

difference.

THE BOOK

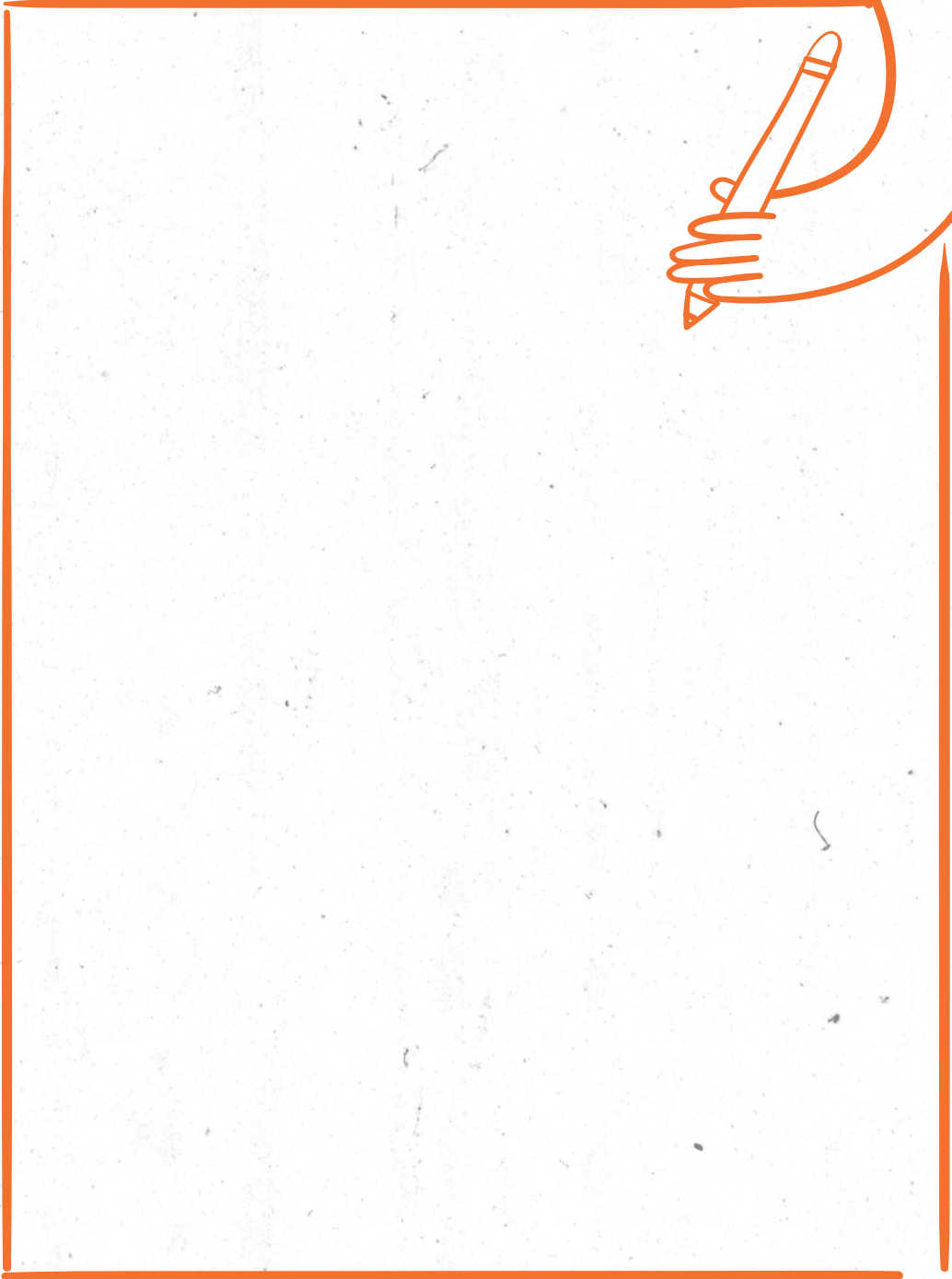
Following Jesus in a world that is
messy, hurting and divided.

difference.

THE BOOK

3

This belongs to...



What is Difference?

Welcome to *Difference* – I am so glad you have this book and are up for the journey.

My name is Justin Welby, and my passion is for followers of Jesus to know they are loved by God and to bring real change to the world.

We live in a world which is divided, hurting and conflicted – and we long for our faith to make a difference. But it can be hard to know where to start. The world is looking for people committed to reconciliation whose actions and words show a new and better way is possible.

During my time as Archbishop, I have chosen reconciliation as one of my personal priorities. I believe it is a call on every human being, and *Difference* is a project that seeks to be part of just that!

Difference started out as a course, exploring what it means to follow Jesus in a world and a church that are struggling to know how to be inclusive, honest, and healing... It is having such a big impact that we are writing a version for you. It's probably not perfect! But our hope and prayer is that as you use it, we will learn more together and improve.

You're a generation that is unafraid of the tough conversations, who care about the pursuit of justice and life's big questions. *Difference* is designed to be a help to you, amidst the wildly dangerous times in which we live, in developing skills in peacebuilding from our family and friends to the world.

I know that in any conflict, especially those I care about a lot, I need to find ways of reducing tension, having productive conversations and building bridges to those I disagree with. It is hard to know how to handle conflict, differences, fear of saying the wrong thing, and the ups and downs of friendships.

We all need the opportunity and support to build good relationships with ourselves, our peers and the world around us.

Through *Difference*, you will have a chance to develop three habits, as seen in the life of Jesus, that will help you in your relationships with others and to navigate difficult situations that may come. These habits are: Be Curious, Be Present and Reimagine.

The pages that follow are filled with stories, activities and space for reflection that will give you the tools and skills in your everyday encounters with others. When put into practice, you'll see the world around you flourish!



← FROM
ARCHBISHOP
JUSTIN WELBY



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HI, MY NAME
IS JESSE!



A while ago I read Archbishop Justin Welby's book *The Power of Reconciliation* and through it, I learnt three things about reconciliation that I'd love to share with you.

The first is that peace is not found by avoiding conflict but by disagreeing well. Avoiding problems often makes them worse in the long run, but jumping in head first to a conflict isn't helpful either. When you reconcile with people, it's good to take time to clear your mind, and then think of ways that can restore the relationship so that you approach the situation with a mind that wants to solve, instead of destroy.

The second is that we must reconcile with ourselves, as well as reconcile with others. It's important to accept yourself as you are, knowing that you will not be perfect but you can take accountability for any wrongdoing you may have done.

When we are not at peace with ourselves, it can cause inner conflict and that sometimes overflows onto the people around us, often without even realising it. But when we have peace within, we are able to share that with others.

The third is that reconciliation takes time. It is something that we grow in through practice. Everyone we encounter is unique, which means that we all receive and respond to things in different ways. A joke to one person might feel like an attack to another, so there is always more we can learn about how to navigate conflict with others.

Difference is all about helping us as young people navigate a world that is messy, divided and hurting, giving us practical tools to navigate disagreements and conflicts well.

The power of reconciliation is world-changing, but we have to choose to practise it; so I'm glad you're here. I truly believe it will shape your life, and your encounters with others, for the better.



Before we get stuck in, here's a quick note on how you can use this Difference book.

Instructions

1. This is YOURS, so scribble over it, write, draw and doodle as much as you want.
2. The three habits that are at the heart of *Difference* are on pages 10–12. If you want, you could pick a colour for each habit, and whenever you see it in action in any of the stories and quotes, you can highlight it.
3. At the back of this book, you'll find your very own vision board. You can add thoughts and reflections here as you go, and by the end, you'll have created your own creative collage reminding you of all that you've explored during the course.
4. Some words might be unfamiliar to you, and that's okay! There's a glossary on page 80 that explains some of the words you'll come across.
5. You'll find some posters throughout this book that we think you'll love! Scan this QR code to get a free downloadable version of them all. You could use them as your phone background or share them with friends or on social media.



THE THREE HABITS

Our habits matter. Did you know, 45% of our daily actions are habitual¹ and neuroscientists have estimated that up to 95% of our behaviours are controlled (at least in part) by the subconscious mind?²

There is a close relationship between what we believe and what we do. So shaping our habits can have a deep and lasting impact on our actions, our thoughts and our character.

This book will give you ideas on how to practise three reconciling habits that can transform everyday relationships. These habits draw on the wisdom of expert peacemakers and Jesus' encounters in the Bible.

BE
CURIOUS
BE
PRESENT
RE
IMAGINE

¹E.g. David T. Neal, Wendy Wood, and Jeffrey M. Quinn, 'Habits - A Repeat Performance', Duke University, 2006

²E.g. Lakoff and Johnson 1999, in Martin 2008

BE CURIOUS

Listen to others' stories and see the world through their eyes

Wonder why

Take an interest

Listen well

Find out more

God created human beings, making them to be like himself.

Genesis 1:27a

In Genesis 1, we read that every person is made in the image of God, with deep value and unique worth. When we are curious enough to listen to someone's story, we remind them of their value and worth.

Showing a true interest in who the other person is and how they have experienced the world can make it possible to begin to tread trickier territory together.

Moving away from:

Moving towards:

Fear → Wonder

Prejudice → Finding out more

Judging → Seeking to understand

Ignorance → Valuing others

Arrogance → Knowing we don't have all the answers

BE PRESENT

Encounter others with authenticity and confidence

Show up

Be real

Stick around

Engage

The Word became flesh and made his dwelling among us.

