

Day of Prayer and Fasting - 7 December 2025 - Seeking to bless our families, neighbours and workmates

Let's pray for and bless our friends, our families, our neighbours, workmates or others in our circle of contacts and ask God's favour and blessings on them.

To bless is to speak God's purposes over people's lives or situations with love and faith.

There are different ways to pray or speak blessings over people - use scriptural blessings like Numbers 6:24-26, or one of the prayers of Paul or verses from the Psalms.

It can be helpful to use a **B.L.E.S.S.** acrostic when thinking about how we might bless people. It's helpful to keep the blessings short and specific, perhaps just focussing on 1 or 2 of the letters of BLESS.

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

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

Emotional - joy, peace, hope, wellbeing, wholeness, mental health.

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

Spiritual - salvation, faith, grace, protection; for people to know Jesus personally.

The below verses reflect this '*blessing*' theme and so please read and meditate on each passage to see what God may reveal. Try reading each aloud and putting the verse into a prayer of blessing, applying it as appropriate to your situation, your family, our church family and its ministries.

Numbers 6:24-26	Ephesians 3: 14-21
Psalms 67:1	Philippians 1:9-11
Psalms 91	Philippians 4:19
Matthew 5:44	Colossians 1:9
Luke 6:27,28	1 Timothy 2:1, 2
Romans 15:13	James 5:16
Ephesians 1:16-19	2 Peter 3:18

Prayer points:

- Pray or speak blessings over all members of your family by name
- Pray or speak blessings over each of your friends
- Pray for your work mates, colleagues or others you see during the week
- Pray or speak blessings for those who treat you badly
- Pray for those you can invite to Christmas services
- Pray that God would teach us how to bless others more consistently.