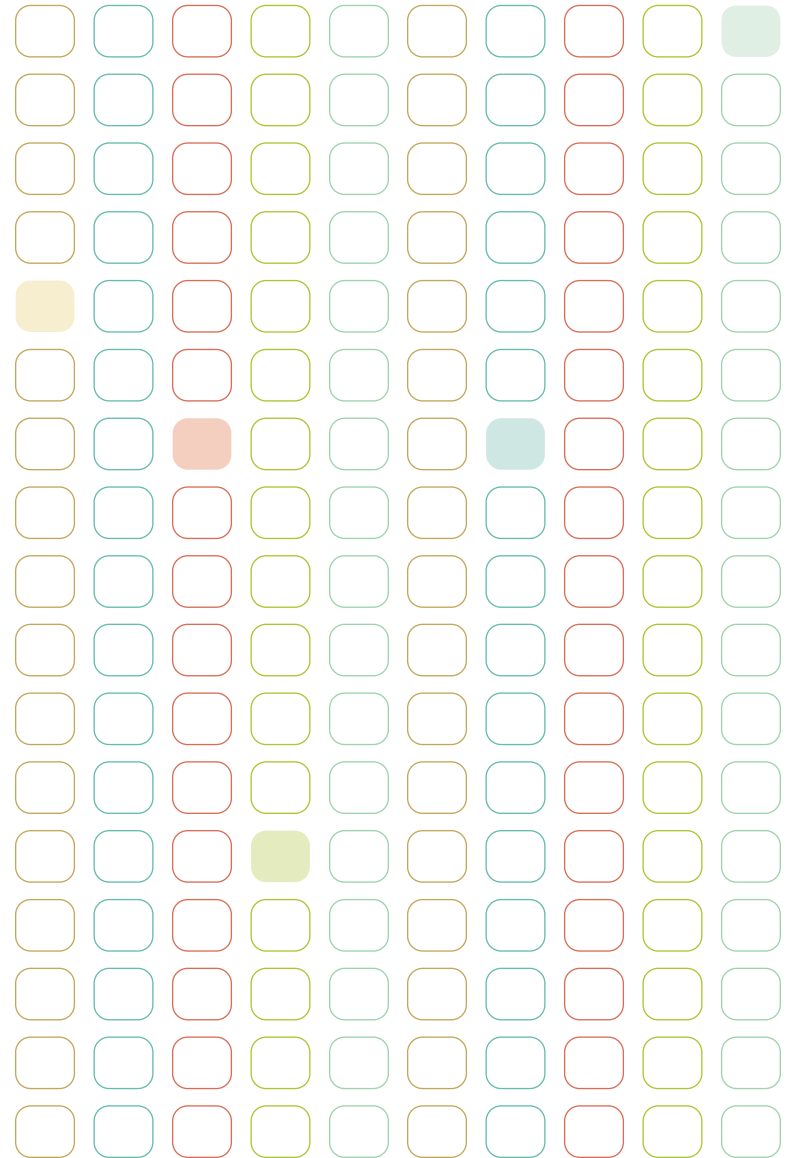
	N	O	T	E	S		


Color a light every time you take a step on your BLESS journey.



- Begin with Prayer
- Listen with Care
- Eat Together
- Serve Together
- Share the Story

Color in a box when you see the Holy Spirit moving in one of these missional practices.





