

**Life Group Notes**

**Sunday 29<sup>th</sup> November 2022**

**Speaker:** Jo Kay

**Title:** BLESS: Let's BLESS Reading

**Passage:** Matt 13:33

<sup>33</sup> Jesus also used this illustration: "The Kingdom of Heaven is like the yeast a woman used in making bread. Even though she put only a little yeast in three measures of flour, it permeated every part of the dough." Matt 13:33

Note: 3 measures of flour is 60 pounds or 27kilos!

The Kingdom of heaven is not distant but close, the rule and reign of God, where things are done God's way... In the words of Alpha's Nicky Gumbel, the kingdom of Heaven is 'not just about the conversion of individuals – important though that is, but about the transformation of society.'

- The Kingdom of Heaven is humble but growing. A small amount quickly grows. Don't put it in a little pot or it will overflow into your fridge.
- The Kingdom of Heaven is invisible but powerful. A small amount can make countless loaves, turning inedible flour into delicious nutritious bread.
- The Kingdom of Heaven is not meant to be kept apart, to be observed, but spread like leaven through flour, worked into every part of society.

The 5 practises of BLESS provide the means to get going...

**Before everything pray** – We need to catch God's heart for our street/workplace/gym etc to motivate prayer. Do we, like Jesus weep over our town?

**Listen** – Jesus is the master listener, intentionally seeking out those in need. Do we?

**Eat** – Food is powerful and precious. People in our town are going hungry. Jesus ate with all kinds of people, have you found a way to do the same?

**Serve** – Together like leaven, our small acts of service can make a real difference. Even 3h/month x 500 active RFCers would have a huge impact on Reading. Do you need help to get stuck in?

**Share** – We've got to get our words out. 47% of the UK don't know a practising Christian. We don't need to get the whole story out in 1 go, just start. Short sentences, questions and social media can all be useful!

**Suggested Questions:**

1. Jesus routinely used these practises as he announced the kingdom – do you?
2. Do you have a story to share from trying them out (a blesstimony?)
3. What do you need to develop these practises in your life?