



6M People

SMALL GROUP
DISCUSSION GUIDES

CONTENTS

Each session stands alone, so feel free to do all eight in sequence, or just a selection of the most relevant for your group!

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Introduction

Seeing God work through others is one of the best ways to discover how he can work through us – and how we can join in his redemptive work, right where we are.

6M People is a series of eight short films telling the true stories of ordinary Christians making a difference with Jesus in their daily lives. On their ‘frontlines’, the ordinary places where they spend time with those who don’t follow Christ, each of them is living out the ‘6Ms of fruitfulness’ (read more about them on the next page).

As you use these discussion guides, you’ll reflect on each person’s story and a relevant Bible passage, exploring how God invites us to work with him for the good of the world around us – and applying what you learn to your own everyday places and relationships. All so you can grow more fruitful on your own frontline.

SESSION STRUCTURE

Each session draws out a particular lesson from one of the videos, following the same structure:



WATCH
THE VIDEO



READ THE BIBLE
PASSAGE



DISCUSS
THE STORY

THE 6Ms



The 6Ms

It's a great joy to realise God chooses to work through us, wherever we are. But it can be hard to spot. Many of us don't have the eyes to see how we're already being fruitful with Jesus in daily life. These 6Ms are a simple, powerful prompt to see how God is working through you – and an encouragement to imagine how he could in the future.

1 Modelling godly character

Wherever you might be and whatever you might be doing, you have opportunities to display the fruit of the Spirit (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control). This might mean keeping your perspective when everyone else in your team is having a meltdown; being patient with a difficult child; or consistently speaking respectfully about other people, whoever they are.

2 Making good work

During a typical week, we all have work to do, whether paid or unpaid. There are emails to write, packages to deliver, patients to examine, hamster cages to clean... Whatever tasks we're doing, we seek to do them in a way that reflects our God; our God who creates order, generates provision, brings joy, creates beauty, and releases potential.

3 Ministering grace and love

Just as we have received grace and love from God, we in turn show grace and love to those around us – whether we think they deserve it or not. This might mean staying behind to help a colleague at work; asking a fellow parent at the school gate (who's clearly struggling) if they want to meet up for a coffee; or putting out your neighbours' bins when they're on holiday.

4 Moulding culture

Every organisation, every team, every friendship group has a culture: a 'way we do things around here'. Some of it will be positive, some of it will be neutral – but some of it might even be toxic. Moulding culture is about strengthening what is good, and seeking kingdom ways to overcome the bad. This might mean not dumping on junior staff; helping people at the gym focus on others through a fundraiser; or tweaking your meetings' structure to ensure those who don't normally have a voice get a fair hearing.

5 Being a Mouthpiece for truth and justice

This can be as simple as snuffing out gossip, but it can also involve making sure a colleague doesn't get unfairly blamed, changing an inaccurate evaluation system, or modifying a proposed policy that might disproportionately affect the vulnerable. We wisely and courageously say something that challenges the lie or the injustice, with the intention of making things better for others.

6 Being a Messenger of the gospel

Sometimes there are opportunities to directly and plainly share with people 'the reason for the hope that you have' (1 Peter 3:15), and how our relationship with God affects us day to day. If we are living out the other five Ms, people are more likely to ask us questions about our faith, and the answers we give are likely to be more compelling if we are living a life that backs up what we say.

Meron

THE MINICAB DRIVER



WATCH THE VIDEO

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READ THE BIBLE PASSAGE ROMANS 12:9–13

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with the Lord's people who are in need. Practise hospitality.

FIRST THOUGHTS

In Romans 12:13, Paul urges us to practise hospitality. However, the word we translate 'practise' actually means something more like 'to pursue'. We are to pursue hospitality, then. That is, we are to look out for opportunities to welcome people, to search them out and show them grace and love.

Hospitality is not the same as entertainment. It doesn't have to mean putting on a lavish meal, but opening our homes (and our lives) to show they are welcome and they matter. Even just offering a glass of water can be a way of showing someone they are valued.

