In relationship with our Triune God and in community with one other, we engage
in our neighborhoods shining the light and sharing the love of Christ. It is not our
own goodness that shapes our motivations and behavior, but we are compelled by
the love of Christ and empowered by the Spirit to live differently – interested in the
lives and experiences of others and joyfully engaging with our neighbors. In his
BELLS model, Michael Frost shares a framework that helps us develop missional
habits in our everyday lives.

Mission is both the announcement
and demonstration of the reign of
God through Christ. - Michael Frost

The missional habits outlined below are not performed as a checklist of Christian
behavior or with the goal of church growth. Instead, they are practiced with the
acknowledgement that our habits shape us. By participating with our Triune God
through these practices, we are transforming more into the image of Christ and
uniting with our neighbors and one another.
I will spend at least one period of the week listening to the Spirit's voice.

I will spend at least one period of the week learning about Christ.

I will journal throughout the week about all the ways I alerted others to the universal reign of God through Christ.

I will bless three people this week, at least one of whom is not a member of our church.

I will eat with three people this week, at least one of whom is not a member of our church.
CONCLUSION

By practicing these habits we are shaped to embody a missional value:

Bless  »  Generous
Eat    »  Hospitable
Listen »  Spirit-Led
Learn  »  Christlike
Sent   »  Missional

For a deeper dive into the Biblical foundation of the model and each of the practices, check out Surprise the World by Michael Frost.

Source: Surprise the World: The Five Habits of Highly Missional People — December 1, 2015