

# BLESS 5



**movement  
prayer**

**Mobilizing and Multiplying Prayer  
for Disciple Making Movements**

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# BLESS 5

## Overview

The Bible is full of Blessing, from the first chapter where God blesses Adam and Eve with fruitfulness, dominion, and provision (Genesis 1:27-30) to the last chapter where Jesus blesses His people with the right to the tree of life and access to the holy city (Revelation 22:14).

**The prayerful practice of blessing others always engages God's spiritual power to benefit them.** Blessing prayer is an effective prayer practice for many disciple makers around the world.

Blessing differs from intercession in that we are not speaking to God about a person or place, but rather, we are calling down the rule and presence of God over that person or place in Jesus's name.

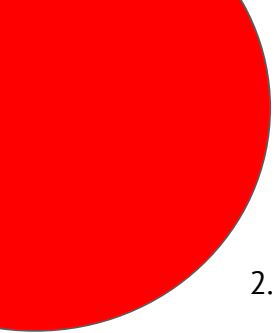

The authority of God's people to bless is a powerful endowment -- one of His most precious gifts. When we speak a blessing, we aren't just saying idle words. Genuine spiritual transactions take place when we speak blessing in Jesus's name. According to Numbers 6:27, we actually put God's name on the people we bless. We're standing in God's presence as one of His chosen people and priests, welcoming His goodness and the power of His name into people's lives, asking God to bring about those good things that only He can.

## Getting Started

1. Choose 5 people to pray over for 5 minutes a day for 5 days a week.

Questions to consider when choosing your 5:

- Who is my immediate neighbor, co-worker, best friend?
- Who is it easy to have conversations with?
- Who is the most unlikely to become a Christ follower?
- Who would take the tiniest nudge to enter the Kingdom?
- Who naturally connects with others (a possible person of peace)?

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2. Begin praying blessings on the 5 people you chose.

Blessings can be directly spoken over others while you are with them, or indirectly spoken over them while praying for them when you are apart.

For Example:

"Today, by the authority that God has given me as a son/daughter of the King, I bless (names of people) with peace, hope, faith, and generosity. I bless their families to flourish, their work to be fruitful, and their lives to be a blessing to those around them."

3. Utilize the BLESS acronym (Body, Labor, Emotional, Social, Spiritual) to pray for those God is calling you to love. When you bless, you are authoritatively and holistically declaring God's favor in their lives. Incredible things happen when every day missionaries practice this sort of prayer.

Day 1 B (Body): Bless health, protection, strength

Day 2 L (Labor): Bless work, security, provision, reward

Day 3 E (Emotional): Bless joy, peace, hope, love

Day 4 S (Social): Bless relationships—marriage, family, friends

Day 5 S (Spiritual): Bless salvation, revelation of God

## Another Option

Pray a single word or phrase of blessing for individuals according to their life circumstances and needs.

For Example:

"I bless (name) with patience in God's timing."

"I bless (name) with a deep sense of calling and identity."

"I bless (name) with health and life."

"I bless (name) with restored relationships."