

RESOLVED

INTRO

- Tell of a time when you experienced an unexpected act of kindness or encouraging words from a friend or even from a stranger that brightened your day and lifted your spirits.

Resolved means “firmly determined to do something.” This series aims to inspire and equip us to live our lives with resolve, both individually and as a church community, around PEBCI.

P - Pray, E - Eat, B - Bless, C - Connect,
I - Invite

This week we'll plan together ways to “bless” a workmate, a neighbour, a classmate.

READ

Exodus 4:1-5

Let each of you look not only to his own interests, but also to the interests of others. — Philippians 2:4 ESV

No one should seek their own good, but the good of others. — 1 Corinthians 10:24 NIV

REFLECT

It is in your hands to create a better world for all who live in it. — Nelson Mandela

What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like. — Saint Augustine

God asked Moses a simple question, “**What is that in your hand?**” That is a good question for each of us. What do you have that God wants to use to bless others?

RESPOND

Qu: Have you filled out a PEBCI card yet?

P is for pray.

Blessed: What's in Your Hand?

If you have not done so yet, take time now to identify 3 to 5 people that you will pray for on a regular basis • from where you live • where you work • where you learn • where you play.

What does it look like to “bless” someone on your list? Perhaps it's an encouraging word, or an act of kindness, help or service, a gift.

Here are a couple ideas:

Maybe someone on your list has a birthday, or anniversary, or another special event happening? How can you help him/her celebrate?

Has a neighbour had a recent life event? Maybe someone just moved, had some health challenge or had a baby. Can you naturally offer them something: a meal or a small gift & card?

How can you listen and express care for a person with whom you interact regularly? At school? At the gym? At your favourite coffee shop?

Qu: Who will you “bless” week? How? Be specific. Ask one another for help. For creative ideas.

PRAY

- Pray together over the names PEBCI cards— for those names already on, or, for God to lead you as you choose people to pray for.
- As you pray for those on your list, ask “What next, Lord?” What steps can you take to build this relationship, perhaps by meeting a practical need, giving a gift, “blessing” your neighbour?