Meron sees an opportunity to practise hospitality and service in her work by making her clients feel welcomed in her vehicle, valuing them not just as customers, but as people.



DISCUSSION QUESTIONS

1. Do we only think of hospitality as something we do in our homes?
2. Are there contexts beyond your home in which you could show hospitality? Consider your frontlines – the everyday places where you spend time with people who don't follow Jesus. What might simple hospitality look like there?
3. Think about a time when you have been shown this kind of hospitality. What did it involve?
4. Is there someone God might be prompting you to show they're valued?

Meron tries to see each person as someone she has an opportunity to minister God's love and grace to, giving them time and creating space for them.

5. What opportunities do you think you have to minister to others? (It could be at work or at home, or even out walking the dog.) How could you become more aware of these opportunities? Are there particular challenges to ministering love and grace on your frontline this week?
6. What might 'giving space' to someone mean for you on your frontline?

Meron has made the decision to be honest with her reviews of poor clients, seeing it as a way of honouring her colleagues.

7. When would you find this kind of honesty difficult? How might this fit with Paul's call on us for sincere love, and to 'hate what is evil; cling to what is good' (Romans 12:9)?

Meron prays throughout the day, wanting to be aware of God's presence. Some of these prayers are for particular moments when she feels at risk, but mostly her prayers are for more ordinary times.

8. What would you do as a result? What might praying throughout the day look like in your context? How might you develop a practice of simple prayer to enable you to be reminded of God's presence with you on your frontline?

CLOSING QUESTIONS

9. What is there in Meron's story that you most identify with?
10. Reflecting on this discussion, is there an area of fruitfulness on your frontline that you think God might be prompting you to develop?

Philippa

THE BRIDALWEAR DESIGNER



WATCH THE VIDEO

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READ THE BIBLE PASSAGE EXODUS 35:10, 20–35

All who are skilled among you are to come and make everything the LORD has commanded... Then the whole Israelite community withdrew from Moses' presence, and everyone who was willing and whose heart moved them came and brought an offering to the LORD for the work on the tent of meeting, for all its service, and for the sacred garments. All who were willing, men and women alike, came and brought gold jewellery of all kinds: brooches, earrings, rings and ornaments. They all presented their gold as a wave offering to the LORD. Everyone who had blue, purple or scarlet yarn or fine linen, or goat hair, ram skins dyed red or other durable leather brought them... All the Israelite men and women who were willing brought to the LORD freewill offerings for all the work the LORD through Moses had commanded them to do.

Then Moses said to the Israelites, 'See, the LORD has chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, and he has filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills – to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood and to engage in all kinds of artistic crafts. And he has given both him and Oholiab son of Ahisamak, of the tribe of Dan, the ability to teach others. He has filled them with skill to do all kinds of work as engravers, designers, embroiderers in blue, purple and scarlet yarn and fine linen, and weavers – all of them skilled workers and designers.

FIRST THOUGHTS

In Exodus, we read how God designed the Tabernacle (the tent-like temple) to be the place where his people, Israel, could meet him and worship him. And because it represented God and was a picture of heaven, it had to be beautiful. God gave skills to people like Bezalel so they could work with precious metals and gems. Others, like Oholiab, were gifted as designers and in working with fabrics and a variety of materials. They were to use their abilities – and the materials they had around them – to create something truly wonderful. Just as God is fabulously creative, so he has given us gifts and abilities to be creative too. Our creativity as human beings is a gift of God.

Philippa is a gifted designer of bridalwear, using the abilities God has given her to make beautiful dresses that show others made in the image of God at their best. We should give thanks for those God has especially gifted in this way, and for the work they've put in to honing those skills. God has made some of us more creative than others, but he's given us all creativity that he can use for good.



DISCUSSION QUESTIONS

1. Pause to consider things you use or enjoy that have been created by others (paintings, books, films, dresses, shoes, apps). Give thanks to God for them now.
2. How can you encourage particularly creative people you know, whether their creativity comes out in their job or a hobby?

Philippa seeks to honour the material she works with. She recognises that it's given by God and that he deserves the best she can do with it.

