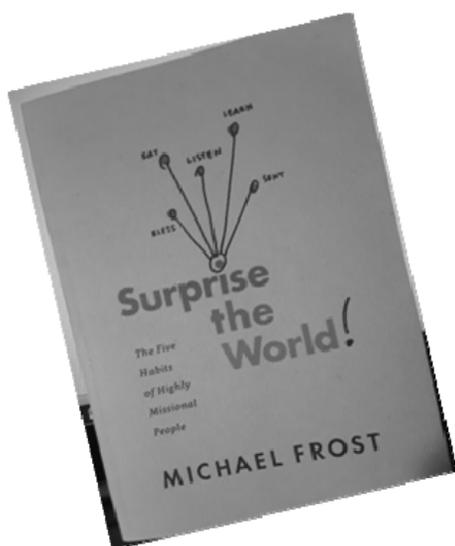


# Surprise the World—Live a Questionable Life!



“Surprise the World” is a short, easy-to-read book by Michael Frost that challenges every Christian to develop a set of five missional habits that will help you lead the kind of “questionable life” that makes other people ask you what’s different / unique about you that leads you to live like this. That’s when you get to tell them about the work of God in your life.

B – Bless: I will bless three people this week, at least one of whom is not a member of my church community

E – Eat: I will eat with three people this week, at least one of whom is not a member of my church community

L – Listen: I will spend at least one period of the week listening for the Spirit’s voice

L – Learn: I will spend at least one period of the week learning Christ

S – Sent: I will journal throughout the week all the ways I alerted others to the universal reign of God through Christ.

To ‘**bless**’ in this context means “to lend strength to another’s arm”. So not necessarily to do something for someone else, but perhaps to help them do it, or show them how to do something new, or even boost their confidence as they try to something on their own.

Anglicans are great at **eating**, of course! Just keep in mind that it doesn’t have to be complicated or get expensive. Join a friend for coffee & a muffin. Invite a group who don’t normally get together to bring a lunch and sit together in a park during lunch break.

**Listen**—this one is more challenging, as most of us are not in the habit of taking time to Listen for the Spirit’s voice. It may take a few tries to figure out what works best for you. A silent room? A walk in the woods? Just remember, you aren’t listening to music, or an inspirational podcast—you are listening for ‘the still small voice’

Have you taken time recently to **learn** Christ? To read the Bible just because you can? Do you know which parables are in all the Gospels, or just one? “Learn” doesn’t mean memorize the Bible, but it does challenge us to take time to get familiar with the stories of Christ, so that if someone we are speaking to about our faith has a question, we at least have an idea what they are talking about—and we are able to give our own answer, or the thoughts we have had, and not be caught off-guard.

We are all **sent** into the world to be living witnesses to the reign of God—how do we live that out? Take a few minutes each day to write down how you lived that out today, maybe through random acts of kindness, or helping someone on the street, or bringing food to someone who doesn’t get out of the house much. As you challenge yourself daily to be accountable to your missional habits, it will get easier to do them regularly!

**You don’t have to make a point of telling people you are doing these things because it’s what God calls us to. If we are doing all these things authentically, people will notice, and ask, and then we have a chance to tell our faith story.**