

## Living Sent: BELLS, a Practical, Tested Framework

Letter	Practice	Why It Matters	Examples
<b>B</b>	<b>Bless</b>	Simple acts of blessing build bridges. Bless = lift someone's burden, show the generous love of Jesus in small and large ways.	1) Take home-baked goods to a neighbor or church visitor. 2) Listen deeply to people. Don't give advice. 3) Pray for 3-5 people regularly
<b>E</b>	<b>Eat</b>	Sharing a meal invites meaningful conversations in a relaxed setting. Letting people in our homes is radical these days.	1) Host a regular brunch or BBQ with neighbors. 2) Get tacos after school with a new kid. 3) 2-3 x's per week
<b>L</b>	<b>Listen (to God)</b>	In a noisy world, tuning in to the Spirit helps us respond with wisdom and love.	Take a walk along the beach or journal, listening for God's voice. Pray with others for guidance.
<b>L</b>	<b>Learn (from Jesus) &amp; Experiment</b>	Constant curiosity and experiments in apprenticeship shapes our lives.	Watch Bible Project videos on the Gospels & read slowly through them.
<b>S</b>	<b>Sent (to live missionally)</b>	We are all sent into daily spaces—gyms, cafés, schools—to embody Jesus' love.	Reflect weekly in a journal: "Where did I get to reflect Jesus' love this week? How can I reflect him next week?"

Scan the code for Michael Frost's ebook, *The Five Habits of Missional People*.



## ‘Living Sent’ Self Reflection

1. Where are you emotionally re: a life on mission?

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Don't Make Me, Please!	Meh. Other things are more compelling	Interested but I have too many big problems	I can't imagine a better life
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2. What is your practice level re: being on mission with Jesus and others?

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Not part Of my life	I try things but it's just once in a while	I have habits that are part of daily life
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3. What is shaping my identity most? Ex. being retired, being a worried parent, or “I’m lonely/sick/a hot mess”? What might need to die for me to take up the identity of being Jesus’ friend on mission with him?

4. There are no Jack Reacher’s in Jesus’ body. We are sent together in teams, at least 2x2 if not in larger groups. Who might you partner with in the BELLS habits?

5. Which of the BELLS habits -- Bless, Eat, Listen, Learn, Sent -- stands out as critical to your growth & health?

6. What is one thing I can act on in the next 24 hours?

- Download the ebook and read for 15 minutes
- Post the BELLS chart on the fridge
- Bless one person outside CVC in a practical way
- Talk with a potential partner or two about being on mission together
- Make a list of 3-5 people who are not experiencing much of Jesus to pray for
- Text another CVC member to talk about next steps in mission
- Spend an hour with Jesus reviewing my life and where my identity is – offer him my future to be on mission with him, just as I am now.