John 1:14a

The Christian faith teaches that God became human and chose to be part of a hurting world. God's response to injustice, division and hurt is to step into these situations and come alongside us. He shows us what it means to be present.

Being present is about how we show up as our whole, unique selves – not just the version of ourselves we want others to see. It takes courage to be real with one another, to share our questions and ask others to help us understand, but it can open up new depths of relationship.

It also means welcoming others to do the same, and creating space for them to be who they are too!

Moving away from:

Moving towards:

Avoidance → Connection

Dehumanising → Empathy

Distraction → Engagement

Coldness → Warmth

RE IMAGINE

Finding hope and opportunity in the places where we long to see change

See beyond

Hope together

Join with others

Find a new story

I am making everything new!

Revelation 21:5

Our worlds are shaped by our imagination, but when we face divisions, conflict and disappointment, it can sometimes be hard to find hope. Could healing, restoration and thriving relationships be possible?

Well, we read in Revelation 21 that God is making all things new! God is able to stretch our understanding of what is possible and we can find hope and opportunity in the places where we long to see change.

Moving away from:

Moving towards:

Despair → Hope

Self-reliance → Community

Doubt → Creativity

Hopelessness → Courage

Through this book, we'll be reading stories and experiences of other people. Keep in mind how to apply this to your own unique life and circumstances too! So before we begin, let's make it personal and think about where we see division and conflict in our world.

We live in a complicated, messy and divided world where it can be hard to relate to each other well.

Conflict is a normal part of friendship, community, home, school and social life. But it can be hard to navigate. We might fear saying the wrong thing or not know how to handle differences.

Can you think of any conflicts and division that matter to you? Perhaps you've noticed things going on in your own life, or the world, in recent months that you would like to note down here...

A large, empty rectangular box with a thick orange border occupies the central and lower portion of the page. It is intended for the user to write down their thoughts on conflicts and division.

Blessed
are the
peacemakers
for they will
be called
children
of God.

MATTHEW 5:9
(NRSVA)



THE BIG PICTURE

God calls us to be peacemakers – becoming part of God’s reconciling story in the world.

Are you ready to open your mind to think differently about your relationships with others and your views on the world?

You might have noticed that there are disagreements, differences and divisions all around us. These can cause relationships to become distant

or fractured. They can be about small things and big things; from music tastes to opposing political views, to living by different principles.

Do you know one of the key things Jesus came to Earth for? To restore what is broken and to transform relationships.

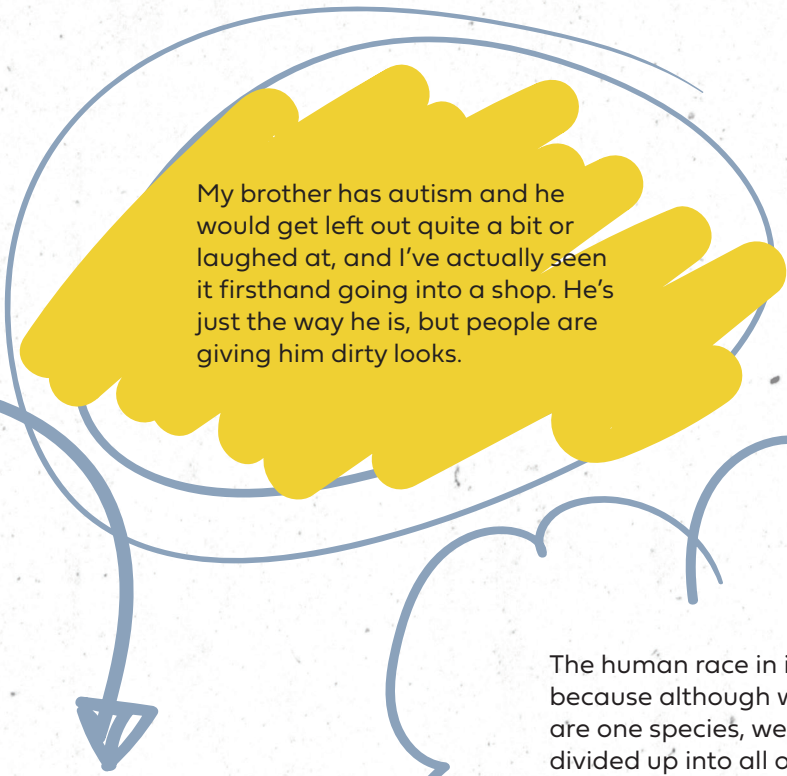
Let’s get curious about what it means to be a peacemaker...

What examples of disagreement, difference and division matter to you and your generation?




Even though I go to an integrated school, there's still talk of Catholics and Protestants, even though the Troubles are over, people still would ask you where you come from, and a lot of arguments and fights would spark over that.

From what I see at school, there is division about football clubs and what team you like and then if I expand wider there's division in our politics and in government. And then in global terms, there's countries that don't get along.




My brother has autism and he would get left out quite a bit or laughed at, and I've actually seen it firsthand going into a shop. He's just the way he is, but people are giving him dirty looks.

I think when people talk about division they're talking about racial conflict. Like, 'oh, that person is White, you shouldn't go there.' Or 'that person is Black, don't talk to them'.



The human race in itself because although we are one species, we are divided up into all of these other nations and all these civilizations that have grown to despise each other.



How did reading this make you feel? Are there any other divides that you would add here?

¹When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ²Then he began to speak, and taught them, saying:

³Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴Blessed are those who mourn, for they will be comforted.

⁵Blessed are the meek, for they will inherit the earth.

⁶Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷Blessed are the merciful, for they will receive mercy.

⁸Blessed are the pure in heart, for they will see God.

⁹Blessed are the peacemakers, for they will be called children of God.

¹⁰Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

¹¹Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

MATTHEW 5:1-12

What's going on?

In this passage, Jesus is telling us that much of the world is upside down – God's kingdom is about putting things the right way up!

This means that the least powerful, the humble, and those longing for justice will be first.



Jesus invites his followers – and us – into a brand-new way of living!

Sometimes we get stuck in the same way of behaving towards other people; we focus on the ways they annoy us or have hurt us. And it can be difficult to move past this.

Jesus' statements, called the Beatitudes, invite us to be part of a new way of doing life.

To find hope for a just and kind world. To reimagine what might be possible. When we do this our relationships can be renewed and healed. This is sometimes called 'reconciliation'.

Which statement most challenges you?

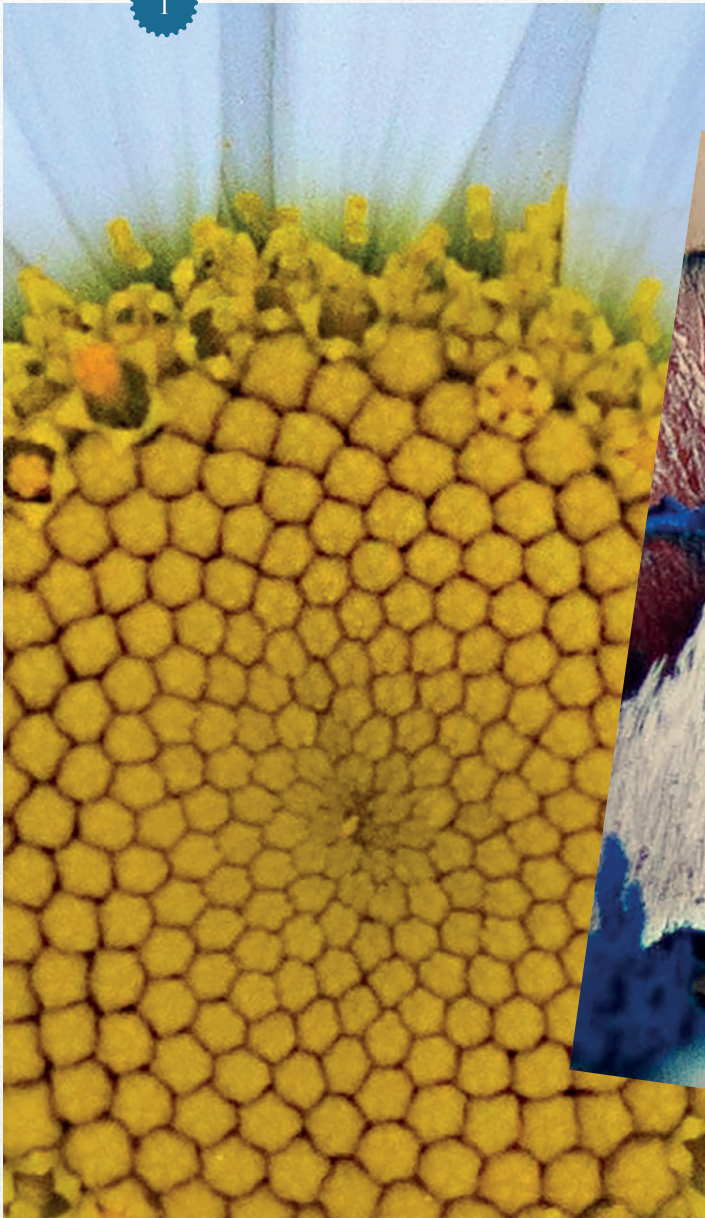
What do you think Jesus is trying to say with these statements?

What's the difference between making peace, and 'keeping the peace'?

ACTIVITY

Can you guess what the big picture is from looking at these zoomed-in images?