3. How do we treat the things we have to work with? Do we see them as given by God and therefore to be treated with respect?
4. How can we best honour the work of others?

Working in an environment that can be hard and cruel, Philippa tries to model the fruit of kindness – a virtue which, in a fast-paced and fiercely competitive business, is not always present. Whether we're in a job that requires quick turnarounds and on-the-spot decisions, or just have too much to do, self-control is vital.

5. What temptations might we face as we try to keep up with or outdo others in our workplaces? How have you found your fruitfulness stretched by stress and the need to respond quickly to things?
6. What might helping others to flourish on your frontline look like?

It can also be easy to forget the more 'hidden' people in our workplaces, like the suppliers for Philippa's work. She aspires to be considerate to these people.

7. Thinking about your frontlines, who are the 'hidden' people? How might you be able to minister God's love to them?

Although Philippa doesn't find it easy to share her faith openly, sharing who she really is as a Christian is a way of doing that.

8. If we think of the sixth M (being a messenger of the gospel) as 'sharing who we really are', does this make it easier to put into practice?

CLOSING QUESTIONS

9. What is there in Philippa's story that you most identify with?
10. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?

Sunil

THE RETIREE



WATCH THE VIDEO

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READ THE BIBLE PASSAGE PROVERBS 1:1–7

The proverbs of Solomon son of David, king of Israel:

*for gaining wisdom and instruction;
for understanding words of insight;
for receiving instruction in prudent behaviour,
doing what is right and just and fair;
for giving prudence to those who are simple,
knowledge and discretion to the young –
let the wise listen and add to their learning,
and let the discerning get guidance –
for understanding proverbs and parables,
the sayings and riddles of the wise.*

*The fear of the Lord is the beginning of knowledge,
but fools despise wisdom and instruction.*

FIRST THOUGHTS

What's the best piece of advice you've ever been given? What's the worst? What bit of wisdom or advice would you love to go back and share with your younger self?

The book of Proverbs is about wisdom. Its opening picture is of an older person sharing their understanding gained through years of experience and reflection with someone much younger. We could say wisdom is not so much knowing about things but understanding their value.

The Bible shows that wisdom is, ultimately, about how to live well in God's world. At the heart of this is the truth of Proverbs 1:7 – 'The fear of the Lord is the beginning of knowledge.' As we grow in our relationship with, and knowledge of, God, we gain wisdom for how to live our lives in a way that pleases him – from our youngest days to older age.



DISCUSSION QUESTIONS

1. How does our culture view retirement? Does that fit with God's perspective on how we're to use our lives?

In his retirement, Sunil has decided to use his training and experience as a psychiatrist to be a life coach. He wanted to continue to serve and help others now his time would be spent differently.

2. If you're retired, do you feel able to use the skills and experience you've gained in a new way to bless others? What new skills and experiences have you been able to discover in retirement?
3. If you're not retired yet, what thoughts have you got about what you might do with that time?
4. We can never stop learning and growing in wisdom. Do you have people in your church or elsewhere you can go to for wisdom?

Our culture often values 'bigger' and 'more'; success is often based on the number of social media likes and followers we accumulate. Sunil made a decision not to seek a large client base but to give more of his time to a few, thus creating deeper connections. This could be seen as an example of wisdom in action, based on working out his priorities with his faith in mind.

Jesus did something similar, spending more time with a smaller number of people (the 12 apostles, and, even amongst those 12, spending more time with just three: Peter, James, and John), thus deepening important relationships.

5. Do we have relationships we need to spend more time cultivating and deepening? How might you wisely carve out time and space for them?

How we use our time often needs wisdom, especially with all the demands and distractions we face each day.

6. What might using your time well this week look like? Spend a few minutes thinking and praying about what – or who – God might be prompting you to prioritise this week.

CLOSING QUESTIONS

7. What is there in Sunil's story that you most identify with?
8. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?

Jan

THE ANAESTHETIST



WATCH THE VIDEO

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READ THE BIBLE PASSAGE 1 THESSALONIANS 2:7B–12

Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well. Surely you remember, brothers and sisters, our toil and hardship; we worked night and day in order not to be a burden to anyone while we preached the gospel of God to you.

