



Follower of One

# MARKETPLACE *Mission* *Trip*

A  
Two-Week  
Mission  
Trip  
to  
*Your*  
Marketplace!

# Follower Of One

**Follower of One** is an online community of workplace Christians who want their daily life to matter for eternity. Our goal is to connect, equip and encourage one another to walk with and serve Jesus full-time regardless of our occupation or life situation.

We want to put our faith to work. Talk is cheap but practice builds habits. We think of our mission field as wherever we spend our time, at work or at home, as a business owner, paid employee, retiree, student, or a stay-at-home parent. We can even minister to others while working remotely, or going through a job transition. Jesus gives us joy as we answer the call to serve others regardless of our situation. Since our situation is our mission field, what better place to go on-mission.

That's why we created the Marketplace Mission Trip.

The Marketplace Mission Trip is a two-week exercise to practice being a minister at work. On a typical mission trip, we use these brief messages, videos, and video conference calls to help you walk in the joy of working with Jesus full-time. We practice five daily activities to experience Jesus first-hand. The five activities which we talk about in the messages that follow are 1) Pray, 2) Appreciate others, 3) Know what we believe, 4) Serve others, and 5) Speak for ourselves. As you intentionally practice these activities and as you take direction from Jesus each day, you will experience joy and renewed passion to serve others. Your joy and service will make Jesus visible to your coworkers, customers, friends, and family members.

Follower of One is donor-supported which means the mission trip and the online community do not cost anything to join. We operate on the contributions of people who follow Jesus, and who want to help others experience everyday life walking with and working for Him. To find out more check out our [main website](#), [Mission Trip signup page](#), and [online community page](#).

*I enjoyed the reminder that we should always seek ways to show Jesus in the workplace. Having the ability to be intentional and praying for my co-workers had a significant impact. I had been in ministry for nine years and have been missing seeing God in the workplace. I like that it was a short reminder. I would listen to the podcast on my way to work and pray for my co-workers. Joni W.*



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## Daily Reminders

These items are reminders for these two weeks and beyond. You probably already know this stuff, and we will discuss it throughout these pages, but we feel better putting it here anyway.

1. **Please avoid sharing about this mission "trip" on social media.** We don't want our friends and coworkers to feel like an experiment. Please limit your sharing to close personal friends who will pray for you.
2. **Even when you ask a friend to pray, don't share other's names or circumstances.** Protect their privacy. If you ask someone to pray, ask them to pray for you as you pray for your friends and coworkers. No one else needs the details.
3. **In everything, put others ahead of yourself. Give your life away** ([Matthew 16:25](#)).
4. **Don't quit!** If you drop the ball, don't sweat it! Just keep going. God's grace is sufficient. He will use you!

*It was definitely a blessing to me, and I believe for those around me as well in as much as they were impacted by prayer and changed attitude. Emory R.*

## **Preparation Day 1 - PRAY**

*Thank you for listening to God and joining us for the Marketplace Mission Trip. We hope to jump-start you as you serve others full-time in the name of Jesus. Remember, this goes for two weeks.*

### **Verse**

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!" [Isaiah 6:8 NIV](#)

### **Listen to Jesus**

Jesus is active right now in the life of everyone you know. For the next two weeks, make yourself available daily to do whatever he suggests in the life of everyone you think about or connect with.

### **Start with Prayer**

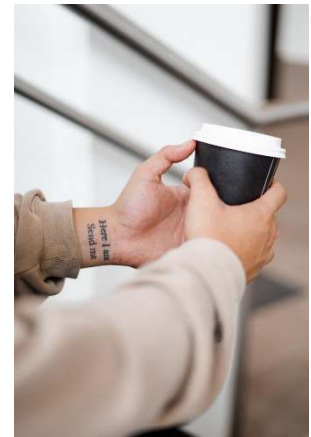
**Pray.** Tell God you're ready. Ask him to put you to work. Ask him to use you to bless the people you meet. When we start with prayer, God will let us see his miracles and he will put us to work! For the next two weeks, concentrate on three prayers daily.

1. Punch in. Start by telling God "Here I am."
2. Thank God for using you in his plan.
3. Pray for everyone you will see, talk to, or meet that day.

### **#1 - Here I am**

Six people in scripture used the phrase "Here I am" or "Here am I" when God called. Review the following verses and think about these stories and these people. They were:

1. Abraham ([Genesis 22:1, 11](#))
2. Jacob ([Genesis 31:11](#) and [46:2](#))
3. Moses ([Exodus 3:4](#))
4. Samuel ([1 Samuel 3:4-11](#))
5. Isaiah ([Isaiah 6:8](#))
6. Ananias ([Acts 9:10](#))



Jesus wants to put you to work, too. In [Revelation 3:20](#), Jesus extends the call to everyone. At the end of the letter to the church at Laodicea, Jesus says, "Behold, I stand at the door and knock."

### **#2 - Thank You**

Gratitude in everything gives God time to act when we are surprised, disappointed or interrupted. How you react will change if you begin each day thankful for whatever

happens. We can be grateful in our circumstances, even in a pandemic! Ask God to show you how to be grateful for everything that happens.

### #3 - Favor for everyone you meet

When you or I speak a blessing to someone, things may or may not happen. But when God speaks, universes appear. Ask God to bless (grant his favor to) everyone you meet. Whether customer, vendor, boss, subordinate, server, family member or anyone who comes to mind, or anyone on your calendar, ask God to bless them and use you!

### Video

Check out our video on this same subject here:



### Closing Thoughts

Pray for others on this mission trip with you. Let them know you're praying for them. We recommend you take this trip with others from your small group or church. Even as you do these exercises, if you feel you dropped the ball for a day, forget it. Tomorrow is a new day. Pray for the people on your calendar and get back on the horse. You can do this!

Remember too, everyone on this trip **will experience spiritual warfare**. Ask God to use and protect every member of your team. Pray for those on furlough or who have lost their jobs, too. Let's be intentional to make ourselves available to God and to pray for everyone we can think of or interact with for the next two weeks. Jesus will use us to point others to himself.

If you haven't done so, check out the [Follower Of One Membership Community](#). Thank you for your service to our Lord.

### Pray - Discussion Questions

1. Do you ever think of your workday as time “on the clock” with Jesus?
2. What are your initial thoughts about “Here I am!” as a way to punch in and get “on the clock?”
3. Read Matthew 11:28-30. Do you notice any similarities between taking Jesus’ yoke and “punching in” with God?

