

B.E.L.L.S. Worksheet¹

Week of: _____

Bless: Whom did I bless this week and how did that impact me (questions, issues, learnings, etc.)?

Eat: With whom did I eat and/or drink this week and how did that impact me (questions, issues, learnings, etc.)?

Listen: What did I hear from the Holy Spirit this week?

Learn: What did I learn (or relearn) about Christ this week?

Speak: With whom did I have a spiritual conversation or share the gospel message this week?

¹ Adapted from [Michael Frost's, *Surprise the World: The Five Habits of Highly Missional People*](#)