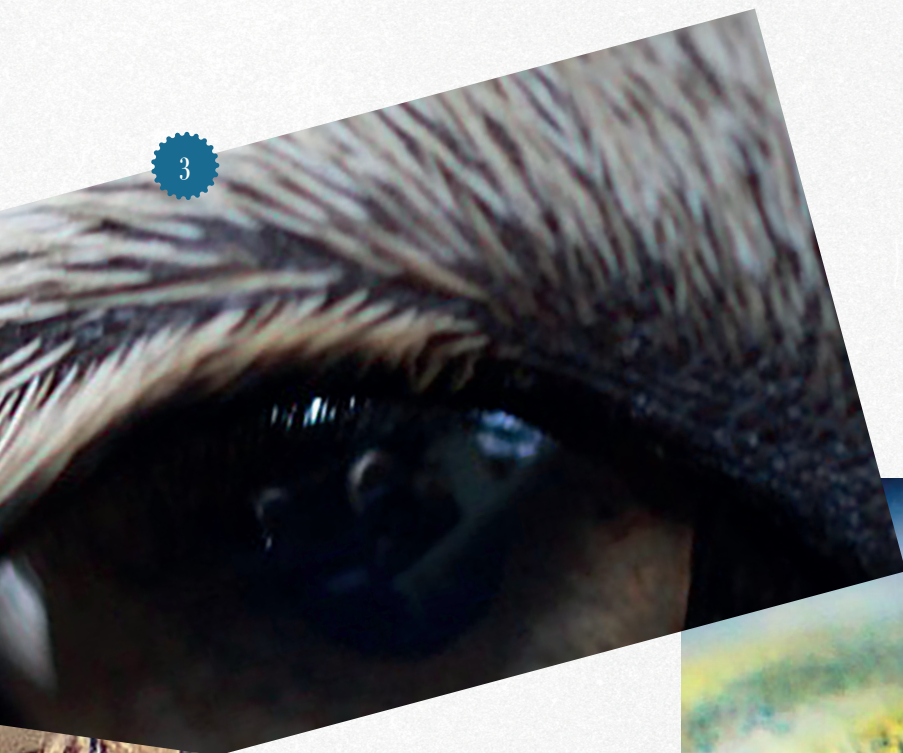
1



2



3



4



The Bible tells us that God is working to restore all things, and we're invited to be part of that reconciling story! Sometimes it can be hard to see how our own stories fit in to this bigger picture, so let's explore that together through *Difference*...

You can check
your answers
on page 81!

THEIR STORIES

Phone a friend, or ask someone around you to tell you:

1. An experience of doing something they love or loathe
- or
2. The meaning of their name and/or why they were given that name

When you're listening, practise these three things:

1. Ask questions to show that you're listening and interested
2. Focus on them, rather than talking about your experiences
3. Summarise what the storyteller has said and ask if you have got the story correct

We can practise curiosity by listening to another person's story.



Throughout the Bible we see that when Jesus meets people, he is curious about their story – he doesn't judge them or believe what other people say about them. He is present – he takes time with them and meets them as they are. And Jesus again and again invites people to reimagine – to see, think and live in a new way. He invites them to live his way of peace, mending broken relationships and rethinking the way the world works.


What can we do?

BE CURIOUS



When we are curious about other people, we begin to see them as they really are, people made and loved by God.

BE PRESENT



When we are present with people, we can start to build a connection that makes it more possible to understand our differences.

RE IMAGINE



When we reimagine our response to others and our relationships with them, we can start to see God's vision for healing and making things new.

SO GOD
CREATED
HUMAN BEINGS,
MAKING THEM
TO BE LIKE
HIMSELF.

GENESIS 1:26a
(GNT)

CROSSING DIVIDES

Our own assumptions or prejudice can divide us from one another – Jesus shows us how we can cross these divides.

Sometimes we need to keep our distance from others in order to stay safe. Sometimes we hold people at arm's length because of our own

assumptions or opinions about them, without really knowing them. These assumptions can become walls which stop us being curious about others' stories.

Are you ready to think about some 'walls' and who is on the other side of them?

What makes you feel distant from others?



With money, some people are rich, some aren't, and then others don't even have homes. But someone might say; 'oh it's only £20, just go ask your mum'. And I'm sitting here like, 'but it's different for me.'

I'm the only Black person at Scouts. So when I first started, I was a bit scared and worried about what people might think about me.

At school there's a group that go around doing whatever they can to impress each other, messing around, fake fights etc.. but I'm separated from that because I just feel like I should do what's right instead of just trying to always impress my friends.

I think prejudice means when you judge somebody based on the way that other people think and other people's opinions, even though they're potentially not like that.

You can start to understand people by doing smaller things to start off with, like having a chat with them, or asking them questions like; what sort of games do you like? I think it's quite good if you don't understand them, because then there's mystery which makes it fun to hang around with them because you find out new things every day!

You have to peel the banana to find out what it tastes like so you can't just look at it and think 'oh that doesn't look very nice'. You have to peel it and then taste it, and it's the same with people. The Bible says in 1 Samuel 16:7, "The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Do you have any thoughts on how we can challenge our assumptions?

How can we challenge our assumptions about those who are different from us?

BIBLE

Jesus and the woman at the well
A retelling based on John 4:3-42

The sun was high in the sky as Jesus and his friends approached the town of Sychar. His friends, the disciples, looked around warily. They were travelling from Jerusalem back home north to Galilee, but to get there, they had decided to go through Samaria, the land of the Samaritans. Jews and Samaritans did not get on.

They needed lunch, so the disciples went to the town to get some food. Jesus sat down by a well to rest. It was hot and he was tired.

A woman came to the well. Unusual... as most people would avoid the heat of the middle of the day. The Samaritan woman looked at Jesus nervously and then lowered a bucket down into the well.

“Will you get me a drink of water?”
Jesus asked.

The woman stopped what she was doing. Was this man really talking to her? She wasn't meant to talk to men who weren't her family, but her curiosity got the better of her.

“You're a Jew,” she said. “I'm a woman. A Samaritan woman. How can you ask me for water when our two peoples will have nothing to do with each other?”

“Well,” replied Jesus. “There are two things you don't know: what God wants to give you and who is asking you for a drink. If you did, you'd be asking me for the water that gives life.”

The woman looked at Jesus. He didn't even have a bucket. “Where are you going to get this life-giving water?”

“Everyone who drinks this water – ” Jesus gestured at the well “ – will get thirsty again.

What was the first thing Jesus did when he met the woman in the story?

Why was it unusual for Jesus and the woman to have a conversation?

But the water I have will give you eternal life. You'll never be thirsty again!"

The woman almost dropped her bucket. She exclaimed: "Give me some of that water! Then I'll never have to come to this well again!"

But then Jesus changed the subject: "Go and get your husband," he said. Oh no. Should she lie or tell the truth? She'd been divorced and abandoned so often, she'd almost lost count.

She hesitated and then said: "I don't have a husband. "That's right," said Jesus. "You don't. In fact, you've been married five times and the man you're living with is not your husband."

"You're a prophet!" she exclaimed.

"My ancestors worshipped in one way, but you Jews say you can only worship in Jerusalem."

"You Samaritans don't really know who you worship," said Jesus, "but Jews do and God will use us to save the world. But now is the time when the Spirit is leading people to worship the Father in truth!"

"But we're waiting for the Messiah," the woman replied. "When he comes, he'll explain everything to us."

"I am the one you are all waiting for – Jews and Samaritans. The Messiah," Jesus said.

Just then, the disciples returned. They were shocked to find Jesus talking to a Samaritan woman. But they didn't say anything. They had already seen Jesus have surprising conversations, ignoring social boundaries and stepping into the unknown (or so it seemed to them). The woman threw aside her bucket, pushed past the disciples and ran through Sychar, telling everyone in the town that she had found the Messiah. And a lot of Samaritans put their faith in Jesus, because of what the woman said.

What questions did Jesus and the Samaritan woman ask each other? Could they have had such a long conversation without asking questions?

Head to page 39 to understand more about this story!

JOHN 4:1-5

Whilst you colour in the bricks and consider the questions, give yourself time to think about the divides you notice in society and your everyday life.

**In what ways do people
judge others without
knowing them?**

**Do we see people
as they really are?**

DISMANTLING OUR WALLS

As we go about our lives, we have opportunities to recognise others as people made in God's image and to be curious about their story. When we do this, we can challenge our assumptions, and maybe even inspire others to do the same.

In the story of Jesus and the woman at the well, we see how they were able to cross the divides that separated them by being curious and asking each other questions during their conversation!

Circle two ways you could begin to encounter people on the other side of a wall that you're aware of.

Be
curious

Ask them
their story

Look them
in the eye

Offer to
help

Smile

Send them a kind
message

Pray for
them

Share a
biscuit

Give your full
attention

Write
your own
idea.

Glance back at page 10 to remind yourself of the three habits, and then take some time now or in this coming week to take on the challenges below:

If you have any reflections from all that you've just learnt about encountering others different from ourselves and crossing divides, don't forget to add them to your vision board at the end of this book!

BE CURIOUS

Think about a divide you are not impacted by, could you do some research on it?


BE PRESENT

Turn the TV off, and don't look at your phone when you eat dinner.

RE IMAGINE

Think about yourself this time next year, what unlikely person could be added to your friendship group?





Do to
others as
you would
have them
do to you.

LUKE 6:31
(NRSVA)



NAVIGATING DISAGREEMENT

Did you know, Jesus shows us that it is possible to have good relationships even when we disagree?

