

Introduction: Habits of People on Mission

Warming Up:

1. Have you ever met people who seem to be good at evangelism? Why did you think they were good at it?
2. When have you seen a person's actions or character used by God to point to Jesus?

Digging In:

1. Read Colossians 4:2-6 (*read it at least twice in the group using two different translations if possible*).
 - a. Why do you think watchfulness and thankfulness (vs 2) might be important in prayer?
 - b. In vs.3-4 Paul has some specific prayer points for him and his group of traveling missionaries. What are they and why might they be important for an evangelist to pray for?
 - c. In vs.5-6 Paul gives instruction to those who are not Apostles or missionaries, but people seeking to live for Christ in their "everyday" lives. Summarize them in your own words.
 - d. Does this twofold approach to evangelism line up with what you have studied and with your knowledge of Scripture?

Type of Minister	Priorities	Type of Spoken Ministry
<i>Gifted Evangelist</i>	<i>Clarity in the Gospel, and Alertness for Opportunities</i>	<i>Bold Proclamation</i>
<i>Evangelistic Believers</i>	<i>Prayer, Watchfulness, and Wise Socializing</i>	<i>Gracious Answers</i>

2. Using Colossians 4 as a base, the priorities for **evangelistic believers** should be **prayer, watchfulness and wise socialization**. What might this look like in our lives?
3. [Watch the Introduction video.](#)
4. What grabbed your attention in this video?
5. What habits or rhythms have you found helpful as you have sought to follow Jesus?

Over the next few weeks we will be exploring 5 habits that can help us live the kind of lives that have an impact, the kind of lives that may get people curious. The habits are biblical and can be summarized using Mike Frosts' BELLS model:

Bless people.
Eat together.
Listen to the promptings of the Holy Spirit.
Learn Jesus Christ.
Sent by God.

Homework:

1. Look at 1 Peter 3:15-16. What similarities do you see with Colossians 4:5-6?
2. Read chapter 1, 2 and 3 of "Surprise the World" (they are short chapters).

Pray:

- Read Colossians 4:2-7 again and this time let it prompt the direction of your group prayer time.
- Pray that the Holy Spirit would work in people's lives drawing them to faith.

Habit 1: Bless

Warming Up:

- When have you felt blessed by someone? What made you feel blessed?

Digging In:

1. Read Romans 12:9-21 (*read it at least twice in the group using two different translations if possible*). Blessing others is directly associated with loving others. Brainstorm what other instructions could be seen as blessings in these verses.
2. [Watch Video on Habit 1: Bless.](#)
 - a. The Old English Word for Bless means_____
 - b. Three ways to bless
 - 1) _____
 - 2) _____
 - 3) _____
4. What stands out for you in this video teaching?
5. What kind of things might keep us from blessing others?
6. On pg.36-37 Frost says, "...the key to successful blessing is that the recipient must feel blessed." What kind of things might stop people feeling blessed?
7. How does Romans 12:14 intensify the challenge of blessing?
8. What might it look like for you, if you developed this habit of blessing?
9. What might it look like for our Church if most people shared this habit?

Homework:

1. Ask God to give you 3 people who you can bless this week. Next week we will talk about our experiences.
2. Read chapter 4 of "Surprise the World" and start the Bless challenge.

Pray:

- Ask the Holy Spirit to work in people's lives drawing them to faith.
- Pray for God's help to develop this habit of blessing.

Habit 2: Eat

Warming Up:

1. Share stories about the people you blessed this week?
2. What makes a great mealtime experience?
3. If you read the Gospels you see that Jesus often ate with a whole variety of people. Why do you think this is?

Digging In:

1. Read Matthew 9:9-13 (read it at least twice in the group using two different translations if possible). What stands out for you as you read this story today?
2. Why might Matthew have invited his friends to a meal with Jesus?
3. Why did the Pharisees get upset that Jesus was eating with “tax collectors and sinners”?
4. What do you suppose is so special about eating with people?
5. [Watch Video on Habit 2: Eat.](#)
6. What stands out for you in this video teaching?
7. What kind of things might stop you from developing a habit of regularly eating with others and how can you as a group help overcome those barriers?
8. Eating with people could include a full meal or just a coffee around a table. Frost’s challenge is to eat with three people every week. One from your church, one from outside the church and one other from either category. What might it look like for us if we shared this habit?

Homework:

1. Your situation or personality might mean that the suggested 3 people a week is too much. Set your own target to build a habit that is sustainable for you. The important thing is to build a sustainable habit. This week will you start asking God about who you can invite to eat with you?
2. As a group you might consider developing a once a month habit or rhythm of inviting others for a BBQ, cookout, or party together. Make sure you invite people outside the church.
3. Read chapter 6 of "Surprise the World."

