



## Meal Calendar

### Week 3 – E: Eat

This simple tool is another reminder that the B.L.E.S.S. practices are not a program but a new way to live your life. Most of us eat three meals a day, seven days a week. You do not have to do anything different—just use any of the twenty-one opportunities to bless a friend or neighbor by sharing a meal.

Use this simple tool at the beginning of every week to pick just one meal or one coffee (add dessert if you really want to be a blessing!) to bless someone. This doesn't require you to add a single minute to your schedule. You simply include someone in something you're already doing. But plan it out.

EAT	S	M	T	W	TH	F	S
breakfast							
lunch							
dinner							
coffee							



*This everyday tool found in B.L.E.S.S. by Dave Ferguson and Jon Ferguson was used with permission. This book has many other practical ways to live out the great commandment and love your neighbor. It is available on Amazon and everywhere books are sold.*