4. Would you say you focus on your agenda, your boss' agenda or God's agenda when you're at work?
5. Can you list some ways the "Here I am" prayer can help you rest in Jesus?
6. Who do you interact with every day? List some names. Remember servers, family and friends, too!
7. Do you regularly pray that God would bless these people? Could you pray more than you do?
8. In the video, Mike goes into detail about thanking God for our negative experiences. What emotion do you feel when he makes that suggestion? What negative experiences tend to cause you to get angry or discouraged?
9. How will you apply this? Do you know someone else on the Mission Trip? Ask them to become a prayer partner and then share some of your notes and thoughts. Pray for one another and ask God to use this time to transform your work.

*It is a great, practical way to spread the word of the gospel throughout your workplace and to the people around you in your daily life without pressure or awkwardness. I loved hearing the stories of others and having the support across the nation from fellow Christians. We need more of these initiatives.*  
Kevin W.



## **Preparation Day 2 – APPRECIATE OTHERS!**

*Our second daily activity is to Appreciate People. It's harder than ever to see others. Think of ways to value others and their interests above ourselves and our jobs or desires. The things we do for others, because we follow Jesus, will last forever.*

### **Verses**

[Philippians 2:3-8](#) Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

[Matthew 6:19-21](#) “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.”



### **Thoughts**

Our “stuff” won’t travel with us to heaven. Eternal treasure must have something to do with the people who join us there. Jesus came to seek and to save us. He laid aside his glory and majesty to come as a humble baby. He went on to live in submission to his parents, learn, grow up, teach, serve, suffer, and die for us. Everything he did was for us. People were important to Jesus. Ask God to make others a treasure: everyone we meet, and everyone he brings to our mind.

### **Appreciate New People Today**

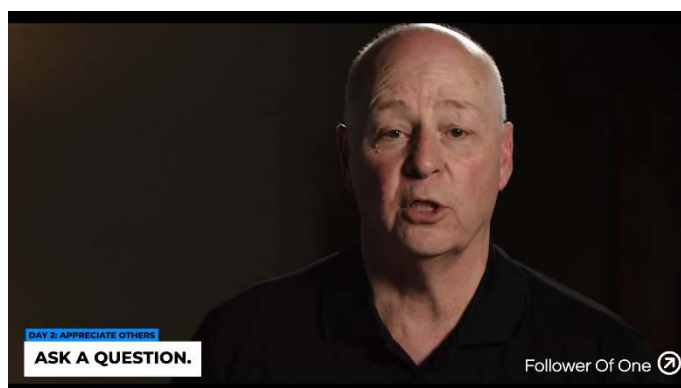
If you think about it, you most enjoy being with people who enjoy being with you. Our friends appreciate us, so we appreciate them. Why not appreciate some new people today? Enjoy them and express an interest in them. Get to know them better. **These people could be your friends forever.** God loves them. Even if you don’t, try to love them. Send a text or an email. Think about and appreciate the qualities God most enjoys about them. God enjoys his creation, including the people you don’t enjoy. Rather than judge people today, try to learn more about them and find ways to enjoy them.

## Ideas for Action

1. Pray again today for everyone you will meet. Who are you forgetting? Notice everyone you can.
2. Send a note to three friends you haven't been around in a few weeks. Tell them you miss them and, if you think it's appropriate, ask them how you can pray for them.
3. Even though we're in the "prep" week, act on whatever idea God gives you during or after your prayer. Make it happen.
4. Ask someone an additional question today. Ask them to stick around on a video call or call them right after the meeting and ask how they're doing. Learn the name of their spouse or their children. What do they enjoy doing now that the pandemic has changed everything? What do they most miss doing? Spend a few extra minutes today learning something new about a few of the people you know.
5. Make notes. Take some time. Ask God to help you remember. Put notes in your contact record in your cell phone. Say a prayer to God for them based on this new information.

## Video

Check out the video to go along with this topic.



## Prayer

Lord, please change my heart. Give me an appreciation for the people I meet. Help me focus on them. Please direct me to others who need a friend. And use my interaction with them so they may see you and draw closer to you. Give me an idea of who I can serve today and what I can do. Use me to make someone else a winner today.

## Discussion Questions

1. How do you react when someone criticizes you or acts like they would rather be someplace else? Think about situations with coworkers, children, patients, whoever you interact with.
2. Would you say your coworkers, or those you interact with, are primarily focused on their own agenda? Or do your coworkers appreciate others and go above and beyond for each other?
3. Philippians 2:3 (NASB) says *"Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves."* What does it mean to you to regard others as more important than yourself?
4. Have you ever caught yourself thinking or talking negatively about another coworker, customer or vendor? What activities do you practice to appreciate others?
5. When you talk with someone, do you catch yourself planning what you will say next, or can you focus on what the other person is saying? What can you do to coach yourself to listen more and talk less?
6. Application - Brainstorm 5 ways you can appreciate others more. And if you think of more, keep going!
7. Now, set a goal. What will you do in the next 5 days? Write out what result you might expect from achieving that goal. If you selected a prayer partner, share your goals with your prayer partner.

## **Preparation Day 3 – KNOW WHAT YOU BELIEVE**

*Please remember to pray again today for the people God brings to mind. We don't meet as many people as we used to. So ask God to bring people to mind and then give them a call or a text message asking how they are doing. Find a way to reconnect with someone today!*

### **Verse**

*And he did not permit him, but said to him, "Go home to your friends and tell them how much the Lord has done for you, and how he has had mercy on you." [Mark 5:19 ESV](#)*

### **Why?**

Can you explain why you follow Jesus in non-churchy terms? When I ask others why they follow Jesus, I often get answers like, "Because he loves me." While that answer is true, it doesn't explain things very well to people who don't follow Jesus.



In our verse, above, Jesus had an encounter with a man filled with an army of demons. Jesus healed the man, but a herd of pigs died in the process. The people of the region didn't want Jesus to stick around, so they asked him to leave. As he was leaving, the man who was freed of the demons asked Jesus if he could go along. Jesus answered in verse 19 above.

Why didn't Jesus let the man come with him? I think Jesus asked that man to stay there because only that man could reach those people. In your work, most of your customers and coworkers wouldn't be very interested in what your pastor has to say. If they did, they'd probably attend your church. But Jesus saved you, and sent you right back to your workplace. He sent me back, too, even though I begged him to put me "into ministry." I later realized we are all called to full-time ministry. But only a few of us need to leave our jobs and go to work for a church.

### **Prepare to Answer**

Over the next week and a half, as you appreciate and serve others, some will ask you why you're doing it. If you stay late to help someone or if you use your own personal time or money to make a difference for someone else, they will ask. How will you answer?

In [1 Peter 3:15](#), Peter tells us to respond with gentleness and respect. To me, the best way to answer with gentleness and respect is to answer in the first person, or to use "I" and "me" statements. For now, think about why you follow Jesus. Make sure you give a first-person answer. Then, ask yourself "Why?" again. If you can ask yourself "Why?"

five times, you'll get to a basic answer that doesn't presuppose the other person is a Christian.

