WEEK	

The BELLS Challenge



DNA (Discipleship Nurturing Accountability)	of Highly Minimal Period MICHAEL FROST
BLESS: Who did I bless this week?	Companions
What questions, issues or learning arose from this h	aabit wook?
what questions, issues of learning arose from this i	iabit week:
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EAT: With whom did I eat this week?	
What questions, issues or learning arose from this h	nabit?

LISTEN : What did I hear from the Holy Spirit this week?	
LEARN : W	That did I learn or relearn about Christ this week?
	re two or three journal entries about how you alerted e Reign of God.

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