In fact, relationships can be strengthened when we are able to do conflict well. It doesn't mean we'll come to an agreement, nor does it mean we have to say the difference doesn't

matter! But it means we have a choice in how we engage with disagreement.

We can practise being present by developing empathy for those we disagree with, to help us understand them better. This can also build our confidence to share our own perspective and thoughts.

Can we disagree and still be friends?



I think disagreeing well is a better aim than agreeing.

One of my best friends in school was atheist, and I would identify as Christian. But we got on so well because we were able to question each other, but then build up our own beliefs as part of that.

On social media, I don't think we can share our honest opinion because people will interpret it wrong.

If we all gave our opinions on social media, then it would just turn into one big argument because it would be people arguing back and forth about every little thing in society.

People can definitely disagree and still be friends. My two friends spend all of their lunch times arguing about different political views and they're quite different. But we still sit next to each other every time, and eat food, and they're still friends.

I think we should all be different and all have different opinions and have separate perspectives and be able to talk and like change our minds and develop as a person.

I care quite a lot about what I do in the future, but my best friend is quite set on the present so she does lots of things which will affect her in the future but she doesn't see it. But I'm still really, really good friends with her.

Most people disagree about pineapple on pizza. I know I've had a lot of heated conversations about that subject with my friend. But we are still very, very close friends!

Which statements do you agree or disagree with?

1

This is the longest recorded conversation that Jesus had.

2

Most Jews would not travel through Samaria because of historic unfriendliness between Jews and Samaritans. But Jesus and his friends did – this meant they were out of their comfort zone.

3

The encounter between Jesus and the woman was very unusual. Although she was at her own familiar well, she was speaking to a man she didn't know in a culture where men and women didn't socialise unless they were family.

4

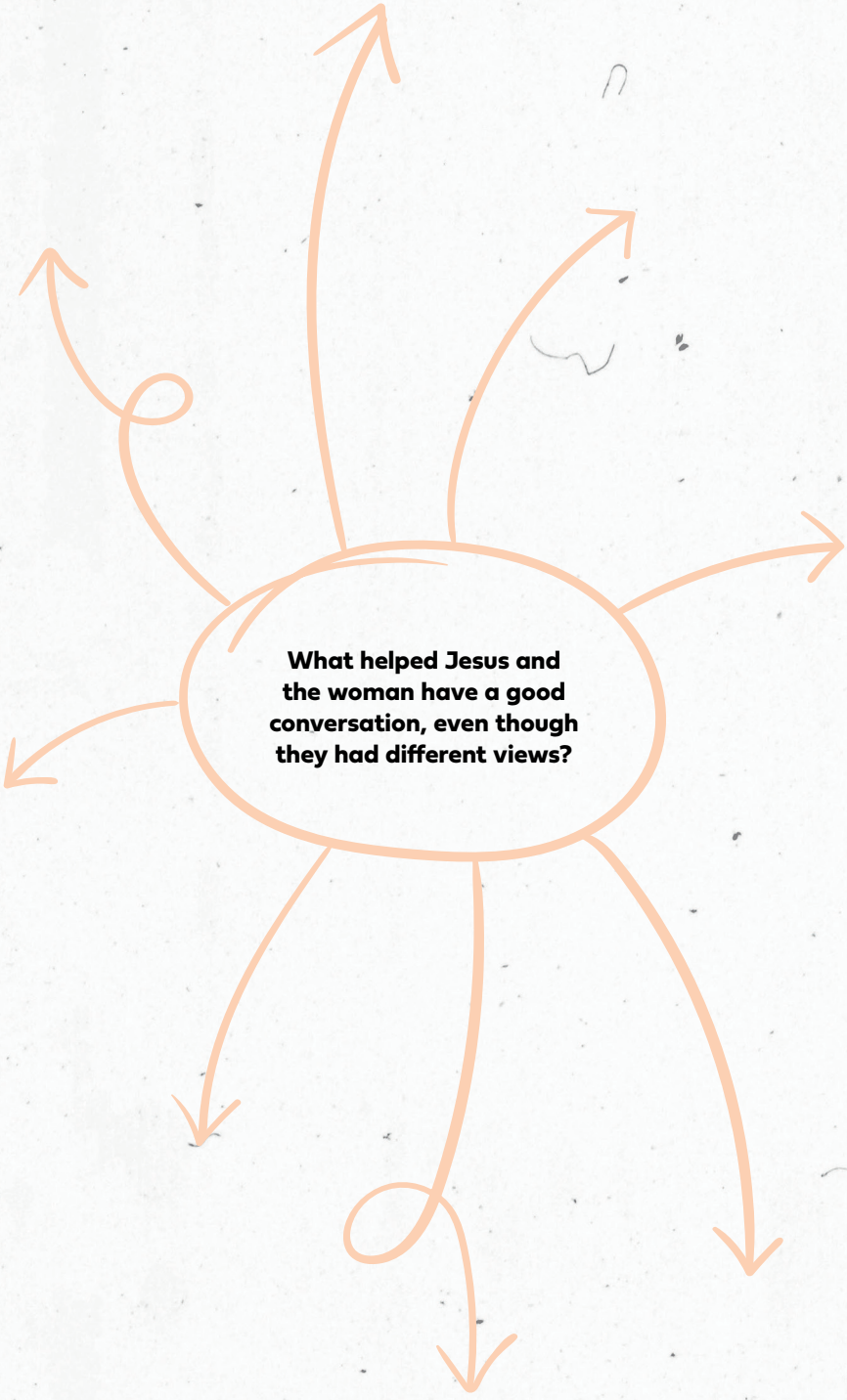
The woman was collecting water alone at the hottest time of the day. This suggests she didn't want to meet others, as people avoid the high heat – and, definitely not for a long conversation!

5

You'll hear Jesus mention the woman's five husbands. This was a culture where a woman could not choose to get divorced herself, so it means she was likely widowed or on the receiving end of divorce numerous times.

For the full story, see pages 29-30!

THE WITNESS



AGREE OR DISAGREE

Look at the statements and tick for agree and cross for disagree:

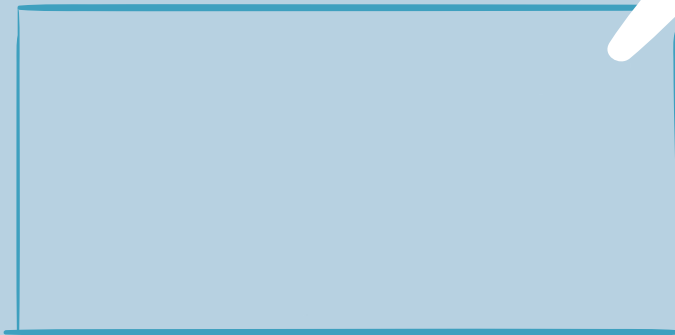
- Pineapple belongs on pizza.
- Everyone should be vegan.
- Social media benefits society.
- The climate crisis is more important than raising the minimum wage.
- Exams are pointless.
- All teenagers should be able to vote.
- Going to university isn't worth the money.
- Killing people is never justified.
- There's no point in individual lifestyle changes because the planet is already ruined.
- Sweets are better than chocolate.
- It is easier being a young person today than it was for our parents.
- Teenagers have too much choice.
- TikTok influencers have more impact on young people than teachers.
- People had more morals 50 years ago than today.

Can you find people that disagree with some of your choices? Ask them to see if they can persuade you that they are right. You don't need to change your mind, but note down how this feels. Were you tempted to tell them why they are wrong?

Now it's time to step into someone else's shoes.
Pick two or three of the statements from the previous page, and imagine that your answer was opposite.

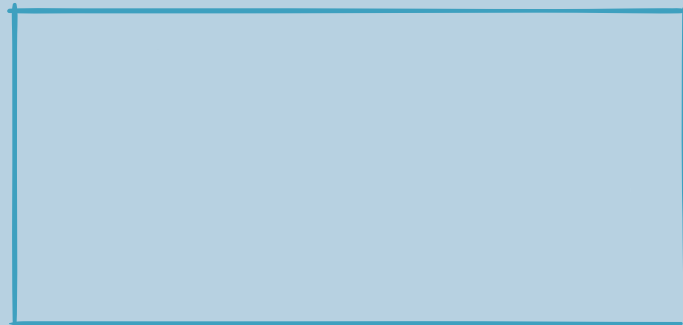
Statement 1: _____

Explain the opposite view as if it was your own, using 'I' or 'Me' statements.



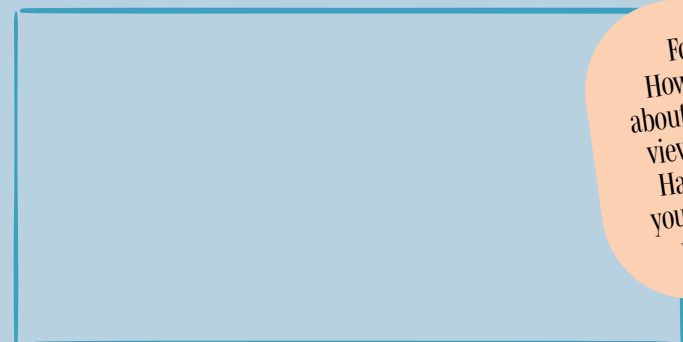
Statement 2: _____

Explain the opposite view as if it was your own, using 'I' or 'Me' statements.



Statement 3: _____

Explain the opposite view as if it was your own, using 'I' or 'Me' statements.