## Make it Quick

Remember, too, most people are in a hurry. They don't want to listen forever. And many won't trust the Bible either. So try to boil this off to a two-sentence answer that can be repeated in less than one minute. You will show the other person you've thought about it and provided a meaningful, reasonable answer that doesn't make demands on them. The Holy Spirit will work on them if you can simply give them your answer. Let them decide if they want more information, and trust God. Plan to give a short answer and wait until they ask for more.

## More Practice is Better

The more you think about and rehearse a two-sentence answer, the better prepared you will be when someone asks.

## Video

Watch our video on this subject for a slightly different take.

## Recap

1. Pray. Pray to punch in each day, for the people God brings to mind, and for the people on the "trip."
2. Ask God to remind you of people you use to only see in the breakroom. Send them an email and ask how they're doing. And pray for them while you type.
3. Practice your answer to the question, "Why are you doing this?" or "Why do you follow Jesus?" Arrange a meeting or video call with a friend so you can each practice. Plan now so you're ready to be asked.
4. Check out the [Follower of One website](#), [daily podcast](#), and [online community](#).



## Discussion Questions

1. Why do you follow Jesus?

2. But why?

3. But why?

4. Did your answers above contain “I” and “me” statements? Or do you need to make an edit below?

5. Read John 4:7-30. Notice what the woman from Samaria told the men in the village (verse 29). *“Come see a man who told me all the things that I have done. This is not the Christ is it?”* Notice how she invites them to investigate for themselves. Does your answer above mention Jesus? Would you say your explanation might cause others to investigate?

Know What You Believe Application - Talk with your prayer partner (from #1 and #2 above) or another Christ-follower and ask them to ask you the question. Get their feedback about your answer and turn the table. Ask them the question and give them feedback, too. Take turns and remember to go one or two steps further. “But why?” Make any notes below.

*I love the daily reminders with thoughtful messaging. I also like that they are short. I appreciate they come in a variety of ways: text, email, video. I like the short daily debriefs via Zoom. This is a great way to keep our faith woven throughout our everyday life. Gentry L.*

## **Preparation Day 4 – SERVE OTHERS!**

*This may be the most difficult activity during the COVID-19 pandemic. Check below for some new ideas, but also feel free to suggest new ideas in an email to me.*

### **Verses**

[Mark 10:42-45](#) - Calling them to Himself, Jesus said to them, "You know that those who are recognized as rulers of the Gentiles lord it over them; and their great men exercise authority over them. But it is not this way among you, but whoever wishes to become great among you shall be your servant; and whoever wishes to be first among you shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many."

[Matthew 14:16](#) - But Jesus said to them, "They do not need to go away; you give them something to eat!"

### **Thoughts**

As we go through our day, it is easy to focus on our own tasks and to-dos. We only see what's right in front of us too. To serve others, let's ask God to show us what he wants us to do.



As we do our jobs, we want to meet or exceed our expectations or the expectations of others. We pursue success, and may think we caught it. But does success mean we get our work done so we can do what we want?

Jesus defines success differently. He asks us to sacrifice our lives to him ([Romans 12:1-2](#)) and take up our cross daily ([Luke 9:23-24](#)). How can we be a slave of all ([Mark 10:44](#))? How can we change our perspective and serve others today? How can we put ourselves in a position to represent Jesus as his agent in our workplaces?

In Matthew 14, the disciples asked Jesus what they should do about 5,000 hungry people when they had no food. Jesus told them, "you give them something to eat," ([Matthew 14:16](#)). They must have thought he was crazy! They couldn't imagine how they could feed 5,000 people with five loaves and two fish. Jesus gives them a challenge that applies to us in our workplaces today. We can serve others, by serving food or laying down our rights so others might succeed. Even when we think we have nothing, we can give others something if we get that "something" from Jesus!

### **Serve Others - Ideas for Action**

As we mentioned before, you most enjoy being with people who enjoy being with you. Who do you miss? Reach out to them and tell them. But also, think of new people, too. Send a few more emails and text messages today. Tell people you haven't seen in a



while that you thought of them, you're praying for them, and you miss them. Ask a couple of questions, too.

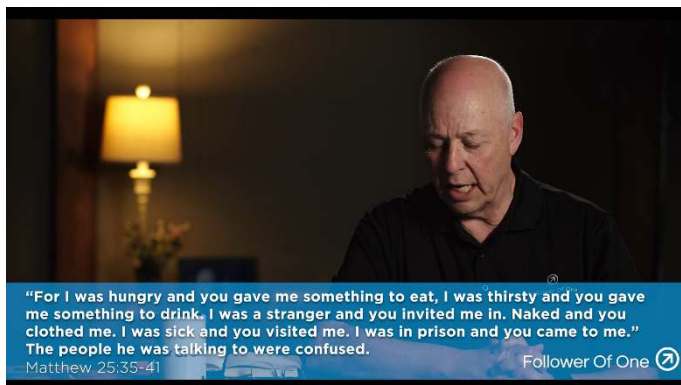
Whoever pops to mind, figure out a way to get to know them better. **They could be your friends forever.** God loves them. So, rather than judge people today, ask God to guide you to learn more and look for ways to serve and enjoy others.

## Video

Check out the video we created that also talks about this same topic!

## Prayer

Lord, please show me who to serve and how to serve them during this pandemic. Give me a unique idea for how to bless someone. And please encourage and energize me to go above and beyond my own job to help others know you. May I represent you and your kingdom today regardless of my own limitations.



If you have questions, contact me at (918) 899-4239 or [mike@followerofone.org](mailto:mike@followerofone.org). Please pray for the others on this trip. Prayer makes all the difference. We have been and will continue praying for you. We're excited to see Jesus work through you in the lives of your friends.

## Serve Others - Discussion Questions

1. Sally (not her real name) walked into the breakroom of her technology company only to realize she forgot to pack her lunch. There was a new coworker in the breakroom, eating some small things that didn't look much like a meal. Sally said, "I just realized I forgot my lunch. Would you like to join me? I'll buy." So, Sally and the new employee went to lunch. At the lunch, Sally found out this person had been unemployed for a while and was actually very hungry. She was blown away at the opportunity God gave her to be a minister to this person. Have you ever had a story like this one when you listened to God and served someone without even realizing it? Write about it in the space below.
2. What do you know about the people who work with you the most? Do you know their passions, their joys? Can you do something out of the ordinary that they would enjoy? Write it down.