Additional space to track your journey  
or put down your thoughts

SUN	MON	TUES	WED	THURS	FRI	SAT

SUN	MON	TUES	WED	THURS	FRI	SAT

**BEGIN**  
with prayer

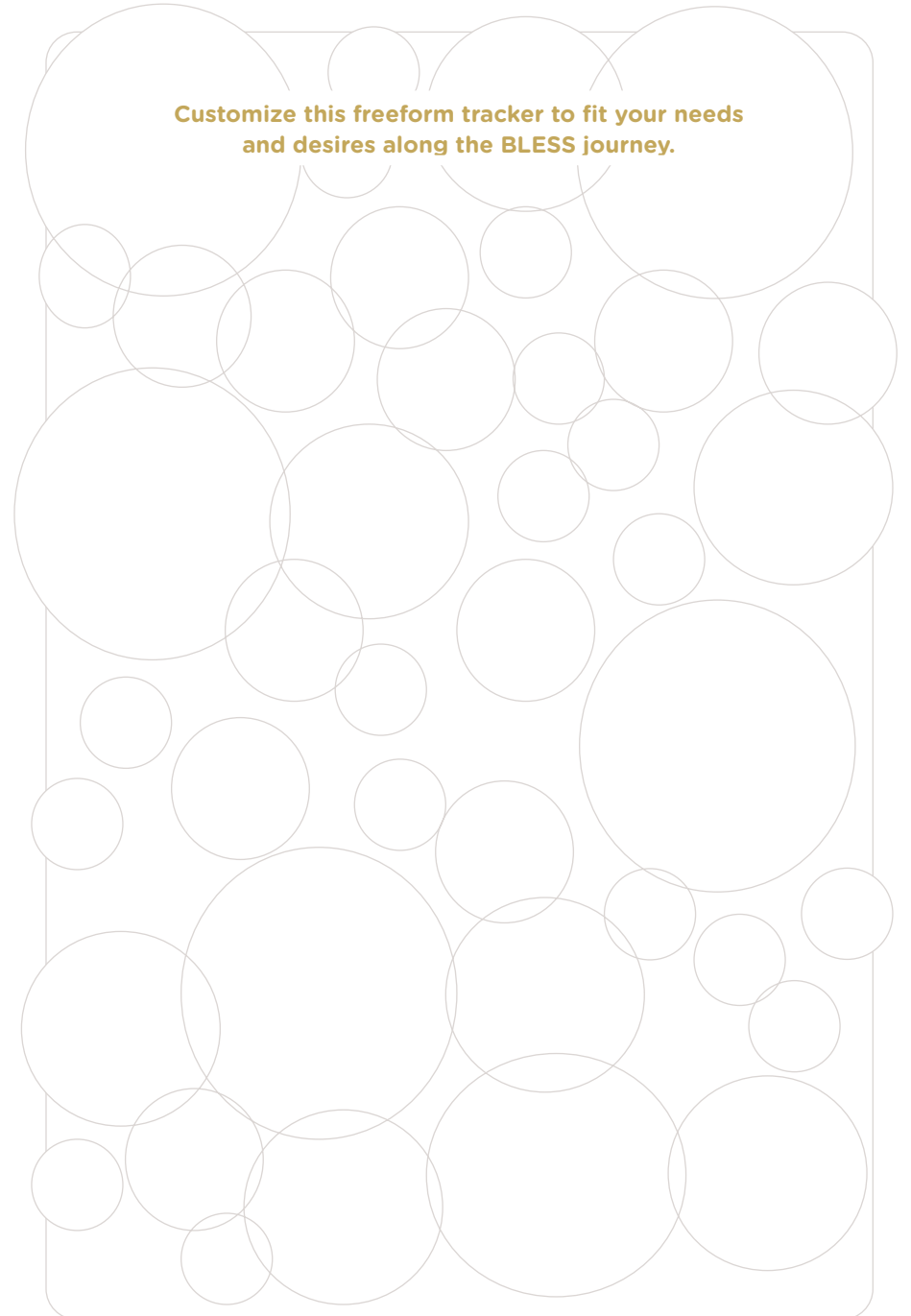
**LISTEN**  
with care

**EAT**  
together

**SERVE**  
with love

**SHARE**  
the story

Customize this freeform tracker to fit your needs  
and desires along the BLESS journey.





# Celebrate!

I learned . . . about myself

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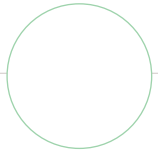
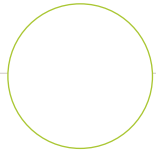
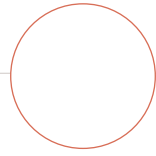
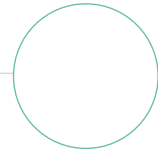
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I LEARNED . . . ABOUT GOD & THE HOLY SPIRIT

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THE HOLY SPIRIT IS LEADING ME TO...

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