**BELLS – 5 Missional Habits**

What it is:

From Michael Frost’s [*Five Habits of Highly Missional People*](http://www.rupertsland.ca/wp-content/uploads/The-5-Habits-of-Highly-Missional-People-11.pdf)

There was a time when church bells could be heard ringing out over the community alerting people to God’s activity. While this isn’t as common as it once was, these simple habits can help transform our lives into everyday reminders that God’s Kingdom is coming here on earth as it is in heaven.

How to do it:

**B**less: *I will bless at least three people this week, including one person who is not yet a disciple of Jesus.*

Blessing may include: 1Words of affirmation, 2Intentional acts of kindness or 3Gifts.

**E**at: *I will eat three meals this week with others, including one person who is not yet a disciple of Jesus.*

**L**isten to the Spirit: *I will spend time this week listening to the voice of the Holy Spirit.*

1Set aside a designated time. 2Eliminate distraction. 3Let God in. 4Follow God’s promptings.

**L**earn Christ: *I will spend time this week learning Christ.*

1Study the Gospels 2Become a student of Jesus.

**S**ent: *I will spend some time this week journaling about the ways I partnered with God to alert people to the reign of Christ.*

1 How did I create beauty? 2How did you work for justice? 3How did I bring reconciliation?