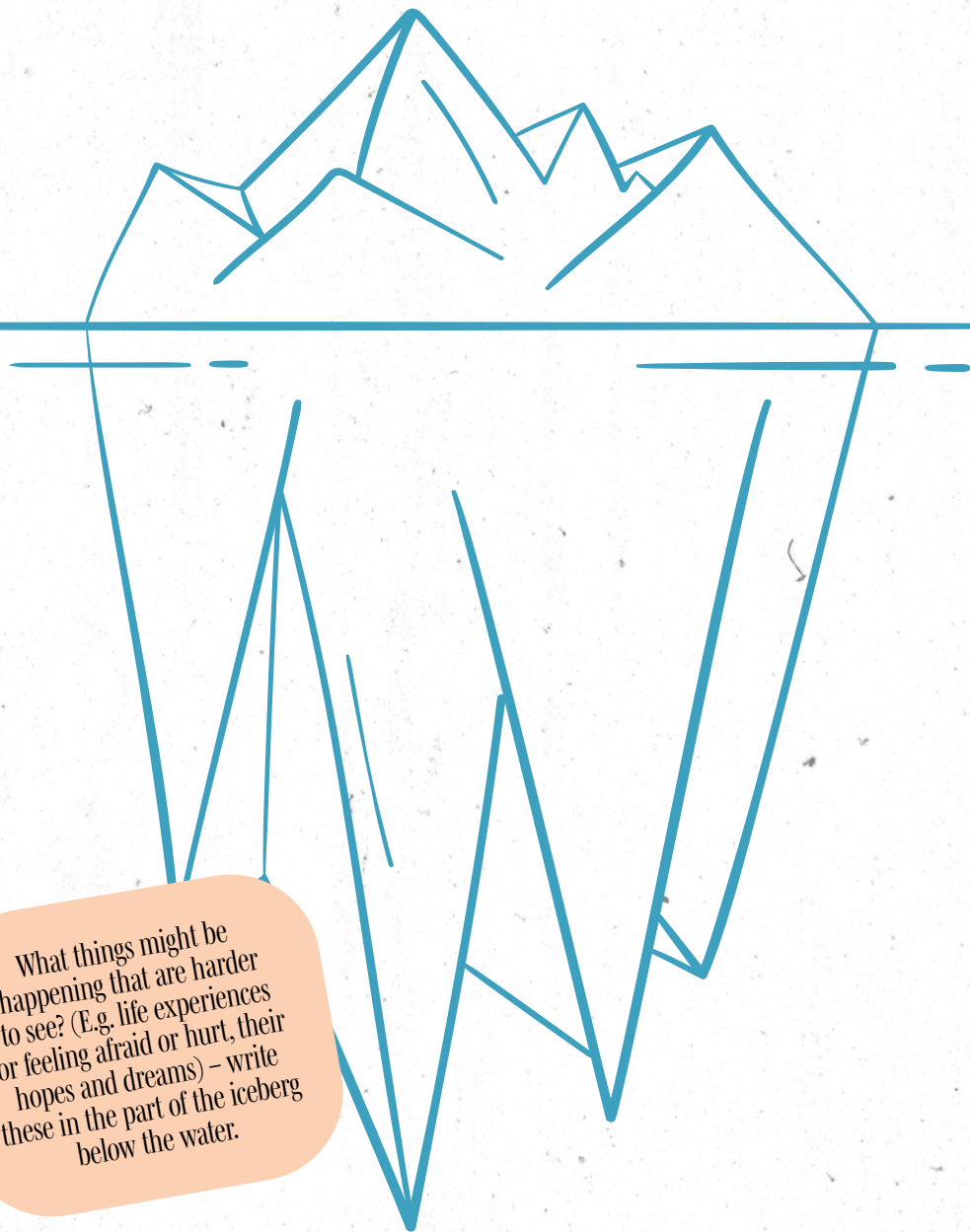
Food for thought:
How does it feel to talk about the opposite point of view as if it is your own?
Has it changed the way you see that view and the person that holds it?

Did you know that only 10% of an iceberg is visible? The other 90% is below the water...

When we disagree, we often see only the opinion of the other person – this is like the 10% of an iceberg that is visible above the surface.

Below the water is another 90% of the iceberg. These might be our motivations, experiences, needs, hopes and fears – the many complex elements that lead a person to hold a position or view.

Think about when people disagree. What are the things we can see? (E.g. who people hang out with, what they post on social media, the opinions they share, the clubs they attend.) Write these in part of the iceberg above the water.



What things might be happening that are harder to see? (E.g. life experiences or feeling afraid or hurt, their hopes and dreams) – write these in the part of the iceberg below the water.

Are there any real disagreements in your own life at the moment? Take a minute or two to think about your viewpoint and your thoughts and feelings. Then, flip the script. Think about the point of view of the person you disagree with, and wonder why they may hold that view. What might their thoughts and feelings be?

Use this page to doodle out any thoughts you have...

Use the habits to help you!

BE CURIOUS
BE PRESENT
RE IMAGINE

What does
the Lord require
of you but to do
justice, and to
love kindness,
and to walk
humbly with
your God?

MICAH 6:8
(NRSVA)



PURSUING JUSTICE

Part of being a peacemaker is about pursing justice. Justice is an important part of building a world where everyone can flourish.

We are often part of systems that are not fair or just – and we want to speak up about it. We may experience injustice everyday and are weary of trying to fix broken systems.

It can be tempting to go straight into 'action mode' where we immediately try to fix everything. But it's also helpful to take the time to bring our thoughts and experiences of injustice before God.

The Bible invites us to bring our requests to God. There is a type of prayer that is called 'lament'. It is where we call out to God to express our grief and sorrow. God cares, and cares about you. You can share with God your pain, hope, anger and recognise that things are not the way they should be.

We are about to reimagine what can be possible when we join with others and ask the Holy Spirit to help us pursue a just and flourishing world... Let's go!

What would it look like to pursue justice in our world?



I hope for a world where we're all united and we're all equal – say with money and status, we're all equal.

Most people don't really know what to do in the whole entire world to try and fix things. I feel like you have people who can try and help the world, but they don't.

I think you can make this world better by spreading kindness and positivity and respecting everyone's decisions. And yeah, just don't be rude to people.

I think there are opportunities for young people to express how they feel about today's condition of the Earth – lots of young people have been trying to make a difference, especially on social media and other platforms.

I hope that when our generation leaves this world, people can realise that we've made a difference.



I hope for a world where we can all work together to overcome problems that we face in day to day life.

I hope for a world where there are no stereotypes and everyone just gets along. I hope for a world with peace and no division. I hope for a world where people can rise above personal gain.

My biggest hope is that the war stops and that we'll all be in peace.

I do think it's possible to stop injustice as long as we keep pushing for it to happen because otherwise it just won't.

Imagine a just and fair world. How would things be different?

The city of Jericho was alive with the buzz of someone special passing through. It seemed like everyone was talking about him – a teacher called Jesus. Even Zacchaeus, the tax collector, had heard the rumours of Jesus' visit. Greedy little Zacchaeus.

Zacchaeus had sold out to the Romans – or so everyone in Jericho thought. He collected the taxes on behalf of the unpopular Roman government. Not only was Zacchaeus a collaborator with the Roman rulers, he was a cheat. He used the cover of his Roman guards to demand more money than the Romans wanted. And he kept the extra for himself.

Well, the rumours were true – Jesus arrived. But the crowds were so large and Zacchaeus so short that he couldn't see a thing. So he decided to shin up a tree to try and get a better look.

When Jesus got to the tree, he looked up and saw Zacchaeus, dangling there in the branches.

"Zacchaeus! Come down! I want to stay with you today!"

In what ways had Zacchaeus contributed to injustice?

Why is making amends an important part of justice?

Who has power or influence in this story?

LUKE 19:1-10

How do you think Jesus' actions help Zacchaeus to change his behaviour?

Zacchaeus gives half of his money to the poor and repays those he's cheated four times as much. Is this fair?

Zacchaeus clambered down the tree, scraping his knees and elbows as he went. And he welcomed Jesus into his house.

The crowd was in uproar!

"Zacchaeus is a sinner!"

"Jesus is actually going to his house!"

"I can't believe it!"

But later that day, Zacchaeus emerged from his house and now proclaimed: "I will give half of all my property to the poor!"

What?

"I will pay back four times as much as I have taken from everyone I've cheated!"

People wondered, 'Is this the same man? Zacchaeus, the grubby little cheat?'

Jesus smiled and said to Zacchaeus: "Today you and your family have been saved. You are truly a member of God's people. The Son of Man came to look for and save people who are lost."

Lost people like Zacchaeus.

WHAT WOULD YOU DO?

1

You go shopping and get a load of new clothes for not very much money. Then you see a video on social media about the collapse of a factory in Cambodia, a factory which made garments from the shop where you bought your new clothes. Do you:

- a. Take the clothes back and ask to speak to the manager?
- b. Do nothing – Cambodia is thousands of miles away and you don't know anyone who lives there?
- c. Do nothing, but feel guilty about it?
- d. Find out about the supply chain of the shop and what their policy is about workers' rights and modern-day slavery?

2

You visit your nan's house and scoff down a massive doughnut you find in the fridge. You then discover from your mum that your nan has been saving it for her tea. Do you:

- a. Own up immediately?
- b. Say nothing and hope she doesn't notice?
- c. Leave the wrapper and a smear of cream in the dog's bowl and try to blame Rover?
- d. Buy your nan another doughnut and try to put it in her fridge without her seeing?



