



LOVE IS WHY

WHERE WE LIVE,
WORK AND PLAY



Sermon Series and Study Guide based on the book B.L.E.S.S. 5 Everyday Ways to Love Your Neighbor and Change the World by Dave Ferguson & Jon Ferguson.

Small Group Study Guide • 6 Sessions

About this Study

Jesus didn't simply call us to believe the good news; He called us to be good news where we live, work, and play. B.L.E.S.S. is the way we do that. It's five practices for how to love people the way Jesus did. They're not a program or a formula, but everyday habits that help us join Jesus in what He's already doing.

Big Idea

Love is why. B.L.E.S.S is how.

Over six sessions, we'll be using the acronym BLESS to create practices in our lives to reach out to our neighbors, our co-workers, and other people God has placed near us. BLESS stands for:

B — Begin with Prayer

L — Listen

E — Eat

S — Serve

S — Share your Story

How to use this Study Guide

We are embarking on a six-week journey to develop and embody the kind of life Jesus lived. We strongly believe that God has the power to radically transform lives, and the way He has chosen to do that is through His people- us!

Whether the group you're meeting with has been together for several years or is just starting out, the discussion provided with these pages can help you begin to discover how we can all be part of the Kingdom work that God has called us to do. As you commit to spending time together on this journey of learning and discovery, here are some other helpful resources to consider:

SERMONS, PODCAST, & ADDITIONAL RESOURCES

SESSION FORMAT

Each session follows the same rhythm:

- Ice Breaker (10 min) — Topic-relevant opener to get everyone talking
- Last week's "Weekly Challenge" Recap (10 min) — Any stories from last week's prompt? Who did you B.L.E.S.S. this week?
- Opening Prayer Prompt (3 min) — A focused prayer to begin your time together
- Scripture Review (30 min) — 2 questions rooted directly in the session's key passage
- Go Deeper (30 min) — 2-3 discussion questions for honest group conversation
- Weekly Challenge (2 min) — One practical step to take before the next session
- Closing Prayer Prompt (3 min) — A prayer to send your group out

The B.L.E.S.S. List

In Session 1, everyone will write down 3–5 people they want to intentionally bless during this series and beyond. The list must be created by every member in the first week. They should be encouraged to keep that list. Pray over it. Bring it to every session.

Start every meeting with the question: “Who did you B.L.E.S.S. this week?”

Host Guide: Helpful Hints

- Group Time is 90 minutes; do your best to get through all the prompts within that time. Please remember to be respectful of your group members’ time and other commitments.
- The B.L.E.S.S. book is a great supplement to the Sermon Series and Study Guide.
 - Session 1 (Have read Chapters 1-3)*
 - Session 2 (Have read Chapter 4)*
 - Session 3 (Have read Chapter 5)*
 - Session 4 (Have read Chapter 6)*
 - Session 5 (Have read Chapter 7)*
 - Session 6 (Have read Chapters 8-9)*
- Each week has key scriptures. Encourage your group to read and mediate on these scriptures throughout the week.
- Remind your group: “B.L.E.S.S. is not a checklist. Many well-intentioned people have taken these missional rhythms and turned them into a set of linear steps to be performed one at a time. Wrong! The B.L.E.S.S. practices are not a checklist or another church program you graduate from, nor a class where you earn a certificate. They are simple, everyday ways to bless the people around you. Warning! If you treat them like a checklist, your neighbors will feel like a project, and you will push them away from both you and God. Never focus more on the practices than on the people you are seeking to bless!” (pg. 20).
- Remember you are a facilitator; don’t feel pressured to have all the answers. Email groups@cpcc.church with any questions.