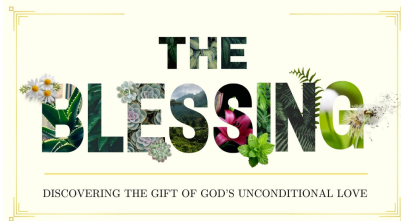




Campus Group Discussion Resource



Part Two – Five ways to bless

This session will focus mostly on application and hopefully will be very practical. As usual, begin your session in prayer. As God for creativity in expressing the blessing, but also, ask Him for healing in the places where we have not received the blessing.

As you begin, bless God by reading this Psalm together

Bless the LORD, my soul, and all that is within me, *bless* His holy name.

² Bless the LORD, my soul, and do not forget any of His benefits;

³ Who pardons all your guilt, Who heals all your diseases; ⁴ Who redeems your life from the pit, Who crowns you with favor and compassion; ⁵ Who satisfies your years with good things, *so that* your youth is renewed like the eagle.

Bless the LORD, my soul. Psalm 103

1. In the message we talked about application in five spheres of our lives.
 - parents to children.
 - children to parents (and grandparents).
 - sibling to sibling.
 - spouse to spouse.
 - friend to friend.

Break into triplets and share some names in each of these categories. Then pray for each other as you strive to bless people in your lives.

2. Smalley and Trent suggest five ways to express the blessing
 - Appropriate meaningful touch
 - A spoken message of love
 - Attaching high value
 - Picturing a special future

- An Active Commitment to see the Blessing come to pass

Share how you have experienced some of these expressions in your life, and what they meant to you.

3. OK, for the next while in your group, your leader will lead you in an exercise to bless and affirm one another. Although some of you will feel a bit uncomfortable, try to join in anyway. It will be good for you and the others in your group.

Each of you will be given several small pieces of paper. If there are ten people in your group, you will receive 9 pieces of paper. On the top of each page, write the name of one person in your group, so that you have a small piece of paper with each person's name on it.

Bob	Brenda
Bertha	Brad

Take about 15-20 minutes and write some notes of affirmation on the page for each person in your group. Take about 1-2 minutes to write something for each person. Think of things you appreciate or admire about that person and jot that down. Try to think of a word picture for them that might be encouraging and jot that down on their page as well. Also, jot down a way in which God is using them now, or a way in which you think God could use them for his kingdom purposes in this world. After you have a few things written down for that one person, then do the same on the page for the next person, and so on.

Once everyone has something written for everyone in the group, then, one by one, put one person on the "hot seat" and the rest of you stand around them and read your affirmations and encouragements to this person aloud. Then, lay your hands on the person on the hot seat and your leader will pray a prayer of blessing for that person. Then, give all of your papers with affirmations on it to the person to take home.

If your group is too large then consider splitting it in two, but do the exercises in different rooms so you are not distracted by hearing what the other group is saying. Lord willing, everyone will leave the meeting being blessed well and receiving prayer.

After everyone has been affirmed and prayed for, stand in a circle, hold hands and your leader will close in prayer.

On Your Own

Over the week look for ways in which God has blessed you in these five categories.

- **Appropriate meaningful touch**

In terms of appropriate meaningful touch, just think of Jesus leaving his home in heaven and entering into our world so we could touch him and understand him.

- **A spoken message of love**

In terms of a spoken message of love to us, Jesus has done that for us as well. Think of all the Bible verses you know that speak of God's love for you.

- **Attaching high value**

In terms of attaching high value to us and outlining his role in our lives, he calls himself the good shepherd, the gate, the bread of life, metaphors we can understand. Think of other ways in which God communicates that he values you greatly.

- **Picturing a special future**

In terms of picturing a special future, think of John 10:10, where Jesus says; *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10.* What does that mean to you?

- **An Active Commitment to see the Blessing come to pass**

And in terms of an active Commitment to see the Blessing come to pass, one need look no further than the cross. As we look at Jesus on the cross we see the ultimate commitment to ensure we will be blessed in this life as well as the next. Reflect on what the cross means to you and consider this truth from John 15:13, *Greater love has no one than this: to lay down one's life for one's friends.*

Now get to work and do your job – bless people well this week out of an overflow of how God has blessed you.

Be agreeable, be sympathetic, be loving, be compassionate, be humble. That goes for all of you, no exceptions. No retaliation. No sharp-tongued sarcasm. Instead, bless - that is your job, to bless. You will be a blessing and also get a blessing.

1 Peter 3:9