You are witnesses, and so is God, of how holy, righteous and blameless we were among you who believed. For you know that we dealt with each of you as a father deals with his own children, encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory.

FIRST THOUGHTS

Reading Paul's first letter to the Thessalonian church, it's clear he made some of his deepest and most lasting relationships there. When he arrived, he tells them, he and his fellow-travellers decided to share not just the good news of Jesus but themselves, too: 'Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well.' (1 Thessalonians 2:8).

However, these deep and lasting friendships did not come from a particularly long time spent with them. Sadly for Paul, forced out by an angry mob, his visit was all too brief. But it was long enough. Their continuing relationship, even at a distance, was built on a solid foundation. By their actions, words, and attitudes, Paul and his friends were able to model the difference being a follower of Jesus made.

Similarly, Jan models an awareness of others, sharing her life with them as far as possible. Setting up the coffee club demonstrated this and was a way to create a safe space for others to share their lives with each other too. This has created an openness and honesty that others have found very helpful – especially in a busy and often stressful workplace.



DISCUSSION QUESTIONS

1. What do you think Paul sharing his life with the Thessalonian Christians might have looked like? How might this have been different to the kind of 'travelling teachers' their culture was more often used to, and what did that say to the Thessalonians about God and the gospel?
2. Are there areas of our own lives where we can see how the good news of Jesus has shaped us – our thinking, actions, and attitudes – over time?
3. In what areas of your frontline do you think God might be prompting you to repentance or increased trust?
4. Thinking of Paul's example, what might be the benefits of opening our lives up to others? What might be the costs or risks?
5. If you have experienced being treated just as a role, how did that make you feel?
6. Think about the kind of people who might be hidden behind a role, outfit, or uniform (such as a police officer, traffic warden, or supermarket worker). How easy is it just see the 'role' or uniform? What difference might it make to them and us to see the person beyond the role?

Despite the busyness of a hospital environment, Jan makes a point of giving time to colleagues. In such a context, it's easy to view others just as 'roles' (doctor, nurse, physio, porter) rather than seeing the people behind the uniform. That will be the same in many places – from supermarkets to sports teams, beauty salons to banks.

CLOSING QUESTIONS

7. What is there in Jan's story that you most identify with?
8. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?

Robert

THE PLUMBER



WATCH THE VIDEO

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READ THE BIBLE PASSAGE LEVITICUS 19:35–36

'Do not use dishonest standards when measuring length, weight or quantity. Use honest scales and honest weights, an honest ephah and an honest hin. I am the Lord your God, who brought you out of Egypt. 'Keep all my decrees and all my laws and follow them. I am the Lord.'

FIRST THOUGHTS

Even though the internet is full of customer review sites, seeking out good and reliable service can sometimes feel like a minefield. How many times have we paid for a product or service that promised to be 'professional', 'deluxe', or 'exceptional value', but proved to be anything but? We rightly get annoyed when something is not as it is meant to be and feel a sense of injustice.

How much more, then, must God care about justice. In the laws God gave to his people, he demonstrated that they were to be different to the nations around them, and to value integrity and honesty. Instead of using 'loaded' weights to deceive customers, giving them fewer goods whilst charging for more, they were to use 'honest scales' – even if it cost them. Thus, even in this small act, they reflected the character of the God who had rescued them from slavery and injustice.

Robert demonstrates something of God's justice-loving character through the way he conducts his business. He works hard to provide customers with what they need, rather than what might be more profitable for him.



DISCUSSION QUESTIONS

1. Have you ever been sold something that didn't live up to its description? What was it and how did that make you feel?
2. What opportunities do you have on your frontlines to show honesty, and what temptations are there to be dishonest or cut corners?
3. What would trusting God and his provision mean in those situations?

