

**“You
can be
brave or you
can be
comfortable**

**but you can’t
be both”**

#Adventurous

Adventurous Christian Living

sees the opportunity in every moment. It walks towards the world’s needs and works to love others as Jesus has loved us.

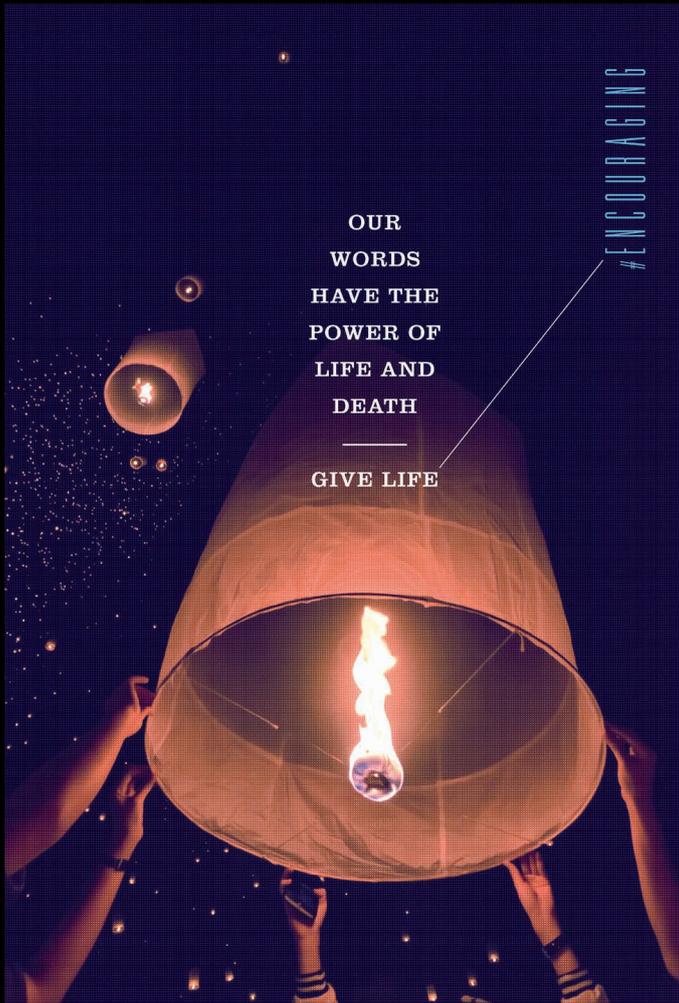
Allow God to interrupt your week

↓
Be intentional

↓
Take the BLESS challenge

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Every day for a week start your day by praying for a chance to BLESS someone.

- B** Begin with prayer; for opportunities to express God’s heart for someone.
- L** Listen to someone share about their life. Give them your time and concern.
- E** Eat food with someone. Invite a friend over for dinner or eat your lunch in a communal area at work.
- S** Serve someone. Offer to help a neighbour with something or go for a walk and look for a person to help or encourage.
- S** Share your story about the impact that Jesus has had on you. Keep it concise.



OUR
WORDS
HAVE THE
POWER OF
LIFE AND
DEATH
—
GIVE LIFE

#ENCOURAGING

Genuine #encouragement

begins & ends with **self-forgetfulness**.
It looks beyond itself to see and express another's
value and worth.

— CHALLENGE —

We can encourage people in different ways. Below are five different 'languages' we can speak to do just that.



Say: 'I'll help' and 'let me do that'. Show someone that you see the amount they do. Do what you can to alleviate their workload. **Serve someone.**



Give: thoughtful gifts and gestures. The little things make a big difference. Study someone's likes and interests and give them something that shows you know and value them. **Study someone.**



