

My BLESS List & Conversation Guide

Pray for people you already know, and look for ways to love them well. Start with three names.

Name	What I know about their life	One next step

Five BLESS practices

- **Begin with prayer.** Pray for them by name, and for an opportunity to love them.
- **Listen.** Ask a question and give time for the answer. Learn what matters to them.
- **Eat.** Share a meal or coffee. Jesus did a lot of His ministry around a table.
- **Serve.** Ask what would help, then offer a practical response.
- **Story.** When the door opens, share your story and Jesus' story, and invite a response.

Conversation tools from Kent Mathews' training

- **One question that works almost anywhere:** "How's your day going so far?" If it's good: "What's good about it?" If it's hard: "I'm sorry. What would make it better?"
- **Listen, validate, clarify.** Listen without planning your reply. Show you understand before you respond. Ask, "Am I hearing you right?"
- **Uncover their story before telling yours.** Ask about what they believe and why. People often need to hear themselves say it.
- **Gentle bridges.** "Has that made you think about the bigger questions?" "Do you have any kind of faith background?" "Would it be okay if I prayed for that?"
- **When you don't know the answer,** say so: "I don't know. Let me look into it. Could we talk again?"
- **Remember the garden.** Tilling, planting, watering, harvesting. You only need to be faithful in the stage in front of you. God gives the growth (1 Corinthians 3:6).

Words I could use

- "Would it be helpful if I prayed for that?"

- “Would you like to hear why Jesus gives me hope?”
- “Would you be interested in reading a short part of the Bible together?”

Sources & Acknowledgment

The original pathway

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The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's *Be the LIGHT Abide Guide* (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

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