

Session 4 Bless (March 11) 6:30 – 8:00 pm

Before session 4:

- Watch this short film (3 minutes) about **Bless**

<https://www.episcopalchurch.org/way-of-love/bless/>

After session 4:

- Practicing at home:
God has given each of us gifts with which to BLESS others. In fact, for a community to be whole, every person's gifts must be called forth, nurtured, and used. Spend some time this week completing a spiritual gifts inventory and discovering what gifts you have to bless others. Return next week with your discoveries.

Here is an online assessment tool: <https://www.elca.org/Our-Work/Congregations-and-Synods/Faith-Practices/Spiritual-Renewal/Assessment-Tools>

Alternatively, in Lent, many people decide to take on a practice of giving something up in order to clear the path between us and God. This week, spend some time in prayer asking the Holy Spirit to guide you in what you might release or surrender—be it stress or a habit, or even a sacrificial financial gift to a worthy cause—in order to be a blessing to yourself and others.