Robert is also keen to help customers who might be struggling financially, sometimes servicing a boiler for free. This is a great example of grace in action. Grace is like that. God meets us in our need and gives us what we couldn't afford ourselves – his eternal life – at the cost of his own Son.

4. When has someone gone above and beyond for you? How did it make you feel?
5. What opportunities do you have on your frontline to show grace to someone who might be struggling or in need of help? (Think not just about work or home, but also about places like the supermarket or in a leisure pursuit).

Robert shows that he values others by leaving a place as he found it. It is often in the smallest details that the greatest impact can be found. In fact, an attention to the smaller details perhaps demonstrates that the larger, more obvious things are done well too.

6. Do you have examples of leaving a place well, and what difference that made? How do you think this perspective reflects God's justice?

CLOSING QUESTIONS

7. What is there in Robert's story that you most identify with?
8. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?

Jessica

THE NEW MUM



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READ THE BIBLE PASSAGE 2 CORINTHIANS 1:3–7

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. If we are distressed, it is

for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

FIRST THOUGHTS

In this passage, Paul uses the word 'comfort' no fewer than nine times. In this context, it can also mean 'encouragement' or 'help' (it's from the same word group where we find 'paraklete', a word which Jesus uses to describe the work of the Holy Spirit). The Lord is 'the Father of compassion and the God of all comfort' and, through Jesus, comes alongside us to encourage and comfort us through whatever it is we're going through.

By repeatedly using the same word, Paul is making a very significant point. He had experienced some perilous situations – being shipwrecked, beaten, imprisoned, ill-treated, misrepresented, and rejected – and God had brought him through each one of them. And, Paul says, God used all those experiences. Not one of them was wasted. He was able, he said, to comfort others going through tough times because he'd gone through his own – and God had comforted and helped him every time.

Paul's own example is that, just as we are comforted and encouraged by God, so God can use our own life experiences to help and encourage others going through a range of difficult times.



DISCUSSION QUESTIONS

1. How do you think Paul's own experiences might have provided him with the ability to comfort others? What did he learn about God through all this? What does that suggest about where ultimate encouragement comes from?

As a new parent in lockdown, Jessica was left without much of the help she might have expected to receive. She has, in turn, used that experience to help others going through similar circumstances and to be a comfort and support to them.

2. Can you think of a time when God has used someone else who has been through a challenging time to be a comfort and encouragement to you, or God has used you and your own experiences to help them?

Jessica admits that she often needs to pray for strength when she hardly had the strength to pray. When she was finding things difficult, Jessica constantly reminded herself throughout the day that Jesus came to serve and not be served and to die for her.

3. Are there key truths about God that help you on your frontline?

Jessica demonstrated vulnerability and compassion in sharing her story, which helped her and others when she started the online group.

4. What are the good things that might come from demonstrating that kind of vulnerability? What are the risks and how might you minimise them?

Being a new parent is hard work. Parents have a huge responsibility for this new life, being in constant demand all while experiencing less sleep than they've likely ever had. And there are no instructions. It's even more demanding when you don't have any of the support networks you would normally rely on to get you through.

Jessica set up an Instagram account to support other new mums. This led to being able to give advice and practical help to those who most needed it.

5. If you use social media, how do you view your role in that community? What opportunities does it provide for you to give loving service, encouragement and comfort? How can you be a comforting presence there?

CLOSING QUESTIONS

6. What is there in Jessica's story that you most identify with?
7. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?

Mark

THE BUSINESS OWNER



WATCH THE VIDEO

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READ THE BIBLE PASSAGE MATTHEW 20:25-28

Jesus called them together and said, 'You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave – just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.'

FIRST THOUGHTS

Jesus sets the gold standard for leadership. Instead of lording it over others, it's about how you can serve them. Whoever wants to be great must learn to have a servant heart. Jesus' own example shows just that: the Son of God came not to be served but to serve, and to lay down his life for others. That's the model for all of life as a follower of Jesus. It's not hard to see how this same principle of servant leadership could apply to CEOs, managers, and business owners.

