



Surprise the World!

*The Five
Habits of
Highly
Missional
People*

BY MICHAEL FROST



**Surprise
the
World!**

The Goal Of This Journal

To Mobilize

To Mobilize and equip us up, in, and out into mission. That is, up into a deeper connection with God, into a stronger sense of community with other believers, and out into a mission in our neighborhoods and networks.

To Develop

To develop habits where we live generous, hospitable, Spirit-led, Christ-like lives as the “sent” people of God we are called to be. That we would see ourselves as an army of ordinary people, sent out to demonstrate the rule, reign, and love of God through Christ Jesus.

To Live

To live the “Questionable Life,” making the Gospel and the Church attractive to others and causing them to ask questions about our life, hope, and faith.

This Journal was inspired by Michael Frost’s booklet, “The Five Habits of Highly Missional People.”

Week One

What does it mean to live missionally?

Reflect on the rhythms of your life. Which of them are motivated primarily by your faith?

Of those, which do you think would be “questionable”—practices that non-Christians in your life would find surprising or intriguing?

Have you met people who seem to be good at evangelism? What do you think made them good at it? Read Colossians 4:2-6 (read twice in the group using two different translations if possible)

Are you an apostle, prophet, evangelist, pastor or teacher? Or what mix? Read Ephesians 4:11-13 – Again, two versions if time allows.

What would surprise others in your world?

Over the next eight 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 summarised using Mike Frost's BELLS model. **B**less people. **E**at together. **L**isten to the promptings of the Holy Spirit. **L**earn Jesus Christ. And see ourselves as **S**ent by God.

Pray

This Week

- Read chapters 1 and 2 of Surprise the World (They are short chapters)

Week Two

Habit 1: Bless

Read Romans 12:9-21 (read it at least twice in the group using two different translations if possible)

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

What kind of things might stop people from feeling blessed?

How does Romans 12:14 shape the challenge of blessing?

What could or does the habit of blessing look like for you?

What would Next Door Church look like if we all shared in the habit of blessing?

Pray

This Week

Read chapter 4 of “Surprise the World”

Track and share intentional blessings- share next week

Week Three

Habit 2: Eat

Who have you blessed this week? Any Blessing stories?

What makes a great mealtime experience?

Why do you think Jesus ate with people outside of the Church?

Do you believe eating together cultivates community? Why or why not?

What do you think about developing a habit of sharing meals or coffee with others?

What could it look like for Next Door Church if most people made a habit of sharing a meal with others?

Pray

This Week

- Read chapter 6 of “Surprise the World” on Learning Jesus. (Don’t worry, we haven’t forgotten chapter 5, and feel free to read it also. We will come back to chapter 5 next week.)
- Will you accept the Eat challenge? Your situation 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. It might be one person a week or 3 people a month. The important thing is to build a sustainable habit.
- Ask God about who you can invite to eat with you?
- As a Surprise Group you might consider a dinner or party, maybe invite folks from outside the church or group.

Week Four

Habit 3: Learn Jesus

Philippians 3:7-14 (read twice in the group using two different translations if possible.)

Who have you blessed this week? Any eating stories?

Why do you think the Apostle Paul was so passionate about knowing Jesus?

What, if anything in your life, needs to go to the dump?

Is there a difference between knowing Christ and Learning Christ?

Do you want to know Christ more? What do you need to get there?

What could it look like for Next Door Church if most people made a habit of learning Christ?

Pray

- Pray that the Holy Spirit would be working in people's lives drawing them to faith.
- Pray for God's help to make learning about Jesus a habit in you and the Church.
- Pray for God to show you who to bless and eat with.

This Week

- Read Chapter 5 of "Surprise the World" on the next habit - Listen.
- Will you take the Learn challenge? Find time to read at least Chapter from one of the Gospels. Ask the Holy Spirit to lead you and read in a way that allows you to pay attention to Jesus.

Week Five

Habit 4: Listen to Jesus

John 16:7-15 (read twice in the group using two different translations if possible.)

Who have you blessed this week? Any eating stories?

In verse 7 Jesus makes the extraordinary claim that it is beneficial for the disciples that he go away. Why?

Has God ever spoken to you? How do you know?

Do you want God to “nudge” and guide your daily life?

What would you do with a clear message from God?

Are you listening? Why or why not? What, if anything needs to change?

If you do not already, are you willing to spend at least one period of time each week, without distraction, listening to God?

Pray

- As a group, you might consider starting your prayer time with a couple of minutes of silence just asking the Holy Spirit to lead you as you pray.
- Pray that the Holy Spirit will speak into your spirit
- Pray for God's transformation work to continue in your life and our Church.
- Pray for God to show you who to bless and eat with.

This Week

- Read chapter 7 of "Surprise the World" on Sent.
- Will you take the Listen challenge? When you sit down to "learn Jesus" why not spend extra time asking God to speak and become attentive to His promptings?
- Continue to Bless and Eat, and record what God is doing and how He is shaping you.

Week Six

Habit 5: Sent

Matthew 28:18-20 (read twice in the group using two different translations if possible.)

This passage is very familiar for many Christians. Does anything stand out as you read it now?

Jesus gives three instructions and one promise in verses 19-20. What are they?

What do you think it means to makes disciples?

What ideas or images come to mind when someone says 'Mission Field'?

What does it mean to be missional in your life and world?

If our mission field is all the places we go and people we are involved in, in the course of our day to day lives (work, school, clubs neighbors etc.), what all is represented in your group?

What difference could it make to live out the habits we have been practicing in your day to day life?

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 you and in Nextdoor Church.
- Pray that God would work through you and beyond you in your daily life.
- Pray for each other in your group, your areas of connection and your church.

This Week

- Read chapter 8 of "Surprise the World"
- Write down what God is doing
- Journal about what you hear from the Holy Spirit.
- Have you sensed the Holy Spirit? What are you discovering about Jesus?

Week Seven

Habit Recap: Book of Ruth

How did Ruth display the 5 habits in her life?

What was something surprising about Ruth's choices?

Which habit is the easiest for you? Why?

Which habit is the most difficult for you? Why?

Which habit do you most want to work on this week?

How will you work on this habit?

What do you think will most surprise your neighbors, coworkers, friends, and people you meet? Are you willing to try it?

Pray

- For each other in your group, for our neighborhoods and church.
- Pray for God to use you to impact this world

This Week

- Read Ruth
- Review Surprise the World
- Write down what God is doing
- Journal about what you hear from the Holy Spirit.
- What is God doing in your life?

Week Eight

You Can Make a Difference

Matthew 19:16-30 The Rich Young Ruler

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?

How closely do you relate to the man asking Jesus what it takes to know God?

What is at the center of your life?

What actions or behaviors in your life need some attention?
(Good and/or bad)

How long does it take you to develop a new habit?

What missional practices do you want to feed?

What DNA do you need in your life?

Pray

- For each other
- For the outpouring of the Holy Spirit
- Pray for God to shape Next Door Church

This Week

- Bless, Eat, Learn and Listen
- Determine which habits you plan to cultivate, and practice
- Write down what God is doing
- Journal about what you hear from the Holy Spirit.
- Seek out discipleship and accountability.

Journal

Listen

- Pray and listen to the Holy Spirit
- Who is God leading me to bless this week?

Bless

- Who did I bless this week?
- Did I bless them using my words, my acts, or through gifts?

Eat

- Who did I eat with this week?

Learn

- What Scripture/Book/Other Resource did I study this week?
- What am I learning about Christ this week?
- How can I apply this to my life?

Sent

- How did I alert others to the rule, reign, and love of God this week?

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