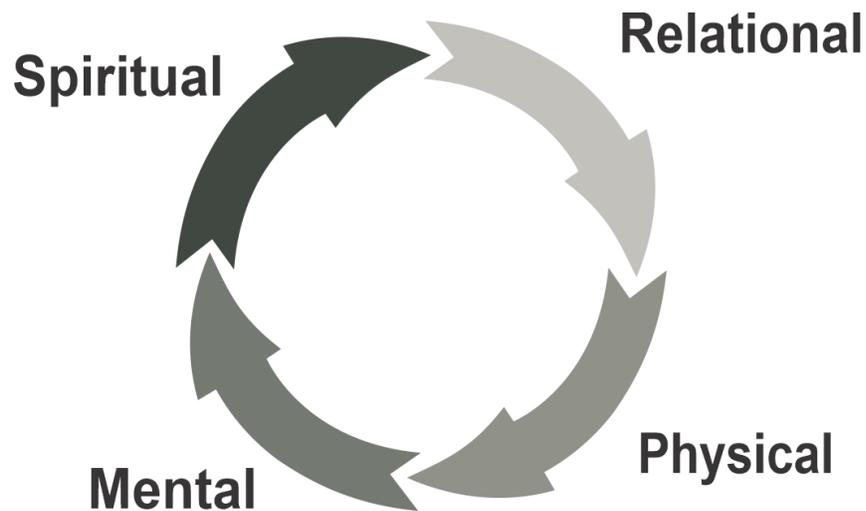


## R-P-M-S

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 is in the context of friendship and love that others will often confide in you 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; this similar acrostic is a way to monitor your own personal well-being. 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.

This is a great tool to use every morning for yourself – write the four letters (R-P-M-S) at the top of a piece of paper and give yourself a score from one to ten on how you are doing in each area.

You can also use this to find out how your neighbors and friends are doing by asking a few questions:

### **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 the same four areas. Once you identify their needs, serve them!