A company's culture can be either healthy or unhealthy. Staff and customers are either treated well and with respect or treated poorly and taken advantage of. The priorities of the manager or business owner often shapes the culture. So, if the boss is a workaholic devoted to the bottom line, the way they treat their staff will reflect that. If they respect their employees and seek their good, that will create a positive environment where people can flourish.

That's the culture Mark nurtures. For him, customers are not just opportunities to earn income, but people to serve with the solutions they need. He also seeks to look after his staff and see them grow in their roles. Not many of us will be business owners. But we do use businesses who provide us with goods and services.



DISCUSSION QUESTIONS

1. What examples of great care – to both staff and customers – have you experienced?
2. In what practical ways might someone be able to show Jesus' model of service in their work?
3. What do you think are the difficulties and risks for Mark as a Christian business owner?
4. Do you agree or disagree that those with responsibility set the tone for the way others are treated and things are done? What other factors might be involved? How can someone in a non-management position also help to mould the culture of their frontline?

Some of us will have experience of owning a business, having employees, or being in a position of responsibility over others. Mark is keen to help his staff improve, giving them opportunities to learn new skills.

5. How generous do you think you are with your time and skills? Not only sharing what you've learnt, but allowing others to shine? What are the barriers to this? What might you be able to do to overcome this?

Mark also models humility in recognising when he's made a mistake and owning up, even if it costs him. In this way, he's not just modelling godly character but also shaping the culture of his business.

6. What are the barriers to confessing when we have made a mistake at work? What happens when people don't – or don't feel they can – admit mistakes? What happens when that kind of culture exists?

CLOSING QUESTIONS

7. What is there in Mark's story that you most identify with?
8. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?

Rich

THE BARISTA



WATCH THE VIDEO

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READ THE BIBLE PASSAGE COLOSSIANS 3:22–24

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

FIRST THOUGHTS

The church in Colossae was made up of people from all walks of life and circumstances – men and women, young and old, slaves and slave-owners. Paul's letter shows that, whatever our situations, we're called to live differently to the world because of Jesus. Christian teaching was counter-cultural in so many ways, not least in the world of work. Whatever our role, our first priority is to God. It is him, above all, we aim to serve and please wholeheartedly.

As Christians, we are to work with all our hearts at what we're doing, not just when the 'boss' is looking and a pay rise (or reprimand) might be on its way. Ultimately, we're working for the Lord. It's his opinion that matters most. And our lives are designed to show to others who he is through how we live – including at work. This attitude frees us to see our work as something more – an act of worship, pointing to God.

Rich works hard in the coffee shop to provide a warm, welcoming place for both customers and staff. He aims to make every cup of coffee he serves lovingly and with care, seeing this good work as a way of honouring God with his very best each time.



DISCUSSION QUESTIONS

1. So, how do you make coffee to the glory of God? What do you think about the idea of work as an arena for worship? How might seeing it like this shape how you approach your work (or whatever your frontline is)?

2. If you are in employment, what kind of attitudes to work do you encounter in others around you or, indeed, in yourself? How at risk are you of acting in a particular way because the boss's eye is on you?

Rich's approach to making coffee enables him to view each customer as an individual, with their own needs and concerns, to be served to the best of his ability.

3. On your frontline, what opportunities do you have to do work that honours God and blesses others? What challenges hold you back from doing that?

4. How might 'just little things' actually be opportunities to show love and concern?

5. Many workplaces have times of stress and busyness. How can we pray for and seek to help those whose work is often difficult or stressful?

Working in this kind of way is not always easy. Days can drag, and customers or colleagues can treat us badly. Work can be frustrating and it can be hard to maintain a 'work as worship' approach.

6. How might the perspective of the Bible help you build resilience into your work so that you are able to treat others kindly and act wisely in your situation? What practices could you develop to remind you that God is the one you aim to please?

7. If you regularly use a shop or business, how could you seek to be a blessing and a God-honouring presence to them and other customers?

CLOSING QUESTIONS

8. What is there in Rich's story that you most identify with?

9. Reflecting on this discussion, what area of fruitfulness on your frontline do you think God might be prompting you to develop?