



Breathe in
Breathe out

God's Mission

He explained it to Abraham this way in Genesis 12, “I will bless you...and you will be a blessing...and all peoples on earth will be blessed through you.” God’s strategy for reaching and restoring the world is simply this: to have His people bless the world.

We are blessed to be a blessing.

You might ask yourself, ‘Where does my life fit into the narrative of God’s mission?’ ‘What would my life look like if I started each day with the intention to join God at work?’ It’s a shift in perspective and practice.

This pocket guide will unpack and explore a few ways to live this kind of life by equipping you with the five simple rhythms of BLESS.



YOU WERE MADE TO BLESS

Our mission to go and make disciples of all the nations (Matthew 28:18-20), is founded in the original mission - to go and be a blessing to others (Genesis 12:1-3). This means that blessing others and seeing people come to know, love and serve Jesus are linked together!

If we practice one of these BLESS rhythms every day, you will not only look more like Jesus, but you will help others find Jesus too!



BEGIN WITH PRAYER

“God, may your kingdom come and will be done.”
Reflect and ask God: “Lord, what are you already doing in the spaces where I live, work, and play? How can I join you?”



BEGIN WITH PRAYER

Breathe in

Prayer is a daily, ongoing, intimate conversation with our loving Father, who is present with us every minute of every day.

Jesus said, "My Father and I are always at work."
Begin by praying,

"Father where are you already at work
where I live, work, and play...and how can
I join you?"

Breathe out

Pray with and for others. Pray for your neighbours by name. By breathing in and breathing out in prayer we will learn to "never stop praying". (1 Thessalonians 5:17)



LISTEN

"God, how do you want me to bless others today? Help me to listen and discover opportunities to serve and share in my community you have placed me in."

LISTEN TO OTHERS

Breathe in

We patiently and actively listen first to God's Word and God's Spirit. Secondly, we actively seek out the stories of our neighbours (people) and our neighbourhood (place).

Breathe out

By listening first, we move toward deeper relationships with our neighbours and neighbourhood. Remember the supermarket cashier's name, the florist, the bus driver. Speak to strangers. Ask questions. Listen to their stories.

Be focused on the now of being not just the future of purpose '...don't look to your own interests but each of you to the interests of the others.' (Philippians 2:4)

EAT

Eating is one of the fastest ways to move a relationship from acquaintance to friendship. Who can you eat with (or have a coffee with) that is far from God?



EAT TOGETHER

Breathe in

Eat with your family or some of your church family. Meals are a daily reminder of our common need for God and his provision. We regularly eat meals with other followers of Jesus for the express purpose of sharing not only food, but community and truth.

Breathe out

Eat with your neighbour - those that God has placed us in proximity to in our neighbourhood, workplace, and community. Get creative with how you do this so that they can be invited into community and the experience of grace.

'They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.' (Acts 2:42)



SERVE

Jeremiah 29:7 says “Seek the welfare of the city to which I have sent you.”

How does that change the way you see your neighbourhood, workplace, university and kids' school? How does it alter the way you view serving?

SERVE GENEROUSLY

Breathe in

Serve your family or church family. We need to first start at home when looking for a tangible way to bless someone else. Find personal and meaningful ways to bless those we are in the closest proximity to do life with.

Breathe out

Serve your neighbour. We live out God's mission to bless the world by simply seeking God's leading for a tangible way to bless someone. Someone who may not know how much they matter to God in my neighbourhood/work/uni/kids' school.

'...I will bless you...and you will be a blessing to others...all peoples on earth will be blessed through you.' (Genesis 12:2-3)



SHARE YOUR STORY

Sharing the story of Jesus with others is necessary to participate in Jesus' mission (Matthew 28:18-20).

SHARE YOUR STORY

Breathe in

Listen to the story of others. We continue to patiently and actively listen to the stories of our neighbours and those we interact with. We focus on their search for meaning and help them find their way into Jesus' story.

Breathe out

Share 'God's story' and 'My story'. Look for ways to meaningfully share Jesus' story that we are learning through the Scriptures. In addition, we share our unique story of spiritual exploration and discovery in natural and conversational ways. Jesus said, '... Tell them your story—what the Lord has done for you and how merciful he has been.' (Mark 5:19)

'Sing your songs...to God, tell his stories to everyone you meet.' (Psalms 9:11)

BEGIN WITH PRAYER LISTEN TO OTHERS EAT TOGETHER SERVE GENEROUSLY SHARE YOUR STORY

Pray for opportunities to serve and share in your community and beyond. Be friendly. Remember the waitress's name, the shopkeeper, the florist. Say thank you. Show appreciation. Speak to strangers on the plane. Ask questions. Listen to their stories. Be open to every opportunity to express the grace we find in Christ to others, with or without words. Be focused on the now of being not just the future of purpose. Seek to overcome injustice, poverty and unbelief in every situation where God has given you the ability to respond.

Luke 10:25-37; Matthew 28:19-20



YOUR NEXT STEP

Daily:

Every day, intentionally look for ways to live out the rhythms of BLESS.

Weekly:

With your Life Group or people you connect with on a regular basis, commit to asking one another this question - “How did you live out each of the BLESS rhythms this week?”

Accountability will keep you focussed on God’s mission for us individually and as a church community. BLESS is a journey we take together towards transformational change in spaces God has placed us in.



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www.citylife.church

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