



## **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."