



The Evangelical Covenant Church

MAKE AND DEEPEN DISCIPLES

BLESS for kids

BLESS spells out how we share the love of Jesus with others.

Being a disciple of Jesus is not about what we get.
It's about loving and blessing others.

"I give you a new command. Love one another.
You must love one another, just as I have loved
you. If you love one another, everyone will
know you are my disciples." JOHN 13:34-35

"Jesus took the little children in his arms and
blessed them." MARK 10:16

BEGIN WITH PRAYER • Pray and ask God
who you could pray for that doesn't know Jesus.

LISTEN WITH CARE • We begin by listening
rather than talking. In this way we can learn how best
to pray for another person to know Jesus.

EAT OR EXPERIENCE TOGETHER • Invite
the person you are praying for to eat with you or share an
experience together.

SERVE WITH LOVE • As you listen to the
person you are praying for, think about ways
you could help them—then do it!

SHARE YOUR STORY • After you have prayed,
listened to, eaten with, and cared for the person whose name
God laid on your heart, share your story about Jesus with them.



NOTES





PRAYER IS A GIFT FROM GOD AND HELPS US
TO DRAW NEAR TO GOD AND OTHERS.

PRAYER HELPS COMFORT US AND OUR FRIENDS
AND FAMILY WHEN THEY ARE HURTING.

PRAYER GIVES US STRENGTH TO FOLLOW GOD AND LOVE OTHERS.

PRAYER CAN GIVE US DIRECTION.

BEGIN WITH PRAYER

Has someone ever prayed for you? Jesus showed us the importance of praying for others. Jesus prayed for our protection and oneness with God. JOHN 17:15, 23

We, too, can follow the example of Jesus to pray for others. Who are the people among your family or friends whom you might bless?

FAMILY: _____

FRIENDS: _____

1. **Pray over the names.** Ask God which 1-3 people on your list don't know Jesus and may be waiting to be blessed.
2. **Write their names on the bookmark.**
3. **Ask God how you can pray for each person.**
4. **Take at least one minute each day to pray for each person on the bookmark.**
5. **Keep the bookmark in your Bible as a reminder to pray each day.**

PRAY

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LISTEN WITH CARE

Have you ever tried to share a story but nobody listened? It can be very frustrating and disappointing. Jesus was always a good listener.

To bless others, begin by listening rather than talking. Jesus often began conversations by asking questions and listening carefully. When we listen, others feel valued.

You can help others feel valued by asking good questions. Listen carefully to the answers. Then pray for them.

ASK A FRIEND ONE OR TWO OF THESE QUESTIONS AND LISTEN TO THEIR ANSWERS:

- What makes you most happy?
- Is there anything that is making you sad?
- What are you excited about?
- Who are you concerned about?
- What are some of your favorite places?
- What question would you like to ask God?
- Who are some people who love you? Who do you love?
- Do you believe God loves you? Why? Why not?

Where and when will you listen? _____

After listening, ask if you can pray for your friend. Pray about the things they shared.

LISTEN

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EAT OR EXPERIENCE TOGETHER

Have you ever noticed when you are eating with someone, they share and talk more? Have you ever been surprised when someone gave you an unexpected treat, or surprised you with a fun experience?

How might you bless someone with food or an experience?

EAT TOGETHER

Jesus regularly ate and drank with others, like Matthew the tax collector, the Samaritan woman, and Zacchaeus. They were all surprised that Jesus would bless them by eating with them.

Who might you surprise by sharing a snack or meal?
We bless others when we share the gift of food.

EXPERIENCE TOGETHER

Jesus purposefully sought others out to share experiences with them—and he always did so for the benefit of someone else.

Sometimes we are not able to eat together with someone who does not know Jesus, but we can share an experience together.

Creative Ways to Eat Together

1. Talk to your parent about how you would like to bless someone by eating together.
2. Talk with your parent about which of these things they could help you do.
 - Share a snack after school.
 - Enjoy a drink together.
 - Host a holiday party.
 - Include friends in your family celebrations.
 - Have a meal together at your home or restaurant.
- 3 Write down ideas of when and where you could eat or have a snack or a meal.
4. Bless one of your friends by eating together.
5. Share this special time together which can also include listening—a double blessing!

Creative Experiences

1. Decide which of your 1-3 friends you would like to bless by sharing an experience together.
2. Talk to your parent about how you want to bless someone by having a fun experience.
3. Talk about which of these activities your parent can help you do.
 - Do something fun at your house, such as create some art, play a sport, make a movie, or play video games.
 - Have fun at a playground or throw a ball around. Or go skateboarding, fishing, or walking together.
 - Go for a bike ride.
 - Go to the library.
 - Your ideas: _____



SERVE WITH LOVE

Has someone ever done something really special for you? What did they do? Have you ever seen someone do something special for another person? Jesus served others with love all the time.

Jesus came not to be served but to serve.
(MATTHEW 20:28) We, too, can bless others through serving. By listening carefully to the people we are blessing, we can discover ways to serve them. As we do that, they experience the love of Jesus in action.

Jesus also invited others to serve with him. So think about how you could serve with someone you are praying for.

HOW MIGHT GOD BE CALLING YOU TO SERVE THE FRIENDS ON YOUR BLESS LIST THIS WEEK?

Here are some examples of how we can serve others who don't know God.

- ☐ Help someone with their homework.
- ☐ Help with a school project.
- ☐ Make their birthday special.
- ☐ Do a community service project together.
- ☐ Affirm them.
- ☐ Send a greeting card.
- ☐ Offer to pray for them.
- ☐ Keep them company.
- ☐ Give or lend something.
- ☐ Let them help you.
- ☐ My idea _____.

SERVE

SHARE YOUR STORY

You've probably read and heard some great stories in your life. Did you know that you are actually living a God story that you can share with others? Jesus shared his God story, and you can share yours too.

As you bless your 1-3 friends, know that they are already part of your story with God. They have experienced the love of Jesus through your prayers, your listening, your eating and sharing experiences together, and your serving them. There is one more way to bless them—by sharing your story with Jesus.

SHARING YOUR JESUS STORY

1. **How I Got to Know Jesus:**
Share who helped you get to know Jesus.
2. **Why I Give My Life to Jesus:**
Share why Jesus is special to you.
Share how you have experienced Jesus's love.
3. **How I Live My Life for Jesus:**
Share how your life is different because of Jesus.
Share how you try to share Jesus's love with others.

You don't have to tell your story exactly this way or answer every question. This is just an example to get you started.

SOME OTHER IDEAS:

- Write or draw a story of how Jesus's love has made a difference in your life.
- Share your story through the "My GROW Adventure with God" booklet. You can get it here:
covchurch.org/my-grow-adventure

SHARE STORY

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