

# MY B.L.E.S.S. PLEDGE

Jesus commanded us to be a blessing to the world around us when he said, "Love your neighbor as yourself" (Mark 12:31).

Interested in finding everyday ways to follow Jesus? Ways to be kind, loving, and honoring Christ's name?

In obedience to that command, I pledge to do one of the following five B.L.E.S.S. practices every day.

Signed:

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Signature

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Date

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Witness 1

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Witness 2



## BEGIN WITH PRAYER

I pledge to pray for my neighbors. My example is Jesus, who started his earthly mission with prayer (Luke 6:12-16). Prayer is both how I discover my mission and how I do the mission of Jesus.



## LISTEN

I pledge to listen to my neighbors. My example is Jesus, who loved others by asking questions and then listening to them (Luke 18:40-42). Listening is how I give dignity to others, and it is a gracious expression of love.



## EAT

I pledge to eat with my neighbors. My example is Jesus, who consistently shared meals with the "sinners" (Matthew 9:9-13). Eating with others is how I move a relationship from an acquaintance to a friendship.



## SERVE

I pledge to serve my neighbors. My example is Jesus, who did not come to be served, but to serve others (Matthew 20:28). Serving others is a tangible way I can demonstrate the love of God to others.



## STORY

I pledge to share my story with my neighbors. My example is Jesus, who shared the good news of his own story with others (John 3:1-17). Sharing my story gives others a clear understanding of how God's love and the life of Jesus can change their lives.



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Learn more BLESS, First Lutheran's summer preaching and teaching series based on the book *B.L.E.S.S.: 5 Everyday Ways to Love Your Neighbor and Change the World*.



# 101 WAYS TO BLESS OTHERS

- Put notes of love and encouragement in random mailboxes
- Pray for someone that has frustrated you or made you mad recently
- Post positive notes around your community
- Pick up a care bag or prayer shawl to deliver to someone in need of some extra care and support
- Paint a picture
- Pass this list on to someone new
- Tell a friend something you love about their children

## LISTEN

Ready to make good on your **BLESS Pledge**? Tape this list to your fridge for reference, fill in some blanks, and practice blessing others this summer.

- ### BEGIN WITH PRAYER
- Send cards to people in your address book you've lost touch with
  - Pray for someone
  - Make amends with someone you have wronged
  - Forgive someone who has wronged you
  - Text a favorite Bible verse to a friend

- Invite folks to the Summer Concert Series
- Call someone you haven't talked to for a while just because
- Pass along a compliment to a service worker's boss
- Introduce yourself to a neighbor, even if—especially if—you've lived near each other for a while but haven't met
- Compliment a neighbor on a feature of their home
- Talk to a friend about their hobbies, dreams, or desires
- Give strangers a compliment
- Call relatives who live far away and chat
- Start every day with thanks for the gifts so far that day
- Be forgiving
- Share a hug of joy or consolation
- Spend a day giving a compliment or word of encouragement to everyone you meet
- Relieve a home caregiver by sitting with their family member for a part of the day to give

- them a break
- When you next see your friend after a recent trip, ask them about their favorite/least favorite thing they did/learned/observed
- Listen to someone's story and ask them more questions about the story, without interjecting with your own version
- Talk to someone you know that is starting a business and ask how you can be supportive
- Devote an hour to something that relaxes you
- Leave a positive review to a randomly picked business/lesser known author
- Let someone go ahead of you while you're waiting in line
- Put away your phone for an entire afternoon

## EAT

- Bake cookies for your neighbor
- Enjoy group potlucks to honor random people.
- Cook a meal for a family
- Leave money taped to a vending machine
- Buy a gift card to hand to someone on your way out of a coffee shop
- Pay for the persons behind you in the Starbucks/coffee shop drive through
- Give little kids a quarter for the candy machines at the mall
- Leave an overly generous tip and note of thanks to a server
- Volunteer at a local food pantry or food bank with a friend or family members
- Contribute extra garden produce to your local

- food pantry
- Buy a few extra groceries and drop them in the donation bins at the grocery store
- Pick a table at a restaurant and pay their bill anonymously
- Learn the names of the barista at the coffee shop you frequent and greet them by name
- Buy your barista a coffee or treat
- Bring a meal to a family that just had a baby
- Ask to sit down to eat a meal with a stranger at the mall and listen to their stories
- Clean out someone's fridge for them (ask first)
- Buy a bag of snacks and bring it to someone in need on a street corner
- Buy donuts (Sandy's, anyone?) and bring to a random local business

## SERVE

- Take a neighbor's dog for a walk (bonus if the neighbor works a lot), or spend time with animals in shelters
- Mow someone's lawn or wash someone's car
- Plant a tree
- Give blood or become an organ donor
- Pick up litter
- Drop off supplies for an elementary classroom
- Put money in the next jar you see
- Send someone a gift or card on their HALFBirthday
- Take out the trash before it overflows
- Stand at a door to a store and open it for everyone who comes in and out

- When digging dandelions out of your own lawn, dig them out of your neighbor's too
- Volunteer at a retirement home
- Make a bouquet of wildflowers to brighten someone's day
- Visit someone in a residential care facility
- Volunteer to help with the FLC Friday Lunch Ministry or Second Saturday Serve
- Buy winter coats off-season and save to donate to winter coat drives
- Pay for someone's gas or give a gift certificate for gas
- Buy flowers and give them to your neighbor
- Talk to the director of a child care center and offer to pay for a family's tuition for one month
- Dig to the bottom of your dresser and donate five unworn items
- Connect a charity to your Amazon account
- Buy a gift for a child who is in foster care

## STORY

- Buy a B.L.E.S.S. book for someone
- Find a charity's facebook page and share their next three posts to your feed
- Pay for a stranger's library fee
- Write a thank you note to your local fire station
- Buy or build a "little free library" box for your front yard
- Write a note to a teacher who made a difference in your life
- Donate money to the department of your favorite school subject to buy new textbooks

- for their high school students
- Serenade someone at random, even if you don't think you're a good singer
- Write a poem for someone
- Give a compliment to 5 people each day, preferably people you don't know
- Read a story to a young child
- Be genuine. Be authentic.
- Slip an anonymous greeting/motivational card into someone's mailbox
- Buy art from a local artist
- Write a happy memory you have of someone and give it to them
- Start a journal of funny memories you can read back on during hard times
- Pass on a book you've read already
- ...

Share your fill-in-the-blank ideas with us and others!



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