# *Life on the Frontline:*
# *How do you spend your 110?*

***The Church Gathered:***

***About 5-10 hours per week.***

***The Church Scattered:***

***About 110 hours per week.***

**Think about *Yourself* and *KCPC* for a moment and consider how you spend your hours each week. There are 168 hours in each week. If we subtract out time to sleep, we are left with 120 hours. Our time together as a church varies, but when you consider worship, fellowship, times for nurture, service on Ministry Teams, and Mission efforts done together, we might average 5-10 hours together as the *"Gathered Church"* each week. Your remaining 110 hours is time for your *Frontline Discipleship*. This is when you interact with your family, your peers, your friends, and with complete strangers out shopping, during recreation, and even while driving in traffic. This is *YOU* in the "*Church Scattered*." This is your specific individual time to interact with people as a disciple of Jesus Christ. How do you go about doing so?**

**List the ways you personally spend your time each week in *The Church Gathered*. What do you find most fulfilling? The most challenging? What do you wish we could do together more often? What do you wish we would do less often?**

**List the ways you spend time being a disciple of Jesus during your 110 weekly hours as a member of *The Church Scattered*. What do you feel you do well? What do you wish you could do but maybe don't feel you have the gifts to do?**

**Take a few moments in the coming weeks to reflect on the above and read in *Leading a Whole-life Disciplemaking Church* pages 9-14. Jot down your thoughts and questions for our next meeting.**