

MESSAGE NOTES & DISCUSSION GUIDE

WEEK 2 – BLESS: THE FIRST HABIT

²⁷"But to you who are listening I say: Love your enemies, do good to those who hate you, ²⁸bless those who curse you, pray for those who mistreat you. ²⁹If someone slaps you on one cheek, turn to them the other also. If someone takes your coat, do not withhold your shirt from them. ³⁰Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. ³¹Do to others as you would have them do to you.

³²"If you love those who love you, what credit is that to you? Even sinners love those who love them. ³³And if you do good to those who are good to you, what credit is that to you? Even sinners do that. ³⁴And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. ³⁵But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. ³⁶Be merciful, just as your Father is merciful.

- Luke 6:27-36 (NIV)

BLESSED TO BE A BLESSING:							
•	Practice the						
•	Bless (and alike!)						
•	the of your blessing						
lf .	anyone loudly blesses their neighbor early in the morning, it will be taken as a curse – Proverbs 27:14 (NI)						
•	a of blessing others						

ADDITIONAL NOTES:						

DIGGING DEEPER:

- 1. Who does Jesus say we should bless?
- 2. How is this different from the world's expectation of who deserves a blessing?
- 3. Why is Luke 6:31 referred to as the Golden Rule?
- 4. What might the Golden Rule look like in practice?
- 5. Why is it so difficult to follow the Golden Rule?
- 6. Why is blessing an enemy or something who mistreats us different from blessing someone who is kind to us?

Read Proverbs 27:14.

- 7. How can an ill-timed blessing be seen as a curse?
- 8. What does this verse tell us about how we should be considerate in how we bless others?
- 9. What would it look like in your relationships if you developed the habit of blessing others?
- 10. What would change in your own life if you developed a lifestyle of blessing others?
- 11. How might blessing others provide opportunities to share about the Good News of Jesus?
- 12. What are some ways that you can bless at least three people this week?