

# Surprise the World!

## Week Seven: Habits

*Read Chapter 8 from Surprise the World by Michael Frost*

**Get Connected:** What is the best team or group experience that you have had? What contributed to it being the best?

### **Bible Study:**

You are invited to engage with scripture each week using an ancient practice called *lectio divina*. Read the scripture once. Allow a minute of silence following, and then each person answers the first question. Read the scripture aloud the second time, followed with a minute of silence, and then each person answers the second question. Read the scripture a third time, hold a minute of silence, and then answer the third question. It is most helpful when everyone has the scripture in front of them so they can underline phrases and make notes regarding the question. The other important practice to this form of engaging with the scripture is holy listening. Each person listens deeply to the other's response without interruption or dialogue. At the end of the three rounds, if the group would like to enter into dialogue and conversation with the scripture that is the appropriate time. A person can certainly pass answering a question at any time. Listen for what the Spirit seeks to share with you in this living encounter with the Word.

Acts 2:42-47

*That day about three thousand took him [Peter] at his word, were baptized and signed up. They committed themselves to the teaching of the apostles, the life together, the common meal and the prayers. Everyone around was in awe—all these wonders and signs done through the apostles! And all the believers lived in a wonderful harmony, holding everything in common. They sold whatever they owned and pooled their resources so that each person's need was met.*

*They followed a daily discipline of worship in the Temple followed by meals at home, every meal a celebration, exuberant and joyful, as they praised God. People in general liked what they saw. Every day their number grew as God added those who were saved.*

What is the word or phrase that captures your imagination?

What are you committed to?

What is God inviting you to do, change, or be through this passage?

**Video:** Show week seven with Rev. Ben Ingebretson on habits

**Discuss:**

- 1) As you read back over your journaling from the past week, what stands out to you? Any moments that surprised you?
- 2) It takes much longer than we have assumed to form a habit—especially the kinds of habits discussed in this book. What have you found gets in your way as you try to develop new habits?
- 3) Which of the goals of the DNA triad—discipleship, nurture, accountability—is most appealing to you? Which sounds most intimidating? Why?
- 4) Who are some people who have been particularly supportive of your spiritual growth? What made them so significant for you?
- 5) Now that you've read this book and taken on these habits, what do you see as the next steps for you, your friends, and your church to take? How can you more effectively surprise the world with the good news of the reign and rule of God?

**Action Step:** Discuss with your current group, or find a two or three people that are open to being/continuing as a DNA group. Determine what your weekly meeting will be. It could be a morning coffee on the way to work. It could be a phone call, or Google Hangout for 30 minutes once a week. You could commit to a certain time of the week that you will email each other your check in for the week. Be creative to make it work in your schedule. Try it for 6 weeks and see happens. Use the DNA Accountability Form at the end of Chapter 8 as preparation for your gathering.

**Share Your Stories:** post a picture of your DNA on social media with the **#surprisetheworld**.

**Conclude:** Join hands and go around the circle, with each person saying what they thank God for, and what they ask God for, and then all join in the Lord's Prayer.