

ST. MICHAEL'S NORTH CARLTON LENT CHALLENGE

PRACTICE THE 5 MISSIONAL HABITS
(BLESS, EAT, LISTEN, LEARN, SENT)
STARTING 14 FEB 2018. FINISH 29 MAR 2018

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Lent is the period of 40 days leading up to Good Friday. In the past, many Christians have fasted during this period as a means of devotion and spiritual growth. Others have used the time to creatively focus on the significance of Jesus' sacrifice of himself for the world. At St Michael's we are challenging ourselves to practice the 5 missional habits as described in the table below.

We encourage you to do this as part of a group (home group, family, etc.). At the end of each week (or so), we would love it if you would post your thoughts in the forum or by email to office@stmichaelsnc.org.au or drop a note in the Everything Box.

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Missional Habit	Missional Value	Action (Suggestion) during Lent
BLESS	Generous	I will bless 3 people each week, at least one of whom is not a member of our church
EAT	Hospitable	I will eat with 3 people each week, at least one of whom is not a member of our church
LISTEN	Spirit-led	I will spend at least one time of Bible reading & prayer each week listening for God's guidance
LEARN	Christ-like	I will read a chapter (or more) of the Bible each day. The books we are reading this Lent are Judges 1-21, Micah 1-7 and Hebrews 1-13.
SENT	Missional	I will journal throughout the week all about the ways I alerted others to the love and grace of God through Christ (Reconciliation, Justice, Beauty, Wholeness)

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Some Tips

General

- Surround everything with prayer
- Listen to the vicar's sermon about the B.E.L.L.S model
- Work as an individual; in your small group; form a small group (family, friends)

Bless

- You can bless the same 3 people each week!
- You can bless the person by simply praying for God's blessing to be upon them
- You can act with kindness or help, seen or unseen, without expecting return

Eat

- Share a mealtime, your own table, or at a café, in a small group, or buy a coffee for someone as you walk together. The emphasis is genuine interest in others and allowing time for depth of interaction.
- You can practice hospitality with the same 3 people each week

Listen

- Set a quiet environment. Use a method of meditation or reflection familiar to you. Leave ample space to "listen" after reading and prayer.
- Develop new habits: talk and listen to God when you wake in the morning; concentrate on God when you are walking or commuting.

Learn

- Experiment to find the right time of day to read God's Word or a Christian book
- Call on the Holy Spirit to guide you
- OK to read more; read less; miss a day
- Notice what is working for you
- Audiobooks or Audio recordings are helpful - here's a URL to some: www.biblestudytools.com/audio-bible/
- Choose a book about Jesus to read from the bookstall at church.

Sent

- Keep notes in a journal (on your phone or in a book), so that you can reflect on your learning about Jesus, the Bible, yourself, others around you, at the end of the Lent Challenge.
- Think about being sent as you post interesting opinions or articles on social media to help others think about a Christian point of view.
- When you attend an event, party, meeting or even church, think of what you can contribute for good and for God, not what you may gain for yourself.
- Consider pitching in and helping another Christian who is serving the needy, or standing up for rights, or helping others know about Jesus.

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