WHAT WOULD YOU DO?

4

Your mate gets stopped leaving a shop by a security guard, who asks to see his receipt for what he's got in his bag. He looks humiliated and outside the shop he tells you that this is the third time this has happened to him this month, even though he's never stolen anything in his life. Do you:

- Work together to start a campaign about the discrimination your friend has experienced?
- Tell him he's making it up – it's never happened to you?
- Tell him to forget about it. If he's never stolen anything, he's got nothing to worry about?
- Go back to the shop and demand an explanation from the security guard?

Food for thought:
What do you notice about your responses? Even if you could see there was an option that was the 'right' thing to do, was it easy to choose that option? What can make it hard to speak up?

3

Your mate brings a new player to football club. You think he says that her name is Dani, but when you call her that, she looks at you weirdly. Then you realise that your mate might have said 'Sammy' or even 'Jenny'.

Do you:

- Never speak to her, pass the ball to her or even acknowledge her existence?
- Ask her what her name is and then apologise if you got it wrong?
- Think of a nickname for her and attempt to get everyone to call her it?
- Sneak up to your mate and ask her what her name is and then write it on your hand so you don't forget?

Pick an option for each scenario

NELSON
MANDELA

“

WE CAN CHANGE
THE WORLD
AND MAKE IT A
BETTER PLACE.
IT IS IN OUR
HANDS TO MAKE
A DIFFERENCE.

”



Sometimes injustice can be uncomfortable to think about, because we'd rather fix it than think about it. It is helpful to take the time to bring our thoughts and experiences of injustice before God.

Let's see how we could use the three habits to help us do this...

BE CURIOUS

Take a moment to think about an injustice that matters to you, and approach it with curiosity – try and avoid thinking about ways the injustice can be fixed. This is about giving yourself space to ask questions about it. You can even ask your questions to God: Why does this injustice exist? Who is affected by it?

BE PRESENT

Thinking about the same injustice as before, ask God if there are people impacted by it that He might want you to come alongside. We can also ask God to come alongside us as we sit with, and lament, the discomfort of injustice around us.

RE IMAGINE

God is able to stretch our understanding of what is possible. Ask God if He can help you find hope and opportunity in the places that you want to see change.

If there are any thoughts that pop to mind in this moment, jot them down here or add them to your vision board at the end of this book.

BE KIND AND
COMPASSIONATE
TO ONE ANOTHER,
FORGIVING
EACH OTHER, JUST
AS IN CHRIST
GOD FORGAVE YOU.

EPHESIANS 4:32
(NIV)

PRACTISING FORGIVENESS

Forgiveness is complex but transformational.

One of the reasons forgiveness is so powerful is because it is costly and it is hard to live out. Forgiveness doesn't excuse or erase the wrong – an important part of the process is recognising the hurt.

In naming or recognising a hurt has happened, forgiveness has the potential to offer a new start.

Over the next few pages, we're going to explore the idea of forgiveness – what it is and what it is not. It's important to remember that acts of forgiveness won't all be big and dramatic. The habit of reimagining can help us. We can open up new possibilities just by asking new questions like: What do I want this relationship to be like? What would a better relationship be like?

We are about to see how our relationships can be transformed by forgiveness.

A relationship restored



HI, I'M INDI!

I am the third child of six siblings so I am a classic middle child, always fighting for attention and to be noticed. We are all super close as a family and I was particularly close to my older sister. Her name is Elle. She is an amazing singer and songwriter.

In our teenage years when I was around 14, she was 18, she got signed to a record label and it was an amazing moment for her and one that was a huge pivotal moment in her life.

I remember it being this really happy moment, but I also remember sitting in my maths class thinking; my life sucks, what am I doing here? She gets to tour America, all my friends want to talk about her, and all I could think was; 'but that's not me!'. I was feeling hard done by.

I started to find it really hard to celebrate her in the moments that I should have been, and over time, this jealousy grew for my older sister.

This lasted maybe a few years, I knew that there was a wedge, and I remember feeling really sad about how our relationship had slowly grown apart. I really missed my sister. I decided things had to change.

I've grown up in a Christian family so my parents have always taught us that when you want something, you pray. Prayer is like a conversation between me and God. I can tell Him everything that's on my mind, and He also offers me help when I need it.

So in that moment, I prayed.

I asked God to take away these feelings of jealousy, to just make them disappear.

And guess what? Nothing happened.

I went to bed slightly disappointed, I was kind of hoping that God would have taken the jealous feelings away in that moment.

However, the next morning I woke up and I felt an urge to look up the core root of jealousy. The definition said that the root of jealousy is the lack of belief that

God is all powerful, cares about you deeply, and has wonderful plans for your life.

Oh my gosh! I realised this is my lack of belief, this is on me, this has nothing to do with my sister. What I read that morning changed my life.

I decided in that moment that I was going to believe that God is all powerful, loves me deeply and has amazing plans for my life.

I had to come to terms with this jealousy I'd been feeling. I felt so guilty and it wasn't something I wanted to tell people about. But this was such a huge turning point for our relationship.

I recognised the responsibility I needed to take, and that it was nothing to do with Elle in the first place. It was all about my lack of belief. I needed to realise that God cares about me deeply, just as much as He cares about my sister. It felt so releasing, like a huge weight had just been lifted off my shoulders.

In order to have a close relationship again, it would require honesty, which can be a painful and awkward experience sometimes. I knew I needed to apologise to my sister (even if she didn't really know what my feelings had been) because saying sorry is the act of recognising you have got something wrong.

It was awkward, but she was so gracious with me and just let me talk. She told me she forgave me, and we decided we wouldn't let anything like that come between us ever again.

I could have allowed shame to take over. I didn't want anyone to see this part of me because it's not very pretty, I even wondered if she would ever trust me again after I told her how I had been feeling, but I knew that that wasn't what God wanted for our relationship. I knew the closeness we had was something so special!

It wasn't easy, but it was so worth the awkward moment, because it meant that our relationship was restored and reconciled.

What stood out to you about Indi's story? Did you notice any of the three habits (Be Curious, Be Present, Reimagine) in this story?



Jesus and Peter on the beach
John 21:1-19 (NIV)

¹Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: ²Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. ³"I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

⁴Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus. ⁵He called out to them, "Friends, haven't you any fish?" "No," they answered. ⁶He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish. ⁷Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. ⁸The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards.

⁹When they landed, they saw a fire of burning coals there with fish on it, and some bread. ¹⁰Jesus said to them, "Bring some of the fish you have just caught." ¹¹So Simon Peter climbed back into the boat

Where do you see forgiveness in the story?

How do you think Peter would have felt, seeing Jesus again after denying that he knew him?

and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. ¹²Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³Jesus came, took the bread and gave it to them, and did the same with the fish. ¹⁴This was now the third time Jesus appeared to his disciples after he was raised from the dead.

¹⁵When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." ¹⁶Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." ¹⁷The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep. ¹⁸Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." ¹⁹Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"

How would Peter know Jesus had forgiven him?

Step into the story here.



JOHN
15:1-13

Forgiveness is not...

Archbishop Desmond Tutu was a South African priest and activist and his daughter Mpho Tutu is also a South African priest and activist. They lived through Apartheid and wrote a book together exploring forgiveness. In that book, they explain that there are five things that forgiveness is not.

On the following page, decide where these words fit in one of the famous quotes from their book The Book of Forgiving:



Easy

Weakness

Forgetting

Determination

Revenge

Quick

Archbishop
Desmond Tutu
and Mpho Tutu



**Forgiveness is not _____ ,
it takes hard work and _____ .**

**Forgiveness is not _____ ,
it takes courage and strength.**

→ **Forgiveness is not the same as letting
someone off a punishment, but it
does mean not seeking _____ .**

**Forgiveness is not _____ .
We can only let go of the past if
we bravely remember it.**

**Forgiveness is not _____ ,
it can take a long time.**

You can
check
your
answers
on page
79!

FORGIVENESS

It's important to explore both what forgiveness is and what it is not. Only then can we begin to make forgiveness an everyday part of how we relate to others. Note down your thoughts below:

What do you think of when you hear the word 'forgive'?

Make up your own definition of 'forgive'.

Write out a dictionary definition of 'forgive'.

Underline the most helpful parts in both definitions.

Glance back at page 10 to remind yourself of the three habits, and then take some time now or in this coming week to take on the challenges below:

BE CURIOUS



Think of a time that someone hurt your feelings. Don't focus on a big thing, choose something relatively small that you feel you could try to forgive.

Now think about why it made you feel that way, and allow yourself to wonder what the other person might have been feeling at the time too. Maybe something was affecting their behaviour? Maybe they felt bad but were embarrassed or felt awkward to admit it.

BE PRESENT



Painful feelings can be difficult to sit with – we often like to move on and ignore them altogether. Sitting in the discomfort even for a short time can bring unexpected peace when we invite God to join us – and it can help us be less afraid of the hurt. Can you give yourself a minute to sit with whatever emotion you may be feeling and pray for God to meet you with His comfort?

RE IMAGINE



Is there a situation where forgiveness seems unachievable? If it was miraculously possible, what could that look like?

IF ALL
THE PARTS
WERE THE SAME,
HOW COULD THERE
BE A BODY?

AS IT IS, THERE
ARE MANY PARTS.
BUT THERE IS
ONLY ONE BODY.

BELONGING TOGETHER

We are each unique, with a contribution to offer that only we can make. This also means that we need each other in order to truly flourish!

