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Growing
on the
Frontline

GROW MORE LIKE JESUS
WHERE YOU ARE

EIGHT-SESSION COURSE

Discussion Guide

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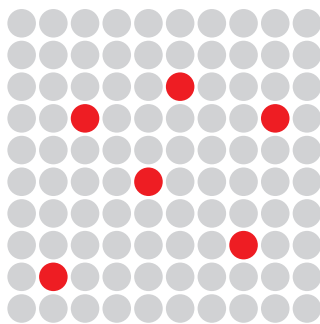
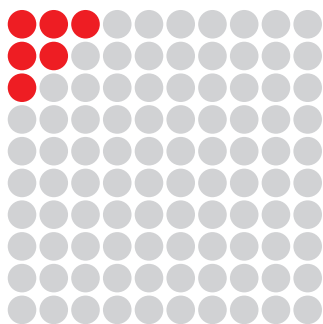
Welcome to Growing on the Frontline

'I just wish I could be more like Jesus in everyday life.'

It's hard to argue with that. But what does it really mean? How do we become the people Jesus intends us to be, in the places we find ourselves day by day?

We want to see the fruit of the Spirit growing in us and we want to make an impact for Jesus. But reality can fall short of that, and we wonder what's getting in the way. Is God just not interested in where I spend my time – at the school gate, at work, in the queue, at the gym? Or is it me? Something about my character?

If you've engaged with LICC resources like *Fruitfulness*



Less than 6% of people in the UK go to church monthly or more. Gathered, that feels few, but scattered in the world we can influence many people around us, as we grow more like Jesus where we are.

.....

on the *Frontline* or *Frontline Sundays*, you'll know God is very definitely interested in the things you do every day, the places you naturally go, and the people you naturally meet. You'll know there are lots of ways to be fruitful for him. And you've probably also discovered a whole range of ways you've already been fruitful in modelling godly character, making good work, ministering grace and love... and so on.

But most of us also know there are times when we really aren't much like Jesus. When we tell the white lie, or the grey lie. When we don't do the kind thing, or the right thing. When we don't stick up for someone, or even ourselves, in the way God would want us to.

Why, we wonder, do I do things like that? What's going on inside me? And what about all the times when I don't even recognise there was a better way to respond?

Well, the good news is that our everyday contexts – our 'frontlines' – aren't just places to do things for Jesus. They're places to become more like Jesus. And *Growing on the Frontline* is designed to help you do just that – by God's grace and with his help.

It'll help you explore what's driving the choices you make when challenges and opportunities arise. And, of course, once you spot what's driving you, you can seek God's wisdom and transforming power – so that over time you'll be

more likely to respond more like Jesus, because you're becoming more like him.

In *Growing on the Frontline*, you'll engage with a combination of biblical stories and present-day examples, teaching videos, discussion questions, prayer tools, and suggestions on how to integrate what you're learning into your daily life.

As you go, you'll have the chance to be vulnerable with each other, and you might well have deeper conversations than usual. Not everyone finds this easy, but it's worth giving it a go – because when we get real with one another, it really helps the ideas we're discussing become real in our lives.

Our prayer is that you'll grow more like Jesus on your frontlines and become increasingly fruitful as you join in his kingdom work, right where you are.

Charles & Mary Hipsley
Originators of *Growing on the Frontline*

Making the most of *Growing on the Frontline*

Everything you need to get started, plus other good things to help you use *Growing on the Frontline* in your church and keep practising what you learn.

What you'll need



1. A copy of this guide for everyone in your group

Each session is built around three short videos, with discussion questions, activities, and prayer tools to help you explore that session's theme – plus ideas to try between sessions.



2. The session videos

Hosted by Tim Yearsley and Ennette Lainchbury, the accompanying videos will guide you through each session, sharing biblical insight and powerful true stories.

Available online or on DVD from

licc.org.uk/growing.

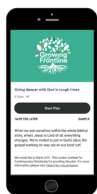
3. A journal

Get yourself a paper notebook, a suitable app, or even just a few pieces of A4! You'll be invited to use them as you go through the course.



Also available

There's a whole host of great content on our website to help you get the most out of *Growing on the Frontline*.



40-day prayer journey

Perfect for after the course, get prayer prompts via email or the YouVersion app to help you embed what you've learned and keep growing.



Sermon outline

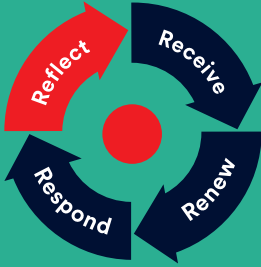
Notes and a video to help you kick off this course in a Sunday service.