Pray

- Pray that the Holy Spirit would be working in people's lives drawing them to faith.
- Pray for God to show you 3 people to bless, and 3 people to share meals with this week.
- Pray for God's help to develop this habit in you and in us.

Habit 3: Learning Jesus

Warming Up:

1. Who have you blessed this week? Any Eating stories?
2. Is there a celebrity or historical figure who you know a lot about? Share with the groups some “fun facts” or quotes.
3. If you had 2 minutes to describe Jesus to someone, what kinds of things would you say?

Digging In:

1. Read Philippians 3:7-14 (read it at least twice in the group using two different translations if possible).
2. These verses are part of a larger passage where the apostle Paul is arguing against a works based legalism. What strikes you most as you read this passage?
3. Paul is clearly excited about the forgiveness and acceptance that Christ has brought (read vs.9 aloud). His point is he has gained this through faith in Christ not by working hard. Yet in vs.10 there is a sense of Paul striving. What is he striving for?
4. How can we know Christ more?
5. [Watch Video on Habit 3: Learn.](#)
6. What grabs you most in this video teaching?
7. Frost challenges us to make regular time just to read the Gospels. We can't answer the question 'what would Jesus do?' if we don't really know what Jesus did. What kind of things might stop you from developing this habit?
8. How can we help each other overcome those barriers?

9. What might it look like for our Church if most people shared this habit?

Homework:

1. Let's commit to reading the Gospel of Matthew 1-10 this week.
2. Read chapter 5 of "Surprise the World."

Pray

- Pray that the Holy Spirit would be working in people's lives drawing them to faith.
- Pray for God's help to develop this habit in your life.
- Pray for God to show you who to bless and eat with this week.

Habit 4: Listening to the Spirit

Warming Up:

1. Do you have any blessing or eating stories to share?
2. How did Learning Jesus go this past week?
3. Have you ever had an experience where you felt that God clearly spoke to you or prompted you to do something? What was that like?

Digging In:

1. Read John 15:26-27, 16:7-15 (read these passages at least twice preferably in two different translations).
2. These verses are part of a larger teaching of Jesus as he spoke to his disciples about his impending death, and the nature of their ongoing service. Does anything grab you in these verses?
3. In vs.7 Jesus makes the extraordinary claim that it is beneficial for the disciples. What is it, and why do you suppose it is beneficial?
4. What does Jesus say the Spirit will do? (make a list)
5. [Watch Video on Habit 4: Listen.](#)
6. Frost speaks of the tension of being “in the world but not of the world”. How can this tension play out in everyday life?
7. Some people are concerned that they will mistake their own thoughts, fears and desires for the voice of the Holy Spirit. How might we safeguard against this?
8. What kinds of things can hinder us from listening to the Holy Spirit? How can we overcome them?

Homework:

1. Take the Listen challenge. When you sit down to “learn Jesus”, spend extra time asking God to speak and become attentive to His promptings.
2. Read chapters 7 & 8 of “Surprise the World”.

Pray

- Start prayer with a couple of minutes of silence, just asking the Holy Spirit to lead you as you pray.
- Pray that the Holy Spirit would be working in people’s lives drawing them to faith.
- Pray for God to show you who to bless and eat with this week.

Habit 5: Sent

Warming Up:

1. Do you have any blessing or eating stories to share? How did 'Learning Jesus' go this past week? Have you sensed the Holy Spirit's leading this week?
2. What ideas or images come to mind when someone says 'Mission Field'?

Digging In:

1. Read Matthew 28:16-20 (read this passage at least twice preferably in two different translations)
2. This passage is very familiar for many Christians. Does anything stand out as you read it?
3. Why is Jesus' statement in vs.18 important? What difference does it make?
4. Jesus gives 3 instructions and 1 promise in vs.19-20. What are they?
5. What do you think it means to make disciples?
6. Baptism is a symbol of belonging to Christ and also belonging to the Church. Why do you think this sense of belonging is an important part of being a disciple?
7. [Watch Video on Habit 5: Sent.](#)
8. What do you find most challenging in this video?
9. If our mission field is all the places we live, work and play, what difference does the last sentence of Matthew 28:20 make?

Homework:

1. The challenge of the past 6 weeks is to form ongoing habits that will help us have a greater impact for God right where we live. The habits mean little if they are talked about and then forgotten. How can we pray for each other and hold each other accountable to living a life on mission?
2. Why not make it a part of your group life to regularly ask some simple questions?
 - a. Who have you blessed this week?
 - b. Who have you eaten with lately?
 - c. Have you sensed the Holy Spirit saying anything?
 - d. What are you discovering about Jesus?

These questions are not about making people feel guilty and should always be asked in a climate of grace and encouragement, but unless we help each other we may well fail to develop these great habits.

Pray

- Pray that the Holy Spirit would be working in people's lives drawing them to faith.
- Pray for God's help to develop these habits in us.
- Pray that God would work through us and beyond us in our mission fields.