3. Now set a goal and include a deadline. Ask your prayer partner or another friend in confidence to check with you after the deadline and ask about how you followed through with your goal.
4. What can you give away? Ask God for an idea and write it below. Could others in your small group participate?
5. Mike read Matthew 25:35-41 in the video. Who do you know that is hungry, thirsty, a stranger, needing clothes, sick, or in prison? How can you reach out to them today?
6. Is there someone at your work who could use some help? Ask God for an idea. What can you do in the next week to help someone out? Write it down below and make a note to come back in a week to check and see if you did it.

*I thought the trip was great! To be able to have multiple people join in on the mission and get activated in sharing their faith was awesome. What an encouragement and faith builder to not only the one exercising their faith, but also to those who joined in on the calls as people would share what Jesus did in the marketplace. Luis S.*

## Preparation Day 5 – SPEAK FOR YOURSELF

*If we do this right, after a while, others will ask, "Why are you doing this?" We need to be able to answer in the first person. Practice today as you get ready for next week!*

### Verse

But sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence. [1 Peter 3:15 NASB](#)

### Why are you doing this?

When you go beyond your job description and serve others, they will be curious. In their mind, they will try to explain your actions using worldly motives. "She's just trying to get ahead." But when your service springs from love for Jesus, they won't have an explanation to connect your actions to your motives. Eventually, some will ask, "Why are you doing this?"



### Prepare your answer

Remember we talked about practicing a brief answer using your own words that points to Jesus. Some people may ask us why we're being so nice or why we remembered to send an email. If we say, "I just felt like it," or "God told me to," people won't understand our true motive. They'll think you're strange and drop the subject.

Now, because of the mission trip, try instead to say something like, "I wanted to do something for you because Jesus changed me. I want my faith in Jesus to matter every day." While this might feel or sound awkward, it is accurate and honest. Your friend's mind will stretch to think about your answer.

But don't let me put words in your mouth. **Make this your answer.** Give your reason in the first person. Ask God to give you a humble answer that glorifies him. Avoid giving instruction. Simply state your reason. That's what we mean when we coach you to speak for yourself. **Make it brief but also make it point to Jesus.** And if they want more information, they're free to ask for it. If they ask more, answer more, as naturally as possible.

### Put Yourself in Their Shoes

As an exercise, put yourself in their shoes. Pray and then ask yourself the question and speak your answer out loud. Ask another Christ-follower to give you feedback. Write your answer down. Does it sound reasonable to you? Ask yourself a second time. Practice. Repeat your practice until you're comfortable. Try to get where you can explain your actions reasonably to someone who thinks Jesus is no more real than Santa Claus

or the Easter Bunny. The more you practice answering the “Why?” question, the more natural and confident you’ll feel when you have these conversations.

## Your Answer with Conviction

In [1 Peter 3:15](#), the first phrase is, “but sanctify Jesus as Lord in your hearts”. When we sanctify Christ as Lord, we set him apart as Lord. We know why we trust him as Lord. Once we convince ourselves, then we’re “ready to make a defense to everyone who asks.”

## They Will Ask

Did you notice something else? Peter says they will ask. Unless you feel leading from God, you need not volunteer anything. Quietly and humbly serve. If no one ever asks, we know Jesus is in charge. We will receive a reward for doing what he told us to do. We don’t have to twist the conversation or try to manipulate the conversation. Let’s give our lives away because we know Jesus is Lord. When we do, people will ask.

Take some time and practice your answer. Use “I” and “me” statements. Be certain, Resist the temptation to tell someone else how to get to heaven. Explain the hope in you because you know Jesus. God will give you the words and you will bless others if you can wait until someone asks. And then, **speak for yourself**.

## Video

Here's today's video, too!

## Action Items

1. Pray. Pray to punch in each day, for the people you will meet, and for the people on the "trip." God is actively working in others’ lives. Ask him to let you join him!
2. Practice. Think about why you believe and practice your two-sentence answer.
3. Think about ways you can serve others next week. We will talk about how to make time in your schedule and how to improve your relationships through appreciation and Spirit-led listening.
4. Get some gift cards, thank you notes or something to show gratitude and appreciation to others. We will encourage you to show appreciation and serve others in new ways next week. Get ready now!



## Speak for Yourself - Discussion Questions

1. Did you work on your personal story from our episode Know What You Believe? Have you had a chance to explain that to someone so far during this trip? If so, please share with those in your group or write a few sentences about the experience below.
2. Have you ever had a conversation about faith in the workplace? Recap that conversation here for your memory.
3. Do you think people want to talk about spiritual things? Why or why not?
4. On one of our mission trips, a man we'll call Mark worked all week with another person. Both had traveled and worked for a large company. They would probably not meet again due to their work. During the week, Mark found out his coworker was an atheist. So, he began praying. He felt God challenge him to give his Gospel Bracelet to this person and the last evening and the final day they were together, he continued to pray. At the airport, as they were getting ready to go their different directions, Mark told the friend he wanted to give him this bracelet. The friend accepted and as Mark was helping him put it on, the friend asked, "What do these colors mean." The bracelet was designed to represent different verses about the Gospel. As Mark explained to his friend, he explained our creation, the fall, and how Christ came and died in our place for our sins. Who comes to mind that you hope to speak with?
5. Share your one or two sentence answer to the question, "Why are you doing this?" Talk with your prayer partner or another Christian about how they answer the question. Practice. Write your answer here as practice, too.

*Absolutely loved it. The zoom calls are amazing to connect to others on the trip.*  
Laurenda R.

## Preparation Day 6 – WEEK 1 WRAP-UP

***He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'" [Luke 10:27](#)***

Take some time today to work on your answer to the "Why?" questions. Remember to ask yourself "Why?" five times, or more. Practice until the answer is natural. Picture yourself talking to a friend or coworker who asks, "Why are you doing this?"

Let's serve others because of Who we follow, and give a simple, clear answer. **If you pray for people, and serve them because you follow Jesus, the rest is up to God.** One day, we may see what God caused by our actions. But even if we don't see it, we can trust Jesus.

On Monday, remember:

1. Pray. "Here I am! What do you want me to do?" And then follow that with praying for everyone you will meet. Ask God to show you how to serve them so he might become visible. "Pray without ceasing." [1 Thessalonians 5:17](#)
2. Appreciate others. Do a great job. Ask God to help you show appreciation. God handmade everyone you will interact with today. Be thankful and let your gratitude to Jesus flow over into all of his creation. "Love your neighbor as yourself." [Luke 10:27](#)
3. Know why you're doing this. Practice your answer and ask God to guide you. "be prepared to give an answer"; [1 Peter 3:15](#)
4. When you get an idea, do it! Don't study it. Screw up in gear this week. Make yourself available to Jesus for his glory and watch him work. Be a doer of the word. ([James 1:22](#)).
5. Wait to be asked. That's right. They will ask. (Check out [1 Peter 3:15](#) again.) You don't need to try and force Jesus into every conversation. Just trust that he will do his job while you're doing yours.

