

# Basic Mission Trip Training Guide



THIS WORLD MUST HEAR

## Contents

Welcome.....	3
Fundraising Strategy.....	4
Support Letters.....	7
Follow-up Calls.....	8
Thank You Notes.....	10
Personal Testimony.....	11
Plan of Salvation.....	13
Packing Tips.....	15
Pre-Trip Reminders.....	16
Packing Checklist.....	17
Journaling & Getting the Most from Your Trip.....	18
Resources & Your Notes.....	19

## So... you want to stretch you faith, eh?

You have either made the decision to join in on a life-changing experience, or you're still wondering what Short Term Missions (STM) are all about, this information is designed to help you along the way. The following pages will provide vital information about preparing for mission work, serving and loving people in a genuine Christ-like manner.

We hope to answer general questions you may have about this trip.

Our intent is that you would print a hard copy of this information to help you prepare physically, mentally, emotionally and spiritually, ahead of time. Bring it with you. The overall success of your mission experience depends greatly on *your attitude and perspective* from start to finish. If this is your first time, get ready for quite a ride! Prepare yourself to serve, love, give, learn, grow, stretch and give your heart away. We guarantee that the more you pour out; even more will be poured in—beyond your imagination.

**“The generous will prosper; those who refresh others will themselves be refreshed!”**

**Proverbs 11:25**

If you are a second, third, or fourth timer, keep in mind that this will be a brand new team and experience to be embraced with a fresh heart and a desire to serve. You can be instrumental in building team unity and cohesiveness because of your previous experience. We hope that your joy will be as deepened by this trip as it was previously.



**Tip:** begin praying today for God to do amazing things in and through your team. Ask your Heavenly Father who desires to give good gifts to his children.

# FUNDRAISING STRATEGY

## LETTERS AND FOLLOW-UP CALLS

As you place your trust in God and carefully implement each of these four steps, you will see success!

### 1. NAMESTORM

Start by developing an initial list of potential ministry partners. As with brainstorming, in namestorming, there is one cardinal rule-anything goes. No name is unqualified. Just erase any clouds of doubt from your mind and let there be a “blue sky.” Don’t decide for an individual whether or not they are interested. If you limit yourself to those you feel will or can give, you may be prematurely disqualifying those God wants to become partners.

Later you will need to prioritize whom to contact first, but for now, don’t disqualify anyone. You may be thinking you could never generate more than a handful of names, but research has shown the average individual has a personal network of at least 400 friends and acquaintances. So you could easily be able to develop a list of at least 50 potential ministry partners. For instance, you have probably had at least a dozen schoolteachers alone. If you’ve ever had a toothache or a cavity, you know a dentist. If you’ve ever been sick, you’ve been to the doctor. As you think about the people in your life, there will be numerous sources of people to contact that will come to mind.

As you namestorm, think through various professions, businesses, and places for any friends and acquaintances that you may have. To aid you, we have provided over 75 thoughts provokers in the following list. Take plenty of time -at least half an hour- to mull over these categories.

After taking one hour or so for free-wheeling “namestorming” mark next to each contact, either “T” for a top priority, or “M” for medium, or “L” for low priority. These designations refer to your evaluation of how likely they are to give. Start by contacting your top priority people first, and then work through your medium and then the low priority people.

Great! Now you know how to start the process.



Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request.

## LIST OF POTENTIAL MINISTRY PARTNERS

Aunts and Uncles	Foundations that give to charities
Apartment manager	Fraternity brothers
Banker	Friends
Beautician	Friends of your parents
Bible bookstore owner/Manager	High School and college friends
Bible Study Groups	Members Insurance agent
Brothers and Sisters	Missionary Societies
Christian businessmen	Neighbors
Church Directory	Neighbors at former residences
Church friends	Nieces and nephews
Church missionary budget committee	Parents
Civic clubs	Parent's associates
Coaches from your youth	Parent's employers
Cousins	Pastor (s)
Dentist	People you led to Christ
Dentist's nurse	Relatives
Doctor	Restaurant manager and workers
Doctor's nurse	Retired people
Downtown businesses	Sororities Sisters
Eye doctor	Sunday school class members
Family attorney	Tax preparer
Former customers	Teammates
Former employees	Those who have influenced you spiritually
Former employer and co-workers	Veterinarian
Former college professors	Wedding and Christmas Card list

