



# THE WAY OF FRUITFULNESS

## EXERCISE 5: BLESSING

*List 3-6 moments where someone later said you helped, encouraged, or supported them significantly, especially in times of difficulty or spiritual need.*

| <i>Situation</i>              | <i>What did you do or offer?</i>  | <i>Result/Impact</i> |
|-------------------------------|-----------------------------------|----------------------|
| <b>e.g. a friend in grief</b> | Sat with them and listened/prayed | Helped them to cope  |
|                               |                                   |                      |
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|                               |                                   |                      |

# CONTEXT CLUES

- What kind of setting were you in for these blessing moments? Charity, community, family? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Were these acts of blessing planned or spontaneous? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What role were you in? Mentor, friend, pastor, family, etc.? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What types of people do you naturally gravitate toward helping? Naturally avoid? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SUMMARY STATEMENT:**

I often find myself being a blessing when I \_\_\_\_\_  
\_\_\_\_\_

These moments have shown me that I am someone who \_\_\_\_\_  
\_\_\_\_\_