

# B.L.E.S.S. RHYTHMS

Investing in Your Four is more about postures and rhythms, than activities and programs. But sometimes it's hard to practically wrap our minds around how to invest in our Four, paying attention to which threshold they may be at, and partner with God in this process.

There are five simple rhythms that Jesus and the early church embodied for us. Some simple basic steps on investing in Your Four. It isn't really about adding more tasks, it's more about infusing everyday activities we're already doing with new intentionality. These rhythms are simple enough for a five-year-old to understand, but robust enough to challenge us to think differently about how we invest in our Four.



## Begin with Prayer

Pray with and for Your Four.



## Listen with Care

Focus on asking questions over talking, and create spaces to intentionally engage with Your Four.



## Eat Together

Spend time eating meals with people, grabbing coffee, and use these to build friendships.



## Serve in Love

Meet needs, be selfless, practically serve Your Four.



## Share Your Story

Share stories of Jesus, point to truths of Jesus, and when the time comes, be ready to invite Your Four to discover Jesus with you.