



LOVE IS WHY

WHERE WE LIVE,
WORK AND PLAY



Session 1:



Love is Why We Pray

Introduction and B – Begin with Prayer

The Lord said to Abram: Go from your land, your relatives, and your father's house to the land that I will show you. I will make you into a great nation, I will bless you, I will make your name great, and you will be a blessing. I will bless those who bless you, I will curse anyone who treats you with contempt, and all the peoples on earth will be blessed through you.

-Genesis 12:1-3 (CSB)

You can't bless others without first being rooted in God.

Key Scripture: Genesis 12:1-3; Galatians 3:7-9; Luke 6:12-16

Overview

The B.L.E.S.S. model begins where every good thing begins: with God. The entire framework in the Abrahamic promise of Genesis 12:2-3 — we are blessed to be a blessing. Before we can genuinely love our neighbors, coworkers, or friends, we need to ask God who He is calling us to bless, and how. This session introduces the series and invites each group member to write down 3-5 people they'll commit to pray for and intentionally bless throughout the study and beyond.

Ice Breaker

Tell the group about a neighbor, coworker, or friend you've always meant to connect with more but haven't. What's their name, and what do you know about them so far?

PRAYER PROMPT

OPENING: Ask God to open your eyes to the people He has placed in your daily path and to give your group a genuine desire to be a blessing, not just a recipient of blessing.

Scripture Review

Read the key passage together, then work through these questions:

1. In Genesis 12:2-3, God tells Abram he will be blessed — but what is the stated purpose of that blessing? How might that reframe the way we typically think about receiving God's favor?
2. Jesus is often found praying in Scripture. In Luke 6:12 it is no different. What is the value in following Jesus' example to pray before stepping into ministry?



Go Deeper

1. What would change about how you go through an ordinary day — commute, errands, work, neighborhood — if you genuinely believed God had “sent” you there on purpose?
2. The suggestion: Ask God, “How do you want me to bless the people in the places you’ve sent me?” What feels exciting or uncomfortable about praying that prayer consistently?



Notes / Group Reflections

THIS WEEK'S B.L.E.S.S. CHALLENGE

Ask God to give you 3–5 people you want to commit to blessing during this series and beyond. Write them down. Put the list somewhere visible like your Bible, phone, or mirror. Pray for them daily, for their relationships, their work, their health, and their spiritual life.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT

CLOSING: Ask God to give each person in your group the gift of genuine curiosity and care for the people around them. Pray specifically for patience to listen more than you speak in the week ahead.

The table is one of the most powerful tools of the Kingdom.

Luke 15:1-2; Luke 19:1-10



Session 2:

Love is Why We Listen

L — Listen

My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger.

-James 1:19 (CSB)

You can't bless someone you don't truly hear.

Key Scripture: James 1:19; John 4:1-26; 32-36

Overview

The second practice in the B.L.E.S.S. model is deceptively simple: stop talking and actually listen. In a noisy, distracted culture, giving someone our full, unhurried attention is a radical act. Jesus is the supreme example — He consistently paused, asked questions, and attended fully to the person in front of Him. This session challenges group members to become people who listen well to the struggles, stories, and needs of those they're seeking to bless.

Ice Breaker

Describe the best listener you've ever known — someone who really made you feel heard. What did they do that made them stand out?

PRAYER PROMPT

OPENING: Ask God to quiet the noise inside each person in the room — the to-do lists, the half-formed responses, the distractions — and to make your group people who love others by truly hearing them.

Scripture Review

Read the key passage together, then work through these questions:

1. James 1:19 gives a memorable sequence: quick to hear, slow to speak, slow to anger. Why do you think James links slow speaking to slow anger? What does that tell us about what listening actually requires?
2. In John 4:5-26, Jesus speaks with the Samaritan woman. What does this story say about the value Jesus places on attentive presence over activity?



Go Deeper

1. What are your biggest personal obstacles to truly listening? Your phone, forming your response, discomfort with silence, wanting to fix things? Which one is hardest for you to overcome?
2. Jesus frequently asked questions before offering answers or solutions — think of the woman at the well (John 4), Zacchaeus (Luke 10), the blind man (Luke 18). What does that pattern teach us about how to love people well?
3. Think about someone on your B.L.E.S.S. list. What do you actually know about what they're going through right now — their stress, their hopes, their struggles? What would you need to ask or pay closer attention to?

Notes / Group Reflections



THIS WEEK'S B.L.E.S.S. CHALLENGE

Choose one person from your B.L.E.S.S. list and create a moment to listen to them this week. Put your phone away, ask a genuine question: "How are things really going?" Resist the urge to fix, advise, or redirect. Just listen.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT:

CLOSING: Ask God to give each person in your group the gift of genuine curiosity and care for the people around them. Pray specifically for patience to listen more than you speak in the week ahead.



