

## Rhythms of a Disciple

### Rhythm #8: Blessing

Most of our rhythms have focused on internal rhythms—personal practices to sharpen our relationship with God. Sometimes

**BLESSING:** What is it?

- To pronounce or make happy
- To add strength another arm

In order to bless someone, it has to be intentional. It's not enough to just have good feelings about a person, or to feel compassion for them. They don't get anything out of that. In order to bless, we have to do something.

### **3 Ways to Bless**

1. Words of encouragement or affirmation
2. Acts of Kindness
3. Gifts

Let's look at these three:

1. Words of Encouragement or Affirmation

But encourage one another daily, as long as it is called "Today" (Heb 3:13)

How can we use Words of encouragement to bless others? Here are 4 practical ways:

- a) Change the atmosphere
- b) Write notes, email, text,
- c) Give them a call
- d) Visit them

2. Acts of Kindness

"Add strength to someone's arm"

Go beyond just words now. What can you DO

- 1) Clean someone's house
- 2) Babysit
- 3) Make a meal
- 4) Take them to lunch
- 5) Mow their lawn
- 6) Ask, "what can I do for you?"

3. Gifts

This goes beyond our regular tithe, of course. Here are some things we can give:

- Money
- Food Basket
- Be creative
- i.e. Chocolate

Here's the challenge: Bless 3 people this week.  
Be intentional. Be creative. Bless like Jesus blessed.