Expect God to direct you this week and watch him work.



*Would you like to keep this trip going? Check out the Follower of One Podcast. We offer a daily five-minute episode to help you keep this trip going.*

## **Action Week Day 1 – GO!**

*Jesus doesn't command us to go as much as he knows we will. You are always somewhere. Even if you can't "go" during this season with the Coronavirus, your "here" is different than mine and the people you interact with are different, too. Wherever you are today, represent Jesus and join him in his work. Practice the daily activities: Pray, Appreciate, Know, Serve and Speak!*

### **Verses**

[Matthew 28:19-20](#) "Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age."

[Matthew 10:42](#) "And whoever in the name of a disciple gives to one of these little ones even a cup of cold water to drink, truly I say to you, he shall not lose his reward."



### **Go and Make Disciples**

There's a note in the New American Standard Bible, on [Matthew 28:19](#) on the word "Go" that says an alternate translation is "having gone." Bust the notion you must travel to a foreign land. Wherever you go, make disciples.

But "going" has changed lately. Commutes are different. Everything is different. Remote work or school, or maybe even furlough or unemployment are the new norm, at least for now. Today, our idea of going is different than it was just a few weeks ago.

We let go of our ideas of going, and we need to let go of any stereotypes about making disciples, too. You probably won't baptize anyone today or have a discipleship class on a Zoom call either. A disciple is a student. A disciple of Jesus follows Jesus and learns from him.

The first step in making disciples is to live as a disciple. Let your light show life following Jesus ([Matthew 5:16](#)). Each person follows their own path to Jesus. When we draw near to him, we experience his life and his light becomes visible to us and others. We bring his kingdom into our workplaces. And our friends choose freely to follow Jesus and learn from him by seeing us do the same.

***Everything we do to help others move one notch closer to Jesus matters. Even if we only give a cup of cold water because we belong to Jesus, it matters.***

### **Ideas for Action**

1. Remember the **Five daily activities: a) Pray, b) Appreciate others, c) Know what you believe, d) Serve others and 5) Speak for Yourself.**

2. God is in charge of your ministry today. Who does he want you to reach out to? Who does he bring to mind? Ask Him to give you the gift of **empathy** for each name he brings to mind. Think about who you would see if you were at work. Ask God to show you ways to help them succeed even while you're separated. He will give you ideas of ways you can make someone's life better. When you get an idea, act! Don't give yourself an excuse!
3. Prepare. Make some time in your schedule. You will be interrupted. Take your commute time and use it to read this and watch the videos. Make plans now!
4. What kind of gift ideas is God giving you? Take some time now to purchase a small gift card for someone.

## Video

Check out our video on this topic, too!

## Prayer

Lord, please help my coworkers, customers, friends and family grow and enjoy life today. Help me act trusting you, no matter what ideas you bring to mind. Help me live my life and do my job in a way that makes others want to know you more. Please use me to draw them to you. Make me aware of what you want me to do! Please make yourself at home in my heart and may I represent you and your kingdom today in any way I can. You're in charge. I will do what you say.



## Daily Reminders

These items are reminders for the week and beyond. These are repeated here for a reminder. They're also listed in the front of the workbook.

1. **Please avoid sharing about this mission "trip" on social media.** We don't want our friends and coworkers to feel like an experiment. Please limit your sharing to close personal friends who will pray for you.
2. **Even when you ask a friend to pray, don't share other's names or circumstances.** Protect their privacy. If you ask someone to pray, ask them to pray for you as you pray for your friends and coworkers. No one else needs the details.
3. **In everything, put others ahead of yourself. Give your life away.** (Matthew 16:25).
4. **Don't quit!** If you drop the ball, don't sweat it! Just keep going. God's grace is sufficient. He will use you!

If you have questions, contact your group leader, or send an email message to [MissionTrip@FollowerOfOne.org](mailto:MissionTrip@FollowerOfOne.org). Please pray for the others on this trip. Prayer makes all the difference. At Follower Of One, we pray daily for all of Jesus' followers who are



on a marketplace mission trip. We're excited to see Jesus work through you in the lives of your friends.

## **Go - Discussion Questions**

1. Take a look at the Great Commission in Matthew 28:18-20. Notice Jesus begins this with the statement that all authority in Heaven and on Earth has been given to him. Why do you think this is important?
2. Mike talked about how the word "Go" could also be translated "as you go" or "having gone." Where do you "go" most days? Do you work remotely since the pandemic began?
3. Can you explain what you think about when you hear the word "disciple?" What does it mean to make disciples?
4. Who will you interact with today? List some names?
5. Realize that when you tell God, "Here I am, send me," he will put you to work. You're on the clock. Then, as you pray for the people on your calendar, or the people in your workplace, or your customers or vendors today, note the ideas God brings to your mind. Write them here.
6. How can you execute on one of these ideas today? What will you do, and by when?
7. Share your answer with someone. Take some time to pray for one other Christian and the goals you each set for your week.



*The daily practical activities bring front-of-mind intentionality to our mission as followers of Christ - very helpful. Warren L.*

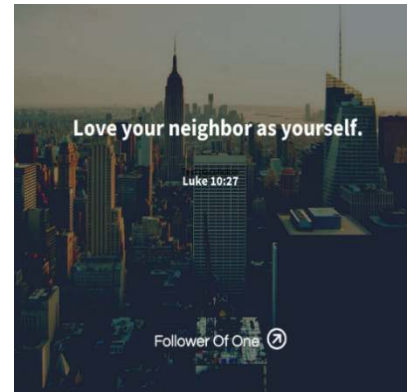
## **Action Week Day 2 – MAKE TIME FOR OTHERS**

*Marketplace Ministry will take some time. Genuine love equals quality time. Prepare to be interrupted if you plan to love people as you would love yourself. As you practice the Five Daily Activities today, put some time in your schedule. Make some slack and get ready to be interrupted!*

### **Extraordinary People**

Every person you meet is someone Jesus came and died for. You never met an ordinary person.

However, I confess I often think so much about myself that I fail to notice other people. I forget names. I think little about the people I see every day, much less the ones I only see once. This is even more difficult now that we're all socially separated.



Jesus gave us two jobs. Love the Lord your God with all your heart, soul, mind, and strength, and love your neighbor as yourself ([Mark 12:29-31](#)). Unfortunately, without help, I think much more about myself than anyone else.