Graphics pack

Graphics, slides, and posters to help you advertise *Growing on the Frontline* in your church.

Find it all at licc.org.uk/growing



SESSION 1

Growing wherever we are

Welcome to *Growing on the Frontline!* In this session, we'll explore how God can help us grow in the everyday places and situations we find ourselves, as he works through our experiences there to make us more like Jesus.

INSIGHT: FRONTLINES

Frontlines are the places and spaces we spend time, doing the things we normally do, often with people who don't know Jesus. It might be a job, a team, the local shops, your street, or your front room!

WATCH

Session 1 Part A

7 MINS



GROUP DISCUSSION

15 MINS

Discuss the following:

1. What struck you about Aisha's story?
2. Aisha found herself in a difficult situation. In what ways was it an opportunity for her to grow as a disciple? What do you think got in the way?
3. Put yourself in Aisha's shoes. What things might stop you from stepping up and having a difficult conversation in an appropriate way?
4. Where is your own frontline? Can you identify any difficult situations there that might actually be opportunities to grow and be more fruitful?

WATCH

Session 1 Part B

5 MINS



BIBLE STUDY

15 MINS

1 SAMUEL 25:14–35

| Read 1 Samuel 25:14–35 together and discuss:

5. How did God present David with an opportunity to grow through this situation?
6. What do you think David learnt about himself as a result?
7. In this Bible story, David’s anger could have led him astray, but Abigail’s wise intervention helped him. What has helped or hindered you in growing and being fruitful on your frontline?

WATCH

Session 1 Part C

7 MINS



INSIGHT: THE 4RS

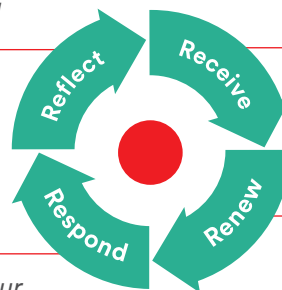
In this resource we use a framework of four Rs to help us partner with God as we grow in maturity.

Reflecting on our life with God and others

Learning to **Respond** fruitfully on our frontlines

Receiving biblical wisdom to help us develop discernment

Being **Renewed** so that our whole selves are more aligned with love for God and others



PRAYER TOOL

10 MINS

Introducing the Examen Prayer

Examen is a silent prayer with five steps. It's about looking to the Holy Spirit, day by day, for the kind of insight Paul prays for the Philippians in Philippians 1:9–11.

Leaders: *Read out the steps below, pausing where indicated to allow one or two minutes of personal reflection.*

PREPARE Take some slow, deep breaths and close your eyes. Begin by thanking God for everything you're grateful for today, and ask him to highlight by his Spirit what he wants you to notice as you pray and listen.

PAUSE  |

REVIEW In your imagination step through your day with thankfulness, reliving any significant moments and lingering on those that seem most important.

PAUSE  |

CELEBRATE Celebrate those moments when you sensed God's presence, guidance, and love. Were there times when you responded to others with love or respect, or intervened with a timely word, like Abigail in your Bible discussion?

PAUSE  |

REPENT Recognise and ask God's forgiveness for any times when something got in the way of you acting fruitfully: an incident, emotion, or difficult relationship. Were there times when you let anger get the better of you, like David with Nabal?

PAUSE  |

LOOK AHEAD Imagine what you'll be doing tomorrow: the tasks you have, the people you'll meet, the choices you'll make. Ask God for help with any that might be difficult or might draw you away from him.

PAUSE  |

Leaders: Draw the group back together and give them an opportunity to share briefly about how they found the Examen Prayer.

PRAY & CLOSE

5 MINS

In this session, we've explored how God can help us grow in our daily places and situations. And we've seen that it's not always enough to just know the right thing to do – we also need our hearts and will to be on board so we make good choices.

Next time we'll look more closely at the choices we make, and how they can affect our fruitfulness.

Close this session together in prayer and ask God to help you become more like Jesus in your frontline context.

BEFORE THE NEXT SESSION

Experiment with the Examen Prayer

Try using the Examen Prayer to help you notice what's going on in and around you, day by day. On page 56, you'll find suggestions for using it in different settings: in the quiet, on the move, and on your frontline.

Start a reflective journal

As you go through *Growing on the Frontline*, jot down anything you notice that feels significant. Find out more about how to journal on page 64, and use the questions below to get you started. Come ready to share your experiences when you meet next time.

- When did I give or receive love? What prompted me?
- When did I withhold love? What stopped me?

DIG DEEPER: Find helpful books, podcasts, and more on page 52