

EXERCISE

Meal Table

B.L.E.S.S. practices are not merely a program, but a new way to live your life. Daniel reminded us that most of us eat three meals a day, seven days a week. Take the same things you are already doing and approach it with a different mindset. Just use any of the twenty-one opportunities to bless a friend or neighbor by sharing a meal.

Use this tool to choose three meals (or coffee!) over the next two weeks to bless someone in your Top 5. Maybe invite someone in your small group to join and you can do it together. Simply plan out how to include someone in your plans and intentionally bless them.

EAT	S	M	T	W	T	F	S
breakfast							
lunch							
dinner							
coffee							