

ADOPTING MISSIONAL HABITS | Participant Guide

Video Prework

In this [5-minute video](#) with Australian missiologist Michael Frost as he discusses “missional habits.” Missional habits are outward-facing spiritual practices. Link: <https://vimeo.com/192542453>

In [this heartwarming, 3-minute ad](#), we see the power of habits that are driven by a goal, a vision, or a desired outcome. Link: <https://youtu.be/2N2eSsIWtNI>

Scriptural Foothold

For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love. For if these things are yours and are increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ.

2 Peter 1:5-8 NRSV

Food for Thought

Sri Lankan pastor D.T. Niles wrote, “Evangelism is just one beggar telling another where to find bread.” Missional work begins with an awareness of God’s work in your life and the world around you *before* helping others do the same.

For Reflection *(please write down your answers)*

1. List 6 missional habits—or practices—you would consider adopting.
2. Which missional practices come easiest?
3. Which practices are most difficult?
4. Where do you want to improve?

Taking Action *(please fill out during our session together)*

In support of cultivating a new faith community:

For me: I commit to _____, starting _____, and I will ask _____ to be my accountability partner.

For my team: I will teach my team to practice missional habits on _____.

Additional Resources

Bosh, David J., *A Spirituality of the Road*. Eugene: Wipf & Stock, 1979.

Frost, Michael, *Surprise The World*. Colorado Springs: NavPress, 2016.