**BLESS Rhythms**

[Watch this short video discussing the concept of BLESS rhythms by Dave Ferguson:](https://youtu.be/BMpUSDKPU4s)

Investing in your ONE is more about postures and rhythms than activities and programs. But sometimes it's hard to practically wrap our minds around HOW to invest in our ONE, paying attention to [which threshold they may be at](https://a3a47362827a5bf1860d-50cac6035a02073b294788de1b19629e.ssl.cf2.rackcdn.com/uploaded/5/0e10504891_1591296024_5-thresholds-of-faith.docx), and partner with God in this process. One tool missionary leaders and trainers use is the acronym B.L.E.S.S.

BLESS is ***five simple missionary rhythms that Jesus and the early church embodied for us***. Blessing isn’t really about adding more tasks, it’s more about infusing everyday activities we’re already doing with new intentionality. These rhythms are simple enough for a five-year-old to understand, but robust enough to challenge us to think differently about how we invest in our ONE’s

* **B - Begin in Prayer** - pray with and for Your ONE
* **L - Listen and Engage** - focus on asking questions over talking, and create spaces to intentionally engage with Your ONE
* **E - Eat** - spend time eating meals with people, grabbing coffee, or enjoying happy hour with Your ONE
* **S - Serve**- meet needs, be selfless, practically serve your ONE
* **S - Story** - share stories of Jesus, point to truths of Jesus, and when the time comes, be ready to invite your ONE to Discover Jesus with you