Ubuntu is an African philosophy that expresses our need for connection, to be a part of a bigger family – God’s family! We need other human beings for us to learn how to be human – none of us comes fully-formed into the world.

We are created as part of a delicate network of relationships. Understanding that we have been created for connection, let’s value one another and come together, in pursuit of a just world for all.

Let’s reimagine what could be possible in our world when we celebrate the ways our differences can enrich one another.

What are your thoughts on belonging and being connected to others?



We're all connected in several ways. Like we're all human. We all make mistakes. We're connected in our situation on the earth because we all live on the same earth.

I think I'm connected to quite a lot of people who are very different to me. I like to play football and we might not care about the same things outside of that, but we're good friends because we all play football. And then I'm connected to other people because I like reading, so I go to a couple of clubs in school. Sometimes we don't have any link to each other apart from one small thing – but that makes it a community.



I feel like I belong with my friend. Whenever I'm around him, I feel like I have a sense of relief that I don't have to be someone I'm not.

When I first came here in 2021, I thought everyone was different to me. I didn't know anything, and I didn't get what people were talking about. I felt really segregated in a way, not by anyone, just by the situation. But I started to realise that being the odd one out is not actually bad. It makes you unique.

It's important to be connected to others for a sense of humanity, I guess. It makes you feel good.



I think it's easier to connect to your generation because you're all kind of going through the same world and the same things.

If everyone in the world knew they were important and valued, I think everyone would have a sense of belonging and everyone would know that it's okay to be who they are around others.

How can we make people feel as though they belong, even if they're different from us?

One body but many parts
1 Corinthians 12:15-22, 26 (NIRV)

¹⁵Suppose the foot says, "I am not a hand. So I don't belong to the body." By saying this, it cannot stop being part of the body.

¹⁶And suppose the ear says, "I am not an eye. So I don't belong to the body." By saying this, it cannot stop being part of the body.

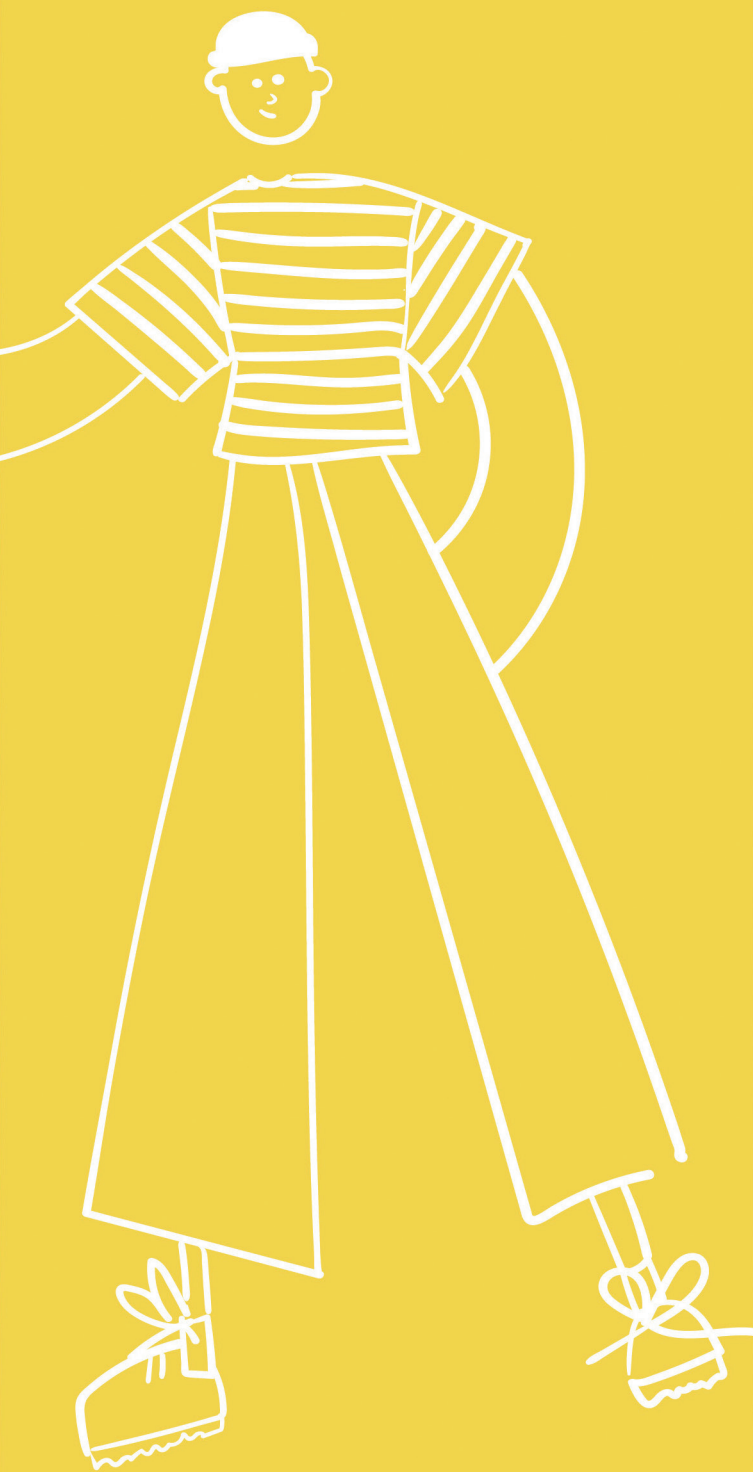
¹⁷If the whole body were an eye, how could it hear? If the whole body were an ear, how could it smell? ¹⁸God has placed each part in the body just as he wanted it to be. ¹⁹If all the parts were the same, how could there be a body?

²⁰As it is, there are many parts. But there is only one body.

²¹The eye can't say to the hand, "I don't need you!" The head can't say to the feet, "I don't need you!" ²²In fact, it is just the opposite. The parts of the body that seem to be weaker are the ones we can't do without...

²⁶If one part suffers, every part suffers with it. If one part is honoured, every part shares in its joy.

1 CORINTHIANS 12:15-22, 26



**What do you think of
the image of a body
being used to describe
a community?**

**What would change if we
recognised our need of one
another?**


**Do you see similar
principles and values in
other faiths, worldviews
or cultures and community
traditions?**

“Ubuntu speaks particularly about the fact that you can’t exist as a human being in isolation. It speaks about our interconnectedness ...

I can be me only if you are fully you.
I am because we are, for we are made for togetherness, for family...

We are created for a delicate network of relationships, of interdependence with our fellow human beings, with the rest of creation.

I have gifts that you don’t have, and you have gifts that I don’t have. We are different in order to know our need of each other. To be human is to be dependent.”



ARCHBISHOP
DESMOND
TUTU

“ Today, if we have no peace, it is because we have forgotten that we belong to each other – that man, that woman, that child is my brother or my sister. ”

MOTHER TERESA



Circle or highlight your favourite quote, and then use this space to reflect on the difference it would make if we put these ideas in to practice.

ARCHBISHOP DESMOND TUTU

“ I am human because I belong, I participate, I share. ”

CONNECTION

As we have journeyed through this book we have explored our uniqueness; the ways in which we are different from one another, and the ways we can navigate these differences well. From this place, it is so exciting to think about the power of coming together in a world which is not always as it should be.

Take a moment to reflect on how connected our lives are to one another, even in seemingly small ways:

How have you relied upon someone this week?

How has someone relied upon you?

Has someone done something for you this week that you appreciated?

Have you done something for someone that they appreciated?

How could you show someone you value them this week?

Throughout the pages you've just read, we have kept in mind three habits that can transform everyday relationships. Can you remember what they are?

Do you have a favourite habit to practise?

Draw it out in the space below, and jot down any thoughts you have about the power this habit could have to improve the relationships in your life.



Loving God, fill us with your Spirit now.

Help us to **BE CURIOUS** about others' stories
– listening as often as we speak.

Give us the courage to **BE PRESENT**
– showing up and sticking around.

Inspire us to **REIMAGINE** what's possible
– finding hope, knowing that you can
transform all things.

In Jesus' name.

Amen





A NOTE FROM DEBRA

REVERSE MENTORING

Some opportunities we dream about, others literally come out of nowhere with no explanation.

I'm Debra, and I am Archbishop Justin Welby's reverse mentor.

In September 2021, I received a message from someone who had just been at Lambeth Palace and had met Archbishop Justin. Somehow, they started discussing reverse mentoring and my name had been thrown in the mix. I was given Archbishop Justin's contact details and two weeks later it was my turn to visit Lambeth Palace.

What even is reverse mentoring?

It's someone in a senior position learning from someone younger. But what was an Archbishop ever going to learn from a 21 year old!?

I quickly discovered we are two people from completely different walks of life, different generations, different passions – but with the same values.

Archbishop Justin wasn't shy to throw me in the deep end asking for some advice on issues way beyond my experience and expertise. I'll be the first to say I haven't always been able to answer or solve some of his pressing dilemmas. But a moment that will live with me forever is knowing my advice helped him navigate one of his most difficult periods of time.

I often doubt if the things I say in our reverse mentoring sessions are actually insightful, or anything he doesn't already know, but then I see him respond to a question at a keynote event using notes he took from our session!

I say all this to encourage you, that through curiosity and being present with one another, there is room to reimagine what is possible through even the unlikeliest of friendships.



To future you...

