

B.L.E.S.S. Weekly Rhythms Grid Date:

How to use this resource: Set a regular time each week to reflect on the past, ponder on the Gospel, and plan for the coming week. It's absolutely vital that you pray for God's help before answering these questions, and especially the Gospel column. These are guiding questions. Under the Gospel column, resist writing the same answers each week. Consider if God is showing you anything different. If you're married, consider sharing your responses with your spouse. If you're single, share with your small group, friend or mentor.

	Reflection on the past week	What I know about the Gospel	Planning for this coming week
Bless	Did God provide me the opportunity to bless anyone? Did I miss anything?	In Christ, how has God given me more than I deserve? What has he promised me?	Do I know of anyone around me who has a need God might want me to meet?
Listen	Who did I listen to as they spoke freely? Did I ask non-judgemental questions? Did I do this well?	How has God been a listening ear to me? And where have I seen answered prayer?	What are some opportunities coming up for me to intentionally listen someone into speaking freely?
Eat	When did I eat with a brother or sister in Christ, or an unbeliever I've been praying for?	Why can I be confident that God is present when I share a meal with others?	Who can I invite to have a meal with me/my family this week?
Story	Did I learn more about anyone's story? If I was sharing about myself, did my faith shape that at all?	Think about the six acts of God's story: <i>Creation, Rebellion, Promise, Redemption, Church, Restoration</i> . Which aspect stands out to me at the moment?	Whose story should I know but don't? When might I try to hear that?
Sabbath (rest & celebration)	Did I set apart a 24-hour period for rest and joy? How did my soul feel?	How does the Gospel make it easier for me to rest? What am I looking forward to in the heavenly age to come?	What might get in the way of rest this week? Is there anything happening we can celebrate?

Hint: If you've lost motivation and are struggling to see the purpose in this exercise, spend some time dwelling on Acts 2:40-47.