

Gospel Rhythms for Everyday Life

Eat

- Who can you eat with this week? (Neighbor, friend, co-worker, family member)
- How can you hear a part of their story while you're eating?
- What are intentional questions you can ask to hear their story and interpret how the gospel is relevant to their story?
- How can you eat as spiritual family together?

Bless

- Who can you bless this week? (Neighbor, friend, co-worker, family member)
- How will you bless them? An action? Serving them? With words? With a gift?
- How in blessing them, can you point them back to the blessing of Christ?
- How can bless as spiritual family together?

Listen

- Who can you really try to listen to this week, paying attention to 'what' they say?
- As you listen to God as you listen to people, ask what He might want you to share to point people back to Christ.
- How can you listen as spiritual family together?

Celebrate

- What can you celebrate this week? This month? (birthday, anniversary, sporting event, holiday - take what society does, and seek to redeem it for Christ)
- Who can you invite into your celebrations of life?
- As you celebrate, seek to show the joy of Christ that is only possible through Him.

- As you celebrate, how can you connect those you invite into your celebrations with other Christ-followers.
- As you celebrate, how can your words and actions point people back to Christ (a toast, a prayer)?
- How can you celebrate as spiritual family together?

Story

- Whose story, or part of their story, can you hear this week?
- Who can you intentionally invite to a meal, golfing, shooting, coffee, shopping, meal, etc. to hear their story or part of their story?
- What questions can you ask to draw out their story?
- How will you point them back to Christ as you are hearing their story?
- How can you share God's story as spiritual family together?

ReCreate

- Where in life do you need to stop striving and start resting in God's greater plan this week?
- Where can you play with purpose this week, bringing the joy of Christ into your play?
- What will you encounter this week that is broken, and needs Christ's redemption?
- How can you help bring a piece of God's redemption into someone or some place's story this week?
- How can you recreate as spiritual family together?

Gospel Rhythm: Living everyday life for the sake of seeing others come to know, love and follow Jesus in all of life.

Handout adapted from '*Saturate: Being Disciples of Jesus in the Everyday Stuff of Life*' by Jeff Vanderstelt

Eat. Bless. Listen. Celebrate. Story. ReCreate.