On this final page, write a letter to yourself five years from now. Through practising the habits of being curious, being present and reimagining, what kind of encouragement would you give to your future self and what kind of relationships do you hope to have? Be kind and encouraging to future you.

BE
CURIOUS
BE
PRESENT
RE
IMAGINE

If you have any questions, you can drop us an email, or follow us on social media to keep up to date with the latest from Difference.

WE HOPE
YOU ENJOYED
THIS BOOK

FROM THE
DIFFERENCE TEAM

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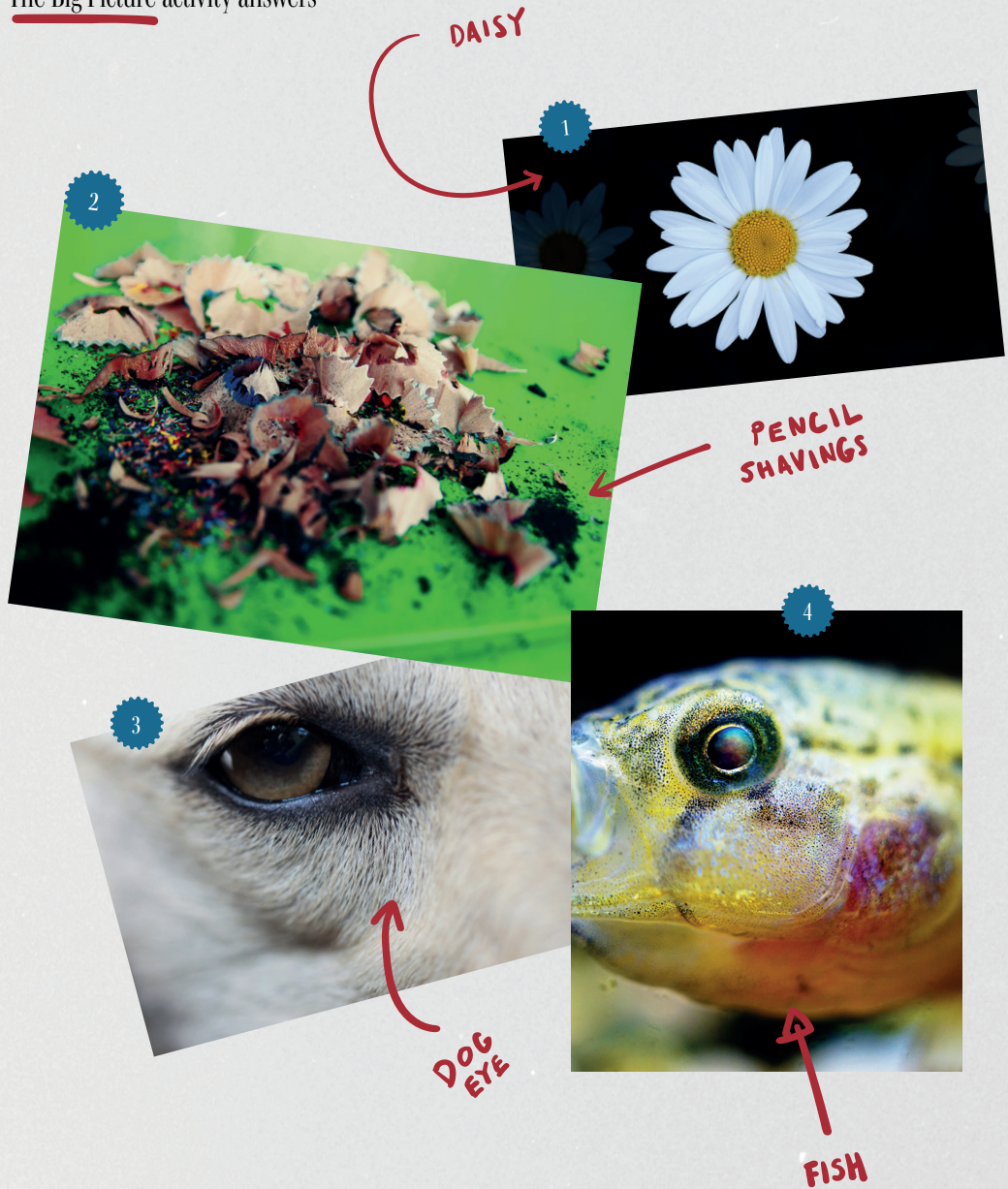
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The Big Picture activity answers



Forgiveness is not... activity answers

Forgiveness is not easy, it takes hard work and determination.

Forgiveness is not weakness, it takes courage and strength.

Forgiveness is not the same as letting someone off a punishment, but it does mean not seeking revenge.

Forgiveness is not forgetting. We can only let go of the past if we bravely remember it.

Forgiveness is not quick, it can take a long time.

Reconciliation



Where there is brokenness, unfriendliness, or distance, reconciliation is about bringing unity, peace and understanding to a relationship.

Peacemaker

Someone who helps peace come about. This could be through listening, not being afraid of the awkward conversations, and being able to imagine what could be possible.

Systemic



Involves the whole system rather than just one part. Systemic injustice is when the whole way something is set up and works causes injustice and enables injustice to continue.

Justice



Fairness in the way people are dealt with – every person is treated according to the same standards and with the same respect.

Inequality



When some people lack the rights, opportunities and fair laws that others experience.

Oppression



The use of power by one group to dominate or disempower another group.

Lament

To express deep sadness and regret about something. In the Bible, lamenting means crying out to God from your heart, expressing sorrow or confusion and asking God to act.

Repent



Having a change of heart and mind to turn away from what was wrong, and instead turn to God for forgiveness. In action, repentance can look like the following steps; confession, acknowledging you were wrong, expressing regret, committing to change, and asking for forgiveness.



FOR
S
80
S
A
R
Y
ROUND UP

NIV

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NRSVA

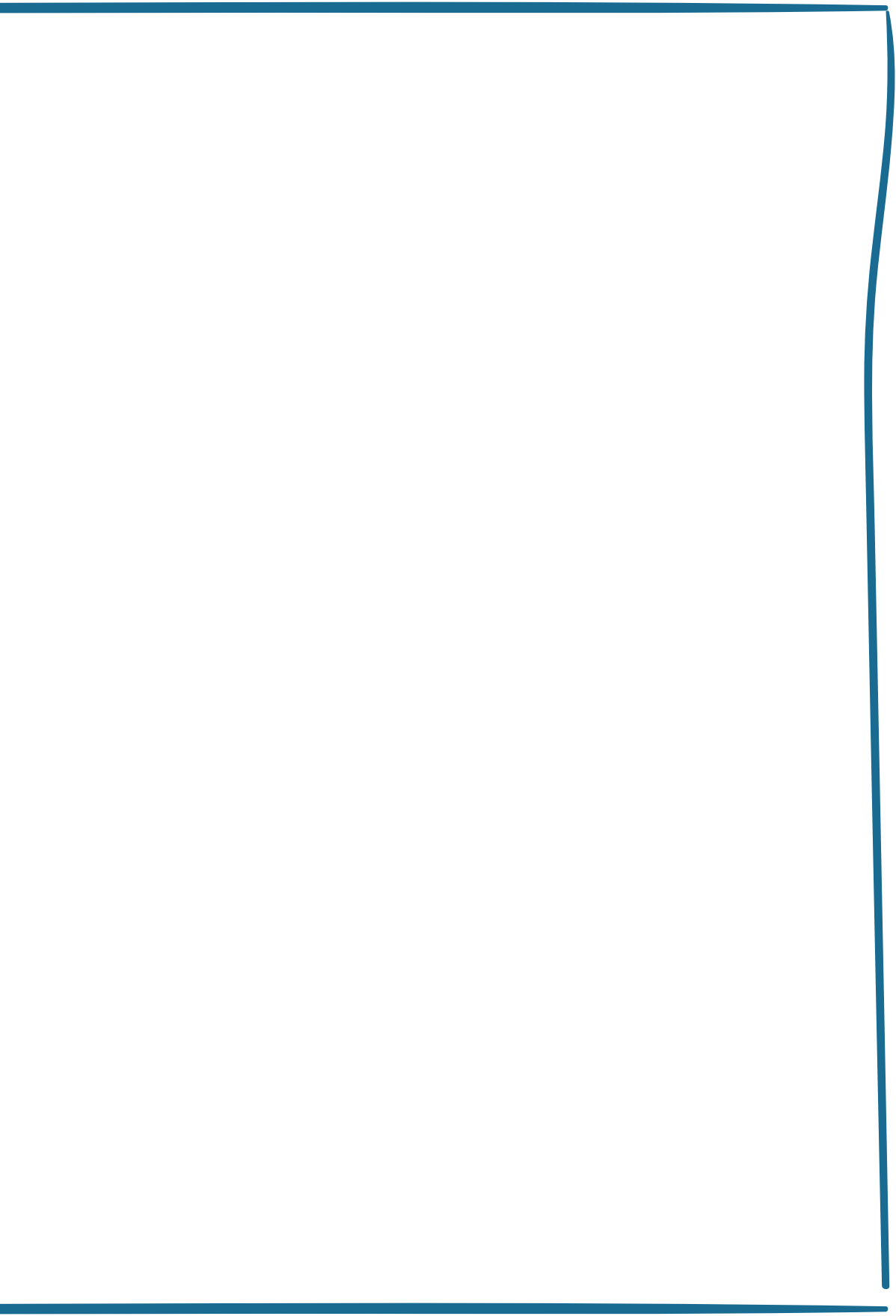
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**differ
ence.**

