

## Intergrating community and mission into your normal routine

List all the activities – including the mundane – that make up your normal:

1. **Daily routine**  
(e.g. travelling to work, eating meals, chores, walking the dog, playing with children)
2. **Weekly routine**  
(e.g. grocery shopping, watching favourite television programmes, getting exercise)
3. **Monthly routine**  
(e.g. gardening, getting a haircut, going to the cinema).

For each activity, think about how you might add a:

1. **a community component**  
= involving another member of your Christian community
2. **a missional component**  
= involving an unbeliever
3. **a gospel component**  
= talking about Jesus