



The Evangelical Covenant Church
MAKE AND DEEPEN DISCIPLES

BLESS Student Journal

NAME:

BLESS is a new way of thinking about evangelism for students. It is founded on the idea that since the beginning of our story with God, God has demonstrated his deep love for us through his blessing. In turn we become a blessing to others.

THE FIVE BLESS MISSIONAL PRACTICES:

BEGIN
with prayer

LISTEN
with care

EAT
together

SERVE
with love

SHARE
your story

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BEGIN WITH PRAYER

ROMANS 8:34-35 | LUKE 11:5-13

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One important purpose of prayer is to draw us closer to God. When we pray, we are changed to become more like Jesus. It also draws us closer to the people we pray for. We understand them better and feel God's love for them.

CREATE A PRAYER LIST

The FRANC model is a tool to help you pray for and bless people in your life.

ACTION PLAN

YOUR FRANCS:

RELATIVES:

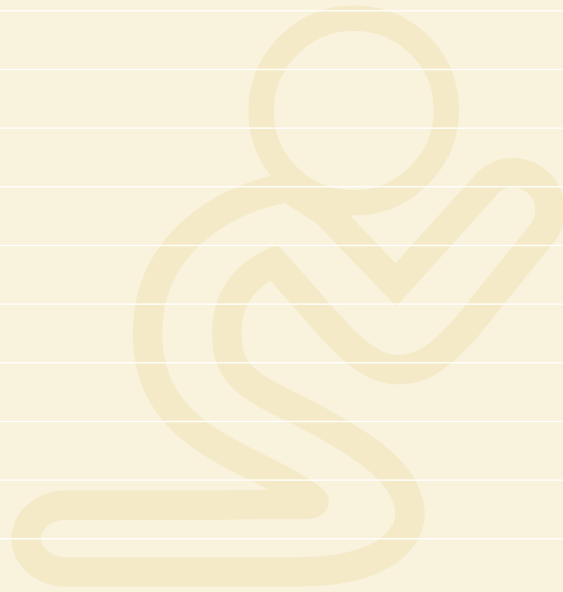
FRIENDS:

ACQUAINTANCES:

NEIGHBORS:

CLASSMATES:

PRAYER *Lord, help us to ask and keep on asking when it comes to praying for our unchurched family and friends. You promise that if we are persistent, you will answer. You promise that if we cry out to you, you are good and will respond. You promise to give the Holy Spirit to those who ask. Amen.*



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A photograph of two people, a man and a woman, seen from behind, standing in a forest. They are looking out over a landscape with trees and a bright sky. The image has a greenish tint.

LISTEN WITH CARE

ACTS 8:26-40 | LUKE 18:35-43



Listening to others is one way we can bless one another. As we listen, we pay attention to people's dreams and pain, and we listen for evidence of God's work in their lives.

*"When people talk, listen completely.
Most people never listen."*

— ERNEST HEMINGWAY

"There is a kind of listening with half an ear that presumes already to know what the other person has to say. It is an impatient, inattentive listening that despises the brother [or sister] and is only waiting for a chance to speak and thus get rid of the other person."

— DIETRICH BONHOEFFER

"To answer before listening—that is folly and shame."

— PROVERBS 18:13

WHAT WOULD YOU SAY ARE SKILLS FOR BEING A GOOD LISTENER?

ACTION PLAN Did you pray for your FRANC list last week? When will you pray this week?

Ask God to show you others who share experiences, passions, and interests who need Jesus and someone to listen. Write their names down.

Pray for an opportunity this week to have a significant conversation with someone on your BLESS list.

PRAYER Lord, help us to listen to others and to you. We want to bless others by listening, responding, and valuing them. We want to hear about the experiences in their lives, and we want to hear and see what you are doing in their lives. Lord, thank you that you have listened to us and loved and valued us. We want to bless others.



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EAT TOGETHER

LUKE 19:1-10



There is something special about eating together. Sharing a meal unites us in a unique way with others.

WHAT IS YOUR FAVORITE FOOD TO SHARE WITH OTHERS?

EATING WITH JESUS — LUKE 19:1-10

Imagine you are a character in this story. Pay attention to their thoughts, emotions, and all five senses. What do you see, hear, smell, feel, and taste?

ACTION PLAN

Write down ideas for ways to have intentional meals with people who are far from God.

IDEAS FOR EATING WITH OTHERS:

EATING WITH FRIENDS:

EATING WITH RELATIVES:

EATING WITH CLASSMATES:

EATING WITH NEIGHBORS:

EATING WITH ACQUAINTANCES:

PRAYER Lord, where have you sent me and whom do you want me to bless this week? Open my eyes to see who you want me to share a meal with this week. Show me who to invite for dinner, lunch, or coffee. Help me to include those who are often excluded from our community. Give me the time, courage, and compassion to reach out and invite those who have been left out. Help me become more like you, Lord Jesus.



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SERVE WITH LOVE

MATTHEW 23:11 | MARK 10:45

1 CORINTHIANS 13:13

1 PETER 4:10 | 1 JOHN 4:20



Serving is a part of the Christian walk. God has called us to serve those around us.

QUESTIONS TO ASK YOURSELF ABOUT SERVING OTHERS:

- When I serve others, what is my motivation?
- How might I become aware of needs in my community that God has equipped me to help fulfill?
- Do I complain in my heart or to those closest to me after I have served others?
- How do I seek out ways I can serve others joyfully?

ACTION PLAN

Look at the list of ways you can serve on page nine of this Student Journal.

- Circle three ways you can commit to serving this week.
- Place a box around two acts of service you will commit to doing this month.
- Place a star by one action you will do in the next three months.
- Be sure to share your praise reports each week.