Session 3:

Love is Why We Welcome

E — Eat

And the Pharisees and scribes were complaining, “This man welcomes sinners and eats with them.”

-Luke 15:2 (CSB)

The table is one of the most powerful tools of the Kingdom.

Key Scripture: Luke 15:1-2; Luke 19:1-10

Overview

Jesus was famously criticized for eating with the wrong people — tax collectors, sinners, outcasts. He did it anyway, because He understood that the table is sacred space. Sharing a meal slows everything down, removes agendas, and creates the kind of natural, relaxed environment where real conversations happen. The challenge is to practice hospitality not as a performance, but as a regular rhythm of including people and making them feel genuinely welcomed.

Ice Breaker

What’s the most memorable meal you’ve ever shared with someone outside your normal circle — a neighbor, a stranger, a coworker? What made it stick with you?

PRAYER PROMPT

OPENING: Ask God to give your group a spirit of genuine hospitality — not the pressure of perfect hosting, but the warmth of simply including people and making room for them at the table.

Scripture Review

Read the key passage together, then work through these questions:

1. In Luke 15:1–2, the Pharisees grumble that Jesus “receives sinners and eats with them.” Why was eating together such a loaded act in that culture — and what was Jesus communicating by doing it anyway?
2. In Luke 19, Jesus invites Himself to Zacchaeus’ house for a meal before Zacchaeus has changed anything about his life. What does the sequence — meal first, transformation second — tell us about how God works?



Go Deeper

1. How is inviting someone to share a meal different from inviting them to church? Why might a meal actually be a more natural first step for many people?
2. What holds you personally back from this kind of informal hospitality — time, space, feeling like your home isn't good enough, not knowing what to say? How could your group help each other overcome those barriers?
3. Who is an “unexpected” person — someone outside your usual social circle — that God might be nudging you to share a table with? What would a realistic, low-pressure first step look like?



Notes / Group Reflections

THIS WEEK'S B.L.E.S.S. CHALLENGE

Invite one person from your B.L.E.S.S. list to share a meal, coffee, or snack with you this week. It doesn't need to be elaborate — a backyard cookout, a coffee shop, leftovers at the kitchen table. The goal is time, presence, and connection.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT

CLOSING: Pray that God would make your homes and daily routines more open. Ask Him to give each person the courage to extend a simple, sincere invitation to someone who needs to know they belong.



Session 4:

Love is Why We Serve

S — Serve

For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

-Mark 10:45

Meeting a need is a sermon that needs no words.

Key Scripture: John 13:12–17; Mark 10:42–45

Overview

By the time you've prayed for someone, listened to them, and shared a meal with them, you'll actually know what they need. Serving becomes natural because it's rooted in relationships. This session explores what it means to serve like Jesus — not to be noticed or appreciated, but to meet genuine needs with no strings attached, just as He modeled in the upper room.

Ice Breaker

Tell about a time someone served you in a completely unexpected way — they noticed a need and just met it without being asked. How did it make you feel about that person?

PRAYER PROMPT

OPENING: Ask God to give each person in the group a servant's heart, eyes that notice needs others overlook, and hands willing to meet those needs quietly, without needing thanks.

Scripture Review

Read the key passage together, then work through these questions:

1. In John 13:12–17, after washing His disciples' feet, Jesus says: "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet." What's the significance of the fact Jesus did this before the cross — before His greatest act of service? Is there any significance?
2. In Mark 10:42–45, Jesus contrasts Kingdom greatness with worldly power — the greatest is the servant of all. How does this flip the way most institutions and relationships define success or status?



Go Deeper

1. What's the difference between serving someone to meet a genuine need and serving to be seen, appreciated, or to earn something? Have you experienced both motivations in yourself?
2. Think about someone on your B.L.E.S.S. list — what have you learned about their life that points to a specific, practical need you could meet?
3. How could your group serve together — not just individually — in the neighborhood or community around your church? What would it look like to make service a shared rhythm rather than a solo effort?

Notes / Group Reflections



THIS WEEK'S B.L.E.S.S. CHALLENGE

Do one specific, practical act of service for someone on your B.L.E.S.S. list this week. It could be mowing a lawn, dropping off a meal, helping with a move, or simply showing up. Do it without expectation of recognition or thanks.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT

CLOSING: Pray for servant eyes and servant hands. Ask God to show each person in your group one specific opportunity to serve someone this week and for the follow-through to actually do it.



Session 5:

Love is Why WE Share

S — Share Your Story

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

- 1 Peter 3:15 (NIV)

When the time is right, share what God has done in your life.