### **Time = Treasure**

We make time for important things. If you knew Jesus would feed 5,000 people or let you walk on water, you would be there. But since you don't know when Jesus will act, we need to be ready. Reading these messages take time. Praying for and serving others takes time, too.

### **Come to Work Early**

How can we prepare? One idea is to **get ahead in your own job**. Are you always up against a deadline? Since the pandemic began, we're either very busy, or trying to figure out what to do next. What if you started work early? Or what if you volunteer to do some extra work to help a coworker? Either way, **get ready!** Work from the beginning of your commute until the end for the next week and pick up some extra time. Then invest the extra time to minister to others. It may be coworkers and customers or it could be family. Look for Jesus. Listen for him to give you ideas. Everything you invest in others for Jesus' sake will be rewarded!

*One Note: Do not abuse your employer's or your team members' time. Send a text or email and let them respond when convenient. Go the extra mile to make sure you only use personal time and resources to serve others.*

### **Make Others Successful**

Use your time to make others successful. When we trust and follow Jesus, our success is eternal. But often God begins with smaller challenges. And those smaller challenges

help us show respect and earn trust. **Expect God to use you to solve problems.** Helping takes time. Make your coworkers and your employer successful. Any action over or above your job description will cause others to question. Unmerited appreciation of our friends is one way we model the unmerited favor and grace given to us by Jesus.

What ideas pop into your mind for your context? Could you take a dozen donuts or some bread and disinfectant to a friend's house? What about leaving a huge tip on a takeout order. Call a coworker and ask how they or their family members are doing. Send a coworker's child a birthday gift or a get-well card. Ask God to give you an idea and then DO IT!

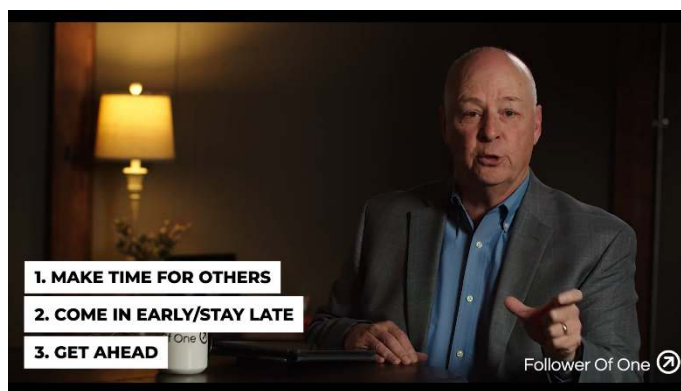
**Make time.** Don't miss the opportunities God gives you. **Ask God to show you what you can do now so you have more time to help others later.** You'll be glad you did!

## Video

Check out this video that talks about this same topic on our YouTube channel!

## Recap

1. **Pray.** Use your commute to punch in each day, thank God, and pray for the people you will meet, and for the people on the "trip."
2. **Make time.** Create margin in your schedule so you can watch and listen. Ask God to help you appreciate people.
3. Remember the five Daily Activities: a) Pray, b) Appreciate others, c) Know what you believe, d) Serve others, and e) Speak for yourself. Ask God to show you how to practice these activities today so that he becomes visible!
4. If God gives you an idea, figure out how to act! Don't rule out ideas that seem out of the ordinary.



Again, if you have questions, contact your team leader. If you're doing this on your own, feel free to send a note to [MissionTrip@FollowerOfOne.org](mailto:MissionTrip@FollowerOfOne.org). And please pray for the others on this trip. Prayer makes all the difference.

## Make Time - Discussion Questions

1. Who is the busiest person you know?
2. Why are you busy? What takes up most of your time every day or week?

3. You probably don't waste a lot of time. But you may delay hard, important things for easy, urgent ones. What is something that needs to get less of your time?
4. On one of our first mission trips, a man made the time to leave a gift on another teammate's desk. The next day a great conversation took place because of that simple act. List a couple of ways you can make an extra 5 or 10 minutes in every day.
5. In Matthew 11:28, Jesus says, "Come to me all you who are weary and heavy laden, and I will give you rest." How does this verse affect how you organize your daily activities? What changes if you trust Jesus?
6. Do you ever try to get work done early so you can have capacity to help someone else? Imagine Jesus will be at your workplace later today. What can you finish early so you can be interrupted?

## **Action Week Day 3 – LISTEN!**

*Expand your appreciation of others. Actively listen and notice things more than you normally do. Ask people their thoughts and then ask them to tell you more. Listen longer. Expand your appreciation of others and look for ways to serve as you listen to your coworkers.*

### **Verses**

[Mark 10:51](#) And answering him, Jesus said, "What do you want Me to do for you?" And the blind man said to Him, "Rabboni, I want to regain my sight!"

[James 1:19](#) This you know, my beloved brethren. But everyone must be quick to hear, slow to speak and slow to anger;

### **Thoughts**

As Jesus walked down the road, a man called out to him. Jesus asked him what he wanted. Earlier in Mark 10:41, Jesus asked James and John what they wanted and they wanted to be the top people in the kingdom of heaven. Jesus grants the blind man's request for vision. How often do we see Jesus asking, or listening to what others want?



Sometimes, people around us don't know what they want, or they want something harmful to themselves or others. Getting to know people so we can serve them well takes time. Double up on your listening and appreciation today. Send some more emails or texts and ask people how they are doing. Ask how their family members are doing. Listen for opportunities to do something out of the norm. **Practice "Tell me more..."** Don't just reply with, "Okay, thanks." Ask them another question. They may wonder what you're up to, but be genuine and don't ask them for anything or try to talk them into something. In email, everyone is a bit more skeptical, so focus on genuine help and prayer. Ask God to give you genuine appreciation and strive for empathy. Notice, appreciate and serve others so they might see Jesus.

If you're talking live or on a video conference, don't engineer a "Jesus-sighting." Rather, listen to and serve others and let the Holy Spirit do his work. He will make Jesus known through you as you appreciate others. Also, your listening will show people your genuine appreciation and it will encourage two-way dialog. Watch for how Jesus uses your listening to encourage others to open up to you and ask you more about your motives and actions.

## Listen - Ideas for Action

1. Ask God to use you in someone's life. Then be quiet. **Listen to God first.** Then, watch for God to answer this request and expect it. And when he answers, act!
2. Today, ask God to show you who to know better. Send an email or a text and ask genuine questions. Learn about hobbies, activities outside of work, or family members and interests. Listen for anything you can pray about. Practice being sensitive to God's leading. **Focus on genuine interest.**
3. Follow up with someone from earlier in the week. If they say something will happen in a month, put it on your calendar or add a reminder to your smartphone so you can ask them about it again.
4. **Do whatever God brings to mind today.** Don't second-guess. Just do it. Ask God to show you how to serve others. Maybe you can have lunch or pizza delivered to a friend. Volunteer to help with extra work. Write notes for a meeting you attended and email them to the people on the call. Do something others wouldn't expect.
5. Find someone to whom you can **express genuine appreciation.** You can't purchase treats for the office right now, but you might be able to take a few minutes to send some additional notes and emails. Let God guide you.

