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## Surprise the World! Chapter 8: Discipleship, Nurture, and Accountability

### Scripture

*"If you have raced with men on foot  
and they have worn you out,  
how can you compete with horses?*

*If you stumble in safe country,  
how will you manage in the thickets by the Jordan?*

—Jeremiah 12:5, NIV

*<sup>24-25</sup>You've all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You're after one that's gold eternally. <sup>26-27</sup>I don't know about you, but I'm running hard for the finish line. I'm giving it everything I've got. No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself.*

—1 Corinthians 9:24-27, MSG

### Chapter Summary

Frost begins the chapter,

*"As should be obvious by now, I'm not merely promoting these five practices as a one-off program. I want you to make a habit of them. I want you to inculcate these habits as a central rhythm of your life. You see, doing a short-term project like Forty Days of Purpose is great. But missional effectiveness grows exponentially the longer we embrace these habits and the deeper we go with them."*

—Page 99

He also cites a study which shows it takes much longer to make a new thing a habit. On average, it can take 66 days. Because we're attempting to introduce five new habits all at once, we can imagine it will take a considerable amount of time.

With that in mind, three people who meet together weekly for discipleship, nurture, and accountability can help. These are called DNA groups. In them, group members reflect on the week before, look to the week ahead, and hopefully accomplish these goals.

1. Process the questions, issues, or learning that came from the habits in the previous week.
2. Disciple one another as you study Scripture to answer the questions each person had.
3. Share with one another what you learned about Jesus that week.
4. Encourage and support one another, especially in the weeks when one person is depleted.
5. Keep one another accountable if fear or laziness get the better of you.

*"But remember, I'm not asking you to do something distasteful or unpleasant. Blessing people is personally satisfying. Eating with others is fun. Listen to the Spirit and learning about Jesus is spiritually enriching. And journaling the various ways you alert others to the reign of God is encouraging."*

—Page 104

\*These are not necessarily new groups that we are asking you to form. However, you may consider what your small group or class can do to carry these habits into the future together.

## Questions

Use whichever questions you like. Some are taken from the book; other questions can be found starting on page 109.

1. The words of God to Jeremiah reminds us that our journey with the Lord may get increasingly harder as we take steps of obedience with Him. What are the challenges you anticipate will come as you implement these habits?
2. In 1 Corinthians 9, Paul writes about the disciplined life as a means to win the race. What are the dangers that Christians engaged in these missional habits face when it comes to their own race running?
3. We often hear stories of people who attempt to create new habits and fail. We may have our own memories we'd like to forget when it comes to this. How do we end this study with Christ-centered hope rather than assuming we will also "fail" here?
4. Which of the five goals above is most appealing to you?
5. Who are people who have discipled you? Supported/nurtured you in your walk with Christ? Or kept you accountable? What did they do which made an impact?
6. Which of the five habits have you enjoyed experimenting with so far? What stories can you share of what God did?
7. What questions do you have (from your experience with the habits)?

## Prayer

Sent and Sending Lord,

We will be a blessing to those you send us.

We will eat with those you send us.

We will hear the voice of your Spirit sending us.

We will know your Son, Jesus Christ, who has sent us.

And we will see ourselves as you do—the sent ones.

To the glory of God the Father, in the name of God the Son, and by the power of God the Spirit.

Amen.

## Challenge

You may or may not put a DNA group in place. The challenge still exists: Who will spur you on in implementing the BELLS habits? Talk as a group or as individuals about the next steps you all need to take.