## II. Write a Fundraising Letter

**A.** You can see much success by typing a personal letter representing the The Rock short-term mission trip. Then make a personal phone call to ask each potential ministry partners to support this The Rock-sponsored mission trip. Remember to tell donors that you are **raising support for The Rock** to send you on a mission trip. (As opposed to raising personal funds)

**B.** When writing a ministry team letter, the personal segments in the sample letter which follows obviously must be rewritten. However, the body of the letter should be copied substantially "as is" (see the sample letter below). The following are items that all ministry team letters should include:

1. Give your letter a **specific date**. (Not March, 2008)
2. Your **greeting** should be handwritten (unless you normally type your correspondence) and to a person—not "Dear Friend!"

## Basic Mission Trip Training

- 3. Acknowledge** your relationship with the reader. What can you say that will help the person identify with you? Refer to your last visit or letter, business concerns, sports interests, known struggles, hobbies, etc., to help him/her say, "I know who you are!"
- 4.** Bring your reader up to date on what you're doing.
- 5. Educate** your reader. Explain what the short-term mission trip is, the purpose of the trip, why you have decided to participate, and what you hope to accomplish.
- 6. Explain the need.** The purpose of your letter is to give your reader an opportunity to help. Make sure you explain exactly what is needed. The Rock needs to raise funds to send people like you on mission trips. We will be providing your team with detailed information on what you will be doing, the difference that your trip will make and how that fits in a larger scale strategy to reach the local community.
- 7.** Then **involve** your reader by asking them for specific action. Specific action includes not only your request, but also your commitment to follow up by telephone.
- 8. Acknowledge** your relationship again with an emphasis on thanks, appreciation, gratitude, partnership and commitment. This ties your opening acknowledgment to your request.
- 9. Close** the letter and sign each one personally.
- 10. Add** a "P.S." Commit yourself to a specific action you will be taking. Example: "I'll be calling you in a week, if I don't hear from you by then. I look forward to hearing from you soon." If you are sending a printed letter, hand write your P.S.
- 11. Emphasize the text.** Use parentheses and underlining to emphasize the most important parts of your letter (i.e. The Rock's needs, your request and the time and date you will call them for a decision).
- 12. Enclose** a self-addressed, stamped return envelope for a quick and easy response. Research shows that the easier you make it, the higher the response rate will be. So, make sure to include this critical element.
- 13. Enclose** a support "coupon" that allows them to choose an amount to support The Rock at. Also, have it include a space for their name and address. We have provided one for you to use, if you'd like.

### C. Things to avoid when writing ministry team letters:

- 1. Never apologize** for writing or calling a person whom you wish to involve in helping meet a need. You are providing them with an opportunity to be involved in a spiritual ministry through their resources. Remember, it is far better to give than to receive (Acts 20:35). When you apologize, you end up appearing to be a beggar rather than a child of the King obeying the Great Commission.
- 2. Never ask for a general amount, without a time** frame in which to take action. You should challenge people to give a specific gift, or at least give them a specific range. The specific challenge of \$100, \$75 or \$50 or whatever amount is comfortable has been included in this material. If people want to support The Rock but can't give at least \$50, they will let you know and not be offended by your request.