## Video

Check out the video we created to go along with today's idea.

## Prayer

Lord, please help me listen. Help me let others talk on video calls. May I show genuine appreciation for my family members, too. May I be a blessing to my family and my coworkers. Show me how to be a blessing to everyone. Give me a unique idea for how to bless someone. And please encourage and energize me to go above and beyond to help others know you. May I represent you and your kingdom today wherever I am.



## Listen - Discussion Questions

1. Would you describe yourself as a good listener? Explain your answer.
2. In your workplace, how often would you say you ask your coworkers questions about their thoughts and opinions? What about their family or hobbies?

3. How often would you say that you ask someone to “Tell me more?” Are you satisfied with that answer?
4. Rate yourself on how well you remember what you’re told. Can you remember details about your coworker’s hobbies or interests?
5. Do you know the names of the family members of your closest work associates? Write a few below.
6. Spend a few minutes in quiet prayer. Ask God to give you ideas of questions you can ask your coworkers and write them down.
7. Now, set a goal. When will you ask these questions to your coworkers? What will you do when you reach your goal?

*Marketplace Mission Trips cause us to have in the forefront of our minds/hearts that we as Followers of Jesus Christ, are always on Mission. There is not a time when we are not called by God to be the Hands and Feet of Jesus. Even when we are alone or about to fall asleep or waking up in the morning, we can be praying for others. Marketplace Mission Trips help us recognize God's intent for our day-to-day. He is working to put people in our paths; it is only right that we have His heart how He wants us to interact, engage and serve Him as we serve others. Bonnie M.*



## **Action Week Day 4 – DELIVER EXCELLENT WORK**

*Do everything with excellence. Low quality work is selfish. God will make a way. Commit to excellence and ask God for direction.*

Remarkable faith produces remarkable actions. Your actions testify about your faith.

### **Mission Trip as Offering**

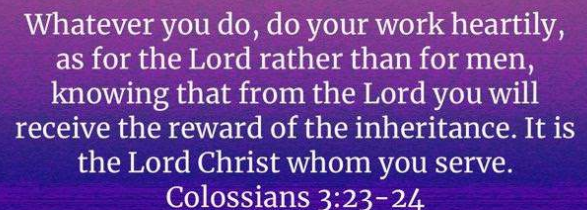
Since we know God causes all things to work together for good ([Romans 8:28](#)), we're free to give more than we're asked and to put others ahead of ourselves. If anyone has something against you, make that right before you move on. Your service to others both now and later is an offering. Give your time, energy and resources to Jesus. He will use your offering for his glory.

***"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering."*** [Matthew 5:23-24 NASB](#)

So before you offer yourself one more day on the marketplace mission trip, ask God if any of your coworkers, customers, students, vendors, family, or friends have anything against you. If God gives you any ideas, stop right here, confess your wrong and work transparently to make it right. Your commitment to living an obedient, transparent life will have a greater impact on your mission trip, and on others, than anything else.

Maybe you're good with your coworkers, but after a month of working from home, your family is ready for you to leave. Every relationship matters. Genuinely ask God to show you where you need to act. Then do what he says!

This step is difficult for many, including me. Even if I can make something right, following through and making it right may be very complicated. And there are previous jobs and situations I can no longer make right. However, ***"If possible, so far as it depends on you, live peaceably with all."*** [Romans 12:18 ESV](#).



Whatever you do, do your work heartily,  
as for the Lord rather than for men,  
knowing that from the Lord you will  
receive the reward of the inheritance. It is  
the Lord Christ whom you serve.  
Colossians 3:23-24

### **Make it Right**

Excellent employees, associates, providers, suppliers or team members have the best chance to maximize their witness. So do excellent fathers, husbands, mothers, and wives. We all resist mediocre performance. Paul's warning to the slaves continues in [Colossians 3:25](#). If we do anything wrong, we will receive the consequences. Make amends in your relationships as much as possible. Do this before next week. Otherwise,



you may find yourself embarrassed as you work through your own performance issues before you can glorify God.

## Action Items

1. **Pray.** Remember to punch in each day. Then pray for the people you will meet, and for the people on the “trip” with you.
2. **Make time and Listen.** Act on anything Jesus suggests when you're praying.
3. **Excellence.** Build quality relationships at work and at home. Be present in every relationship. Make amends where directed. Everything you do as a Jesus-follower counts.
4. **Be Generous.** Give some thank you cards or make some calls. If you can buy treats for the office, do it. But if not, ask God to show you what to do. Generosity shows appreciation and helps people trust you enough to serve them.

## Video

For a bit more on this subject, watch this video on the Follower of One YouTube Channel!



## Prayer

Lord, please show me how to give away parts of my life to make my coworkers, customers, family and friends successful. May I please deliver quality work and build quality relationships. Show me where I need to improve. Help me live my life and do my job in a way that makes others want to know you more.

## Discussion Questions

These items are reminders for the week and beyond. You already know this stuff, but we feel better repeating it anyway.

1. What can you do better? Pray and ask God how you can improve your work quality. Or ask your boss or your customers what you can do better? Write your answers here.
2. Now, write down the action steps you can take to improve.
3. Set another goal. When can you make these improvements? What will your job and your workplace be like when you reach your goal?

4. What can you do outside of your regular job to help others succeed? Who in your workplace could use some help? What is your plan to help them, or to find out how to help them?
5. Which of the actions from the question above can you do in the next week? Keep asking God. He has something you can do in the next day. What is it?
6. Imagine time or money are no object. Now which actions come to mind? Could God be asking you to go immeasurably beyond (Ephesians 3:21) what you could ask or imagine? Write your thoughts
7. Share these answers with your prayer partner, or your small group. Focus on actionable things you can do in the next few days.

## **Mission Trip Day 5 – BE READY!**

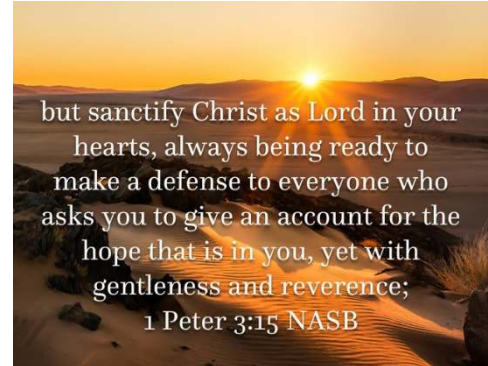
*On our final day, may we be ready and continue. God will do what he will do. He is in control. But when we're ready, we're in position to take part in his work and experience his miracles in our world.*

### **Verses**

[1 Peter 3:15 \(NIV\)](#) - But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.

