

B.L.E.S.S.

BODY - health, protection, strength; God wants to restore us and renew our health.

**Let all that I am praise the Lord;
with my whole heart, I will praise his holy name.
Let all that I am praise the Lord;
may I never forget the good things he does for me.
He forgives all my sins
and heals all my diseases.
He redeems me from death
and crowns me with love and tender mercies.
He fills my life with good things.
My youth is renewed like the eagle's! Psalm 103:1-5**

LABOUR - work, reward, security; because God cares for the whole person.

Give all your worries and cares to God, for he cares about you. 1 Peter 5:7

EMOTIONAL - joy, peace, hope; health here means health in the rest of your life.

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. Romans 15:13

SOCIAL - love, marriage, family, friends; we were created for community.

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. Ephesians 4:31-3

SPIRITUAL - salvation, faith, grace; God desires to renew us in the patterns of our thinking about Him, our purpose in the earth and our future hope. Whoever we are, believer or not-yet believer, He wants us to discover the mind of Christ.

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. John 3:16

The Lord isn't really being slow about his promise, as some people think. No, he is being patient for your sake. He does not want anyone to be destroyed, but wants everyone to repent. 2 Peter 3:9

(Adapted from "The Blessings Course" by Roy Godwin & Dave Roberts)