

Finding the **BLESS** Rhythm

The Gospel is good news. It gives us a unique identity. It also gives us a set of rhythms we seek to live our lives by.

	God	Our Family	Sojourners
Bless	We bless God by worshiping Him.	We bless our Family by serving in tangible ways that enrich and bring wholeness to their lives spiritually, economically and socially.	We bless Sojourners by serving in tangible ways that enrich and bring wholeness to their lives spiritually, economically and socially.
Listen	We listen to God in silent prayer and through the Bible.	We listen to our Family by actively and empathetically listening to their thoughts, emotions and circumstances.	We listen to Sojourners by actively and empathetically listening to their thoughts, emotions and circumstances.
Eat	We feast on God's word and partake of communion which reminds us of Jesus' death and resurrection.	We share meals and drinks together regularly with our Family, seeing it as an opportunity for profound fellowship.	We share meals and drinks together regularly with Sojourners, seeing it as an opportunity for profound fellowship.
Speak	We speak to God in prayer	We speak with gospel intentionality in our everyday conversations throughout the week.	We speak with gospel intentionality in our everyday conversations throughout the week.
Sabbath/ Celebrate	We rest and spend time with God.	We regularly take time to rest, celebrate life, vacation, and recreate together with our Family.	We regularly take time to rest, celebrate life, vacation, and recreate together with Sojourners.

How are you doing with this? Work through the blank grid below to look at last week and see where you are out of rhythm. How is this week looking?

	God	Our Family	Sojourners
Bless			
Listen			
Eat			
Speak			
Sabbath/ Celebrate			