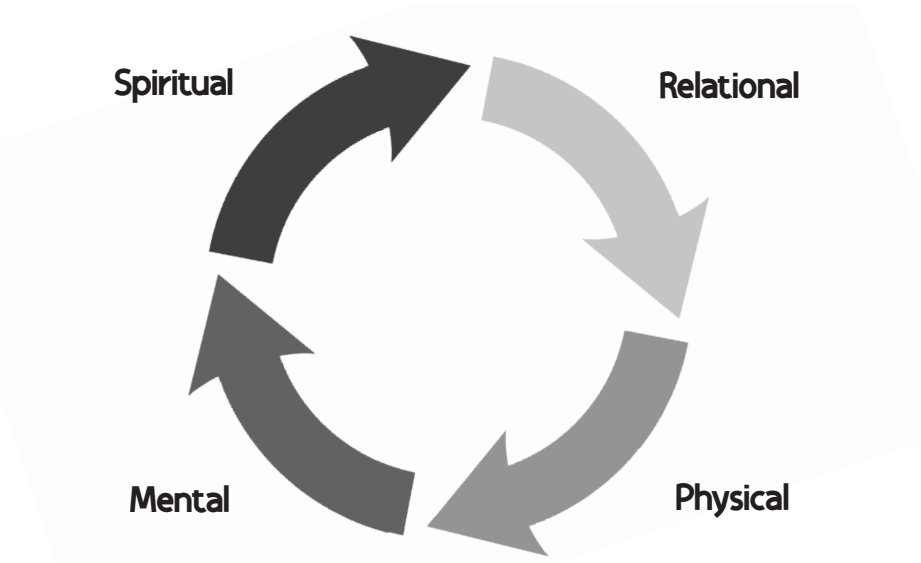


## R-P-M-S Week 4 – S: Serve

The B.L.E.S.S. practices are intentionally sequenced in an order that builds a bond of friendship and helps people feel loved. It's what Jesus did, and it's hard to improve on that. It is in the context of friendship and love that others will often confide in you how you can serve them. Other times, people are not as forward with what they need and how you can serve them. That is where this simple tool of R-P-M-S can help you discern how to serve your neighbor.



Just as RPMs (revolutions per minute) can help you gauge the health of an engine or motor, a similar acrostic can help you monitor personal wellbeing. It comes from Luke 2:52, which describes Jesus's own personal development: "Jesus grew in wisdom and stature, and in favor with God and men" (NIV). He grew in these four areas:

**Relational:** He grew in favor with men.

**Physical:** He grew in stature.

**Mental:** He grew in wisdom by developing His mental capacity.

**Spiritual:** He grew in favor with God.

You can use these four letters (R-P-M-S) to evaluate how you are doing in the four areas. But you can also use R-P-M-S to find out how the neighbors and friends you want to bless are doing. Here are a few questions to ask about the neighbors you love.

### **How's my neighbor doing RELATIONALLY?**

- How is their home life?
- How is their marriage, dating, or family life going?
- Do they have close friends?
- How are their relationships at work?
- Do they have a healthy circle of friends?

### **How's my neighbor doing PHYSICALLY?**

- How is their overall health?
- Does their energy level seem good?
- Are they getting regular exercise?
- Are their eating habits healthy?
- Do they mention not being able to sleep?

### **How's my neighbor doing MENTALLY?**

- Are there any signs of anxiety?
- Is there any indication of depression?
- Have I noticed any mood swings?
- Are they learning?
- Are there any unhealthy thought patterns showing up?

### **How's my neighbor doing SPIRITUALLY?**

- Do they sense something is missing in their life?
- Are they willing to have you pray for them?
- Do they display a spiritual curiosity?
- Do they initiate spiritual conversations?
- Are they moving closer to God?

Just as we serve ourselves and God when we monitor our personal R-P-M-S, we can bless others in these same four areas. Once you identify their needs, serve them!



*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.*