

**Instructions for using this resource:**

**Read/Watch**

*During the week read the indicated chapter of Surprise the World or watch the video with Mike Frost, either individually or as you meet as a group. Take time to reflect on and pray about what you have read or watched. If you read the book last year, consider how you have progressed with these or other habits.*

**Scripture**

*Through the week read the daily Scripture passages indicated. As you do, ask the Holy Spirit to speak to you.*

**Share**

- Share how you were able to respond to opportunities related to the week's 'habit'. Tell of what you discovered or heard, from God or others, from doing this.
- Share how you feel you were not successful or how you missed an opportunity.

**Discuss or Ponder**

- What passage from the week was just for you and why?
- Did any passage provide new insight about God or faith?
- Did any passage challenge you to change something about your life?

**Prayer**

- Give thanks for opportunities to act and blessings received.
- Pray that the Holy Spirit reminds you of times that you did not listen or follow Jesus.
- If meeting in a group, pray for each other, particularly for challenges or intentions shared
- Pray for the grace to continue to cultivate the habit.

**Week of  
Ash Wednesday:**

*(March 6-9)*

**"Five Habits of Highly  
Missional People"**

Wed: Acts 3:1-16  
*(Peter and John's "habit" of praying in the temple leads to evangelism)*

Thu: Ephesians 2:1-10  
*(Though once dead, Jesus makes us alive)*

Fri: James 2:14-26  
*(Faith without works is dead)*

**Week of the  
First Sunday in Lent:**

*(March 10-16)*

**"Bless!"**

Mon: Genesis 12:1-7  
*(Abraham and Sarah are called to begin God's plan to bless everyone)*

Tue: Psalm 37:1-6,28-37  
*(Rather than fret about all that's evil, be proactive in doing good!)*

Wed: Luke 10:25-37  
*(The Good Samaritan)*

Thu: Luke 6:27-38  
*(Bless even those who curse you... your measure will overflow!)*

Fri: Romans 12:9-21  
*(Let love be genuine; give to the needy, be hospitable, bless people!)*

**Week of the Second  
Sunday in Lent:**

*(March 17-23)*

**"Eat!"**

Mon: Genesis 14:10-20  
*(Abraham rescues Lot; Melchizedek blesses him with bread and wine!)*

Tue: Isaiah 58:1-12  
*(The true fast is doing things like sharing your food with the hungry)*

Wed: Matthew 14:13-21  
*(Feeding the 5,000: "You give them something to eat!")*

Thu: Luke 19:1-10  
*(Jesus' sharing a meal with Zacchaeus changes his life)*

Fri: Acts 27:21-38  
*(Paul urges the terrified victims of a storm to thankfully eat.)*

**Week of the  
Third Sunday in Lent:**

*(March 24-30)*

**"Listen!"**

Mon: I Kings 19:1-18  
*(Burnt out and afraid, Elijah finds comfort and a new mission in silence)*

Tue: Isaiah 40:21-31  
*(Find strength in waiting upon the Lord)*

Wed: Job 15:2-13  
*(Stop talking about what you don't know and listen for a change!)*

Thu: Mark 1:29-39  
*(Overwhelmed with others' wants, Jesus retreats to get new direction)*

**(Third Week of Lent...)**

Fri: James 1:19-25  
*(Be slow to speak, quick to listen, and apply God's word to your life)*

**Week of the  
Fourth Sunday in Lent:**

*(March 31 – April 6)*

**"Learn!"**

Mon: Proverbs 1:2-7  
*("The fear of the Lord is the beginning of wisdom," so let's learn of God)*

Tue: Deuteronomy 17:14-20  
*(Even Israel's king must enjoy a life-long learning of God's Law)*

Wed: Matthew 11:25-30  
*(Jesus' invitation to Come. ..learn from me...")*

Thu: Acts 17:1-15  
*(The Beoreans, unlike many violent Thessalonians, learn from scripture)*

Fri: I Thessalonians 4:1-8  
*(Paul encourages the Thessalonians who were willing to learn)*

**Week of the  
Fifth Sunday in Lent:**

*(April 7-13)*

**"Sent!"**

Mon: Exodus 19:3-8  
*(People of Israel are to be a royal priesthood for God's wider world)*

Tue: Isaiah 42:1-12  
*(Israel is to be a "light to the nations" so all people will worship God)*

### **(Fifth Week of Lent...)**

**Wed:** Exodus 3:1-12

*(God has heard the suffering, so he will send Moses! "Who are you...?" asks Moses. "I will be with you" is God's simple response)*

**Thu:** Luke 10:1-16

*(Jesus asks for prayer for missionaries... then send out seventy more!)*

**Fri:** Philippians 2:1-15

*(Christians are to imitate Christ and shine as stars in a dark world)*

### **Holy Week:**

*(April 14-20)*

### **"Questionable Lives"**

**Mon:** I Kings 10:1-10

*(Solomon's obedience and subsequent blessing causes the Queen of Sheba to visit and question him)*

**Tue:** Jeremiah 17:3-10,17-21

*(Jeremiah's public witness causes Zedekiah to question him)*

**Wed:** Luke 7:11-23

*(Jesus' healings inspire John to ask questions. He answers with more healings!)*

**Thu:** Matthew 5:1-16

*(Living by the Beatitudes will make us a light to the dark world)*

**Fri:** Matthew 27:45-54

*(The centurion is moved to conclude the dying Jesus is God's Son)*

While this resource can be used on one's own, the church is about relationship and walking in faith together; so you are encouraged to join, or form, a parish or neighbourhood group.

It is recognized that you may have already begun to form these habits, so we invite you to revisit what has changed and to share your experiences. Please also tailor the questions to your context.

For video links and other *Surprise the World* resources, visit:

<https://nb.anglican.ca/bells>



*This resource is offered by the Spiritual Development Team of the Diocese of Fredericton*



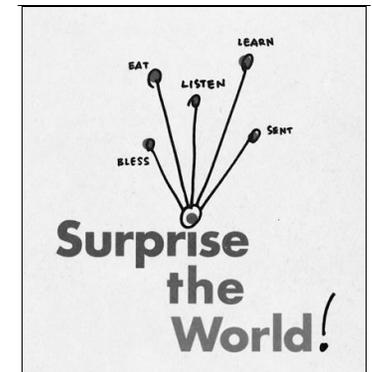
### **Taking Over the Empire**

"A two-fold approach was so effective it literally transformed the Roman Empire. While Evangelists and apologists such as Peter and Paul proclaimed the Gospel and defended its integrity in an era of polytheism and pagan superstition, hundreds of thousands of ordinary believers were infiltrating every part of society and living the kind of questionable lives that evoked curiosity about the Christian message. They surprised the empire with their unlikely lifestyle.

"These ordinary believers devoted themselves to sacrificial acts of kindness. They loved their enemies and forgave their persecutors. They cared for the poor and fed the hungry. In the brutality of life under Roman rule, they were the most stunningly different people anyone had ever seen."

*--Michael Frost,  
Surprise the World  
(Colorado Springs: Navpress,  
2016), pp. 7-8.*

# **A Devotional for Lent**



**For  
parish groups  
and families,  
using the**

# **BELLS**

**"Habits of  
highly missional  
people."**

*(from Michael Frost's  
Surprise the World, 2016)*

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