B.L.E.S.S Your Neighbor
It is helpful to develop a pattern of prayer if you want to sustain that prayer over a long period of time. One such pattern is to use the acronym B.L.E.S.S.

PRAY

B - Body: Pray for good health, protection, and strength.
L - Labor: Pray for their work experience and their financial security.
E - Emotional: Pray for emotional health and a good quality of life; for joy, peace, hope.
S - Social: Pray for their relationships with their family and friends.
S - Spiritual: Pray for their salvation, that they will come to faith in Jesus Christ.

Adopted from Alvin VanderGriend, HarvestPrayer.com

CARE - SHARE

B - Begin with prayer. We want you to ask, ‘God how do you want me to bless the people in the places you’ve sent me to?’
L - Listen. Don’t talk, but listen to people, their struggles, their pains, in the places God sent you.
E - Eat. You can’t just check this off. It’s not quick. You have to have a meal with people or a cup of coffee. It builds relationships.
S - Serve. If you listen with people and you eat with people they will tell you how to love them and you’ll know how to serve them.
S - Story. When the time is right, now we talk and we share the story of how Jesus changed our life.

Adopted from VergeNetwork.org

Genesis 12:2-3 says, “I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.”

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