

MISSIONAL HABITS

What are missional habits?

Habits are learned behaviours, often our brains' reflexive responses to certain external cues. We pick up habits all the time. From looking both ways before we cross the street to brushing our teeth every day. Behaviours which we observe and learn often shape our lifestyle and influence our decisions.

What would it look like for us to cultivate habits that help us engage with God's mission?

As disciples we are called to live like Jesus. To be generous, hospitable, Spirit-led, selfless, and authentic. We often know this in theory yet struggle to live it out weekly. The missional habits we practice can evoke questions from others, providing opportunities for sharing our faith.

These habits should not be viewed as extra tasks we cram into our already busy calendars. Rather, they should instead become the values and foundations of our regular life rhythms. Every interaction with others can become a cue for our missional habits; an opportunity to glorify God.

What is B.L.E.S.S?

The B.L.E.S.S model is a helpful way for us to remember five missional habits we can practice each week. These simple habits help draw us out of the 'Christian bubble' and into the lives of people who don't know Jesus.

Regardless of your gifts, experience, or knowledge, this lifestyle invites others to ask questions that lead to being able to share your faith.

5 MISSIONAL HABITS

Bless someone.

Listen to the Holy Spirit.

Eat together.

Share your Story.

See yourself as Sent.

B

BLESS.

It was God's plan to bless us, so that we in turn would be a blessing to others. To bless another is to build them up; to do something to increase their strength and joy. This can be done in many ways. You could share a word of encouragement with someone, show an act of kindness or give a thoughtful gift.

Each week, seek to bless someone who does not yet know Jesus.

L

LISTEN.

The Holy Spirit is our companion and the source of our strength. As you open yourself to the Holy Spirit, most people tend to do all the talking and do not allow time for a reply. This habit teaches us to stop and listen to what God is saying. Ask the Spirit to bring to your mind the name or the face of a person you are to bless, serve, or eat with. The Spirit might convict you of sin or encourage you in your faithfulness.

At least once a week, set aside time to stop and make space to listen to God.

E

EAT.

Jesus regularly ate with people. It was integral to his mission of reaching and restoring the world. We can use our table to show people that we value, appreciate, and care for them. Eating together is an incredible way to open up to those who do and don't know Jesus. It gives us the opportunity to share our stories, fears, challenges, and hopes with one another.

Invite three people to share your table, at least one of whom isn't a follower of Jesus.

S

STORY.

Stories inspire, captivate, and change us. We read of stories in the Bible and become aware of our own story each day. Sharing our story, whether it's a testimony or a simple moment where we see God at work, can help others understand how they too may experience God's presence in their lives. Start by thinking about how God is working in your life to transform you. As you share, you are bearing witness to Jesus and can stir curiosity about God in those you do life with.

Find moments in conversations to share your story, where you've seen God at work, and how this brings good news.

S

SENT.

As disciples we are sent into the world – our workplaces, our neighborhoods, our sporting clubs, our local community – to partner with God in his renewal of all creation. Each of us is filled and empowered by the same Spirit that was in Jesus to proclaim and demonstrate the Good News. Keeping a journal and recording all the ways you are mirroring God's work in the world will help you to shape the way you think about yourself.

Find time to reflect on each day and write down how you have participated in God's mission.