### **Thoughts**

Remember your exercise from last week where you explained why you believe in Jesus? More practice won't hurt. Ask yourself "Why?" and then practice giving an answer. Then, ask yourself why again. When you're alone, think about why you believe in Jesus and ask God to bring those reasons to mind. Thank God for those reasons, too!



The more prepared we are to "give the reason" for our hope, and the more personal our reason is, the more natural the conversation will be. Practice. If you have Christian family members or coworkers, ask them why they believe. Start a dialog on this topic. Prompt one another to suggest other reasons you believe. Take turns explaining your faith to one another. You will appreciate God more and get used to sharing why you believe and why your beliefs affect your actions. Remember to resist quoting the Bible or famous pastors. Explain your own beliefs using first-person pronouns (I and me). To me, that's the modern-day version of "with gentleness and respect." Just speak for yourself.

### **Be Ready - Ideas for Action**

1. **Ask God to bless your coworkers, customers, and friends today.** This single habit will transform your attitude about work and your career.
2. Have you met some other Christ-followers at your workplace? Pray for them and invite them to join you on the next Marketplace Mission Trip. [Sign up for the next trip now!](#)
3. Thank someone for something they've done or who they are. Write a note or buy a lunch. If you didn't purchase break room treats yesterday, do it today. If you didn't purchase break room treats yesterday, do it today.
4. Remember to take action on anything God has brought to your mind this week. Your mission isn't over. It's just beginning. Continue listen to God and doing what he tells you!

## Pay It Forward

Has this trip been positive for you? Would you help us continue and expand? It costs us money and time to host these mission trips. We want to help you and every workplace believer to enjoy intentionally walking with Jesus in full-time ministry. We want this trip to be free forever, and we hope you take this mission trip over and over, inviting more friends each time.

**Would you pay it forward and [support Follower of One](#) so others can take these mission trips for free? We want this to continue to improve and to remain free to everyone. [Click here to donate](#). Please consider giving \$50 toward the cost of the trip for the next group.**

In the next section, we'll ask you to please visit our feedback page and our donation page again. We know you're busy, but your feedback and support are vital. Thank you in advance!

## Video

Check out the video we prepared on this subject, too!

## Prayer

Lord, please may I be ready. While I wait for you, may I not get lazy, but may I get ready and stay ready. May I explain why I believe in you, and why I have hope. I want my coworkers and customers and give me unique, interesting ideas how to be a blessing. And please encourage and energize me to go above and beyond my job to help others know you. May I represent you and your kingdom today in my workplace?



## Final Thoughts

***Please let us know your thoughts and ideas about this process. What would make you a better marketplace minister? Please make a special effort to give your feedback. We need your thoughts to make this better. No idea is unreasonable. So please respond to the survey.***

*It's simple and flexible. I'm glad there is support for people that are on mission in their daily lives. Jacob L.*

## Congratulations and a New Beginning

### Complete? Reflecting on your Marketplace Mission Trip



You know this mission trip continues until you stop it. Jesus waits every day to join you wherever you spend your time. He stands ready to be your boss, your leader and your companion, directing your actions and your focus. And when you get in line behind Jesus, you see him work his miracles and he gives a sense of purpose and joy regardless of your position.

Jesus calls us to lead. Our confidence in him enables and equips us to serve people in a way that Jesus becomes visible and real to them. The only obstacle to walking on-mission with Jesus next week, or next month, is you.

Want an easy reminder? Sign up for the next [marketplace mission trip now!](#)

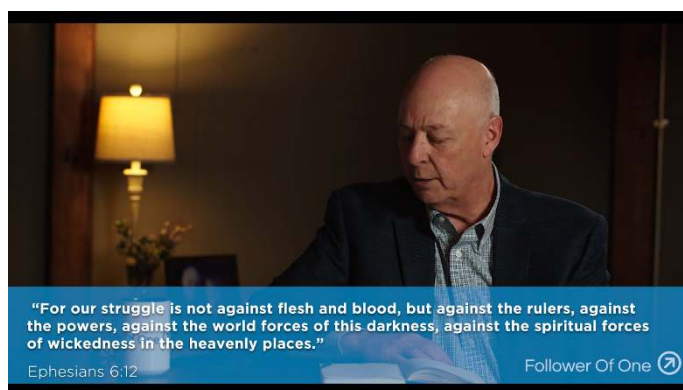
### Keep It Going

Check out this video to keep it going!

### Verses

[Matthew 28:20 HCSB](#) "teaching them

to observe everything I have commanded you. And remember, I am with you always, to the end of the age."



### Reflect

Take a minute and think about the last two weeks. What do you think? What would you tell us about this experience to help us improve? Please give us your feedback. This form provides some structure so we can make future Marketplace Mission Trips better. It will only take 5-10 minutes to complete and it will be a blessing to us.

[\*\*Share My Feedback\*\*](#)

### Action Steps

Please keep your mission trip going. Some ways you can do this involve staying in touch with Follower of One. Some ideas include:

1. **Support Follower of One.** Help us grow this ministry. We want every marketplace Christ-follower to experience a mission trip. [Click here to make a one-time or monthly donation](#) of any amount using a bank account or credit card.
2. **Pray for Follower of One.** Because you took this trip, you will receive our monthly newsletters. Please pray [Luke 10:2](#) that God would use Follower of One to send more laborers into the harvest.
3. **Join our [online community](#).** We share ideas and content and work to equip and energize one another.
4. Finally, **share your thoughts on our Podcast.** [Click here](#) to schedule a time when you and I can talk about your experience. We'll share that information on our Facebook Page and on our Podcast. Even if you've never been a podcast guest before, why not start now! Your opinion matters!

## Thank You

***Thank you for serving Jesus and joining us.*** We want to help you be a full-time minister all the time. If you have questions, contact me at (918) 401-0011 or [mike@followerofone.org](mailto:mike@followerofone.org). Thank you for asking Jesus to work through you in the lives of your friends.

*I love the Marketplace Mission Trip! It helps me to remember that I can make a difference in the lives of the people I come in contact with every day and that every interaction, big or small, is a part of my journey and an opportunity to grow myself and help others.*

*This trip my daughter joined along with me and we watched the videos together. It was a great way to talk to her more about her spiritual journey and hear her thoughts and feelings on how the mission trip can help her with her outreach to her friends, schoolmates, and teammates. Mary D.*