Key Scripture: John 9:25; 1 Peter 3:15

Overview

After praying, listening, eating, and serving, a natural moment arrives to speak — to share what God has done and is doing in your own life. This isn't about launching into a scripted presentation. It's about an honest, personal conversation that happens because the relationship is ready for it. Believers need to know their story well enough to share it simply, and to trust the Holy Spirit to open the right door at the right time.

Ice Breaker

Share about someone whose life or story has had an impact on your faith journey.

PRAYER PROMPT

OPENING: Ask God to give each person clarity about their own story — what He has done in their life that is true, personal, and worth sharing, and for the courage to say it simply when the moment comes.

Scripture Review

Read the key passage together, then work through these questions:

1. In John 9:25, the man born blind doesn't have his theology figured out, but he says: "One thing I know — I was blind, but now I see." What makes that kind of testimony so powerful? What does it tell us about what our story needs to be?
2. In 1 Peter 3:15, Peter says to be ready to give an answer for the hope that is in you, and adds "with gentleness and respect." Why are those qualifiers "gentleness and respect" just as important as being ready with an answer?



Go Deeper

1. What fears or hesitations come up for you around sharing your faith with someone? How do the first four B.L.E.S.S. practices — prayer, listening, eating, serving — help address those fears naturally?
2. What's the difference between sharing your story and preaching at someone? How do you sense when a conversation is ready for that kind of openness — and what does it look like to follow that leading rather than force it?
3. Think about one person on your B.L.E.S.S. list. What part of your own story — a struggle, a turning point, a change you've experienced — might connect meaningfully with something they're going through or searching for?



Notes / Group Reflections

THIS WEEK'S B.L.E.S.S. CHALLENGE

Write out a short version of your faith story this week: What was life like before? What changed? What is different now? Keep it to 3–5 sentences. Practice saying it out loud until it feels natural — not rehearsed, just ready.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT

CLOSING: Pray together for the people on your B.L.E.S.S. lists by name. Ask God to open doors for honest conversations about faith. Ask for the right words, the right moment, and the courage to speak when He leads.

Session 6:

LOVE IS WHY

Love is Why We Live It Out

B.L.E.S.S. — A Lifestyle, Not a List

I will make you into a great nation, I will bless you, I will make your name great, and you will be a blessing. I will bless those who bless you, I will curse anyone who treats you with contempt, and all the peoples on earth will be blessed through you.

-Genesis 12:1-3 (CSB)

What happens when an entire community decides to be a blessing?

Key Scripture: Genesis 12:2–3; Acts 17:6

Overview

This final session brings the whole series together. The B.L.E.S.S. model was never meant to be a program to complete — it's a practice to embody. Envision communities of believers who practice these five habits so consistently that they reshape the culture of entire neighborhoods. This session is a celebration: share what God has done, tell stories from the past six weeks, and make a real commitment to carry these practices forward.

Ice Breaker

Go around the group: share one moment from the past six weeks — a conversation, a connection, a small act — that surprised you or stayed with you. What happened?

PRAYER PROMPT

OPENING: Thank God for the six weeks your group has spent together, for the people He placed on your B.L.E.S.S. lists, and for every small step taken. Ask Him to seal what He's been building in each person and in the group as a whole.

Scripture Review

Read the key passage together, then work through these questions:

1. In Genesis 12:2–3, God's blessing of Abraham was never just personal — it was always meant to flow outward to "all the families of the earth." Looking back over this series, how has that vision come alive for you in a new way?
2. In Acts 17:6, Paul and his companions are accused of having "turned the world upside down." They did it through relationships, not programs. What does that tell us about the kind of impact that is possible when ordinary believers consistently live as a blessing to those around them?

Go Deeper

1. Which of the five B.L.E.S.S. practices felt most natural to you? Which was the hardest stretch, and what did you learn about yourself through that difficulty?
2. How have your eyes changed over these six weeks? Do you see the people in your neighborhood, workplace, or daily routines differently than you did at the start? What shifted?
3. What would it look like for your group — not just as individuals, but together — to keep asking “Who did I B.L.E.S.S. this week?” as an ongoing rhythm? What would need to stay in place to make that real?



Notes / Group Reflections

THIS WEEK'S B.L.E.S.S. CHALLENGE

Don't stop. Keep your B.L.E.S.S. list. Add new names. Pick one practice to be especially intentional about in the next 30 days. And commit to bringing a story, even a small one, to share the next time you meet in a small group setting.

Who will I B.L.E.S.S. this week? _____



PRAYER PROMPT

CLOSING: Spend extended time praying together over your B.L.E.S.S. lists by name. Pray for your neighborhood and community. Close by asking God to make your group, and your whole church known as people who bless everyone around them.