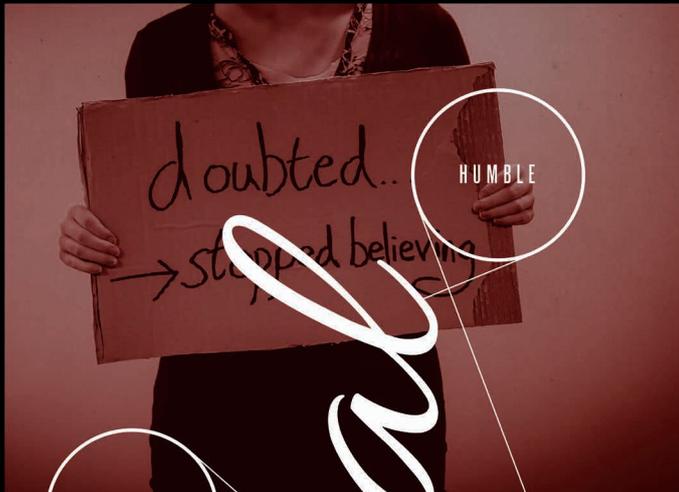
Make: time, and offer uninterrupted listening. We show someone they matter when we create memories with them. Invite them out, go for a walk and share an experience together. **Sit with someone.**



Do: hold a hand, give a hug, reassure through touch. Some lives (old and young) are completely devoid of this kind of affection. **Show physical affection to someone.**



Tell: someone they matter to you, encourage and affirm. Send a friend or co-worker an email or write an encouraging note. Don't just hope a person knows you appreciate them, tell them. **Say something kind to someone.**



HUMBLE



TRANSPARENT

Personas

Integrity has to do with being an integrated whole, being the same in private as you are in public. Jesus chose a word that referred to actors in his day for someone who's public face differed dramatically from their private one: *hypocrites*.



Unearth some of your own personas and possible hypocrisy by asking the following questions in your Grow groups:

- 1 When was the last time I risked rejection by sharing something about myself with a friend?
- 2 Am I quick to 'cover up' or 'own up' to my mistakes?
- 3 When was the last time I said 'sorry' (and meant it) to someone for something I did?



PROJECTION

When we experience emotional pain it's much easier to project fault onto someone else than it is to accept how we're feeling. Although it's a common way of protecting ourselves from pain and rejection, it creates disconnection.

TRY: identifying & owning your emotions. Use three word statements to describe how you're feeling. Say: 'I feel angry,' or 'I feel sad.'

AVOID: sending 'you' messages: 'You make me so jealous,' or 'I feel like you...'

DO THE IMPOSSIBLE FOR SOMEONE ELSE

#GENEROUS



The #generous life journey

1 It's all his anyway

The earth is the Lord's and everything in it, the world and all who live in it. Psalm 24:1

Everything you have is God's. That includes your money, your time and your talents. We rent space, life and luxury from God. Everything we have is his; everything he gives us is to share.

Life on loan

2 Get your house in order

Give to Caesar what is Caesar's and to God what is God's. Matthew 22:21

Generosity is in the planning. Most of us live off 100% of our money. This makes crisis inevitable and generosity impossible. Instead aim to live off less and give away more. Set a goal, make a budget and stick to it. Live off 80%, save 10% and give away 10%.

80
-
10
-
10

3 Overflow

You'll not go wrong if you keep remembering that Jesus said, "You're far happier giving than getting." Acts 20:35 (MSG)

Generosity doesn't happen by accident. As well as a 'rainy day' fund, set up an 'overflow fund' making it easy to give in the moment. Check out www.loveeastbourne.uk for ideas and to get involved.

RAINY DAY

Home Sweet Home

EVERY-
THING
WE
HAVE IS
TO SHARE

#welcoming

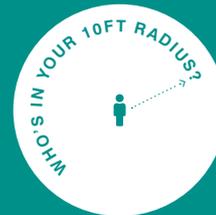


Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. Hebrews 13:2

S.M.I.L.E.

*the universal
welcome*

- S**ay hello
- M**ake time
- I**nclude in conversation
- L**earn about others
- E**ngage in their interests



LOOK

Notice the people around you and do whatever you can to make them feel at home.



Avoid being locked into the same group; go greet someone you don't know. A few steps is all it takes to brighten a person's day.

*Welcome one another as Christ has welcomed you
for the glory of God. Romans 15:7*