PRAYER *Lord, you have loved and served me both in small ways and with the gift of your life. Whom do you want me to bless this week? Open my eyes to see who you want me to serve in practical ways, and from whom I might also ask for help. Show me who I can serve in love. Help me include those who are often excluded from our community. Give me the time, the courage, and the compassion to serve those who have been left out. Help me become more like you, Lord Jesus!*

Ways I Can Serve

○ Circle three ways you can commit to serving this week.

□ Place a box around two acts of service you will commit to doing this month.

★ Place a star by one action you will do in the next three months.

1. Use fabric paint to decorate new pillowcases. Include encouraging Bible verses and bright pictures. Deliver or mail the pillowcases to a children's hospital.
2. Purchase a gift from CovenantCares to help families around the world become self-reliant. covcares.covchurch.org
3. Plant individual flowering plants in pots. Deliver them to a long-term care facility for senior adults.
5. Provide free babysitting for local families. Plan games, crafts, and a special snack for children who attend.
6. Prepare muffins and fruit cups. Deliver them to a local school for teachers to enjoy.
7. Offer free windshield washes at a gas station.
8. Collect new bottles of shampoo and soap to donate to a women's shelter.
9. Collect and sort children's clothes. Donate them to a children's home.
10. Make cards to send overseas to military personnel who need a word of encouragement.
11. Collect new board games and puzzles to send to missionary kids who are serving with their parents.
12. Collect new and gently used children's shoes that can be sent to children in need. www.soles4souls.org
13. Pray for missionaries.
14. Download BLESS for Kids resources. Help younger kids practice sharing their faith with one another. covchurch.org/evangelism/bless/#resources
15. Distribute free bottles of water at a local park or sporting event. Design a label with information about your church and an invitation to come and worship to attach to each bottle.
16. Create door-hanger invitations to attend your worship services. Use foam door hangers from your local craft store. Be sure to include times of worship on the hanger. When the hangers are finished, hang them on doorknobs of neighborhood houses or in a multi-housing complex.
17. Pick up trash at a local park or schoolyard. Be sure to have plenty of gloves and trash bags on hand!
18. Fill a cooler with canned soft drinks. Hand them out to men and women who are working outdoors. Invite the workers to attend your next worship service.
19. Take donuts to your local police or fire station. Encourage the men and women who are working there to attend worship services when their schedule allows.
20. Collect gently used children's picture and chapter books. Design a label with a Bible verse to put on the inside cover of each book. Donate the books to a preschool, after-school program, or boys and girls club.
21. Order the Serve Globally Prayer Calendar from CovBooks.com. Cut out photographs of missionaries. Cover the cutouts with clear contact paper, and add a magnet to the back. Put the magnet on the refrigerator to remember to pray for the missionary each day.
22. During a church business meeting, while the adults are busy making plans, bake cookies for area business owners. Call it "Love Your Community" night. Your business meetings will have a very sweet smell!
23. Bring a bit of springtime indoors for senior adults in a long-term care facility. Decorate grapevine wreaths with artificial springtime flowers and ribbon. Deliver the wreaths to nursing homes to be hung on patients' doors.



SHARE YOUR STORY

JOHN 4:5-30, 39-42

Everybody has a story. The key thing about your story is that it's *your* story. The important part of telling your story is that it be real and that it be honest.

WHAT WERE YOU LIKE BEFORE YOU MET

JESUS? If you don't remember a time when you didn't know him, move on to the next question.

WHAT MADE YOU DECIDE TO FOLLOW CHRIST?

Or, why do you keep following Jesus?

HOW IS YOUR LIFE DIFFERENT BECAUSE YOU'RE A CHRISTIAN?

THINK OF A STORY-ENDING QUESTION

The Samaritan woman told her story to her community and ended with the question, "Could this be the Christ?" What question can you end your story with that turns it back to the listener?

ACTION PLAN

Make a list of two to five friends to share your story with in the next month.

PRAYER *Lord, you are changing our lives through your deep love for us and by your Spirit who indwells all who love and follow you. Whom do you want us to bless this week? Open our eyes to see who we can share our story of how you are working in our lives and in the world with. Deepen our relationships with those who do not know you, that we might have the privilege of blessing them and, in time, introducing them to Jesus.*

PRACTICE SHARING YOUR STORY

1. Anthony was in the church nursery six days after he was born. Until recently, he couldn't remember a day in his twelve years of life when he didn't know that he's loved by God and wanted to follow him. But lately, he's beginning to question if what he's always believed is really true. He asks you, How do you know God loves you?
2. Alyssa's parents used to drop her off at church and then go out for pancakes on Sunday mornings. When she started sixth grade, Alyssa finally quit going to church. Now she's exploring other religions of the world to see which one might fit her. Right now, she says she is spiritual but not religious. She asks you why you go to church.
3. Lucas was active in his church's youth group through ninth grade. Then he started taking pain pills that he got from a couple of friends. He became addicted and ended up in a rehab facility. Now as he tries coming back to youth group, he is wondering whether Jesus really does forgive him for his decisions. He asks you if you have made mistakes, and how you know God loves you.
4. The group you sit with at lunch is becoming pretty good friends, and they are starting to have some very real and honest conversations. One day a couple of them disclose that they are often overwhelmed with anxiety about how they're going to pay for college, family pressure, and more. They say they feel a sense of hopelessness, and one of them looks at you and remarks that you seem different, like you're peaceful. "What's your story?" they ask.

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NEXT STEPS

**Invite them to
your church,
a church activity,
or a service project.**

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