

Mosaic – Spiritual Disciplines

(Adapted from Michael Frost's BELLS and Neil Cole's LTG)

R.E.A.L. is a simple set of spiritual practices that can be integrated into ordinary life to cultivate a life that follows Jesus

REFLECT – Be in a posture of growth and learning in God and life. Read regularly from the Scriptures, particularly the gospels and the teachings of Jesus. Learn, read, and discuss from fiction and non-fiction books as well as other leaders and practitioners.

EAT – Spend time in community by having a meal or a drink with someone. Practice hospitality and the basics of life over a meal with people both inside and outside the community of faith.

ACT – Do something as a person created by God with a purpose. Bless people in concrete ways both inside and outside the community of faith.

LISTEN – Commit a period of time to simply listening and meditating on the voice of God. This could be contemplatively in silence, to music, or while walking. Listen for what God might be speaking into your life right now. Try to commit 60 minutes to this.

R.E.A.L. Questions

These questions are questions for individuals or groups of 2 to 5 in response to the REAL practices

REFLECT

- What have you discovered this week about God, the Scriptures, or yourself?
- How have you experienced Jesus this week?
- What areas of struggle do you need prayer and community for? (relational, financial, sexual, vocational, spiritual, physical, etc.)

EAT

- Who did you eat with this week?
- What types of conversations did you have or would like to have had?
- How were you blessed during this meal?

ACT

- In what ways have you attempted to *be the church* and bless others this past week?
- What other ways might you use your gifts, skills, and passions to advance the kingdom of God this week?

LISTEN

- What has God been teaching you, and how will you obey?
- Is there anything you need from Jesus or your community in order to respond to God?