## Basic Mission Trip Training

### Sample letter for The Rock Short-Term Mission fundraising:

February 24<sup>th</sup>, 2008

Dear Dr. Smith,

I hope this year has been well so far, how are you doing? I know it is about time for me to come in for my cleaning, I will be setting up an appointment in the next month or so. Since my last visit there hasn't been a whole lot going on in my world. I am still living in the same apartment; I did get a new cat! Her name is Chelsea. I was also able to save up for a new car... new to me anyway ☺. It is a 2001 Camry, I got a real good deal on it and with gas prices the way they are... it will help the budget! I have been very excited about my church, The Rock. I think I told you about it before, but I am involved in a great Small Group (like a bible study) and House Church (like a small church service in someone's home). I have been able to get to know a lot of people through that, and I have been really growing in my faith. Which leads me to the most exciting part!

I wanted to write you about a big adventure I get to be a part of this spring! I will be going on a mission trip up north to Warren, Minnesota! I know it sounds pretty exotic, but there are some needs that our team is going to help meet. My church, The Rock, is affiliated with several other churches in the world. One church in particular is Cottonwood Community Church in Grand Forks, ND. They have the opportunity to plant a church in the town of Warren MN which is about 40 miles east of Grand Forks. They have acquired a facility and I am going to go and help them do some work on the facility. The most exciting part is that we will have the opportunity to interact with the community of Warren! We will have several activities planned to reach out to the people there. It should be a blast! This will be my 1<sup>st</sup> mission trip and I am very excited.

I will be teamed up with 12 other volunteers from my church, The Rock, to go on this adventure! The mission trip will take place May 10<sup>th</sup> to May 17<sup>th</sup>. Would you please pray for me and my team?

I would also like to ask if you would prayerfully consider supporting me financially. I need to raise a total of \$175 to cover my costs. I need to raise this by **April 12th**. I am trusting in the Lord to provide me with people who would be willing to invest gifts of \$100, \$50, \$10 or any other amount comfortable for this effort. Any additional funds I raise will go to help other team-mates and it will be given back to the community through our projects.

I have enclosed a response card with information on how you can help our team meet this need. I have also included a self addressed envelope. *Please remember our team in prayer as we embark on an exciting new adventure!*

Please feel free to contact me if you have any questions. Thank you for considering being involved in this effort! May the Lord bless you and your family this year.



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*P.S. I look forward to talking with you soon.*

Contributions are solicited with the understanding that The Rock has complete discretion and control over the use of all donated funds. Contributions to support mission trips sponsored by The Rock are tax-deductible. Checks must be made out to The Rock. The donor may suggest a "mission trip" and a "missionary" by writing then on a note included with the check (example: Warren mission trip – Pat Allen). Should the mission trip become over funded The Rock will use the excess funds for a different mission activity to be determined by The Rock. In the unlikely event that the mission trip is changed or canceled, or the missionary is unable to make the missions trip, The Rock will use the collected funds for missions' activity to be determined by The Rock.

## Basic Mission Trip Training

### III. The Follow-up Phone Call

Follow-up calls are very effective when raising larger amounts of support, this is a good strategy, but you can still be successful without it.

**A.** The degree of your success in the letter-writing strategy depends on your follow-up phone call. The follow-up phone call is critical for three reasons:

**1. Most people suffer from “Information Overload.”** Consequently, mail is easy to ignore or forget.

**2. Your time frame.** You have a lot to raise in a short period of time. A follow-up phone call will help you get decisions as quickly as possible.

**3. Courtesy to potential ministry partners.** Many people will want to help The Rock, but won't unless you call to answer questions and to get their decision. Your phone call takes the burden of response off them and puts it on you.

**B.** Be sure to establish a specific time to get their decision.

**C.** When you call, ask directly for a response. Then be QUIET. Let the person respond. Talking more at this point will distract them from making a decision.

**D.** When you call, if a potential ministry partner has not made a decision, set another time to call within a day or two.

**E.** If an individual decides to become a **ministry partner**, arrange a time to stop by and pick up their gift. If they live out of town, ask them to mail it to you in the self-addressed, stamped envelope you included in your letter.

**F.** If you arrange to have a ministry partner send you a gift and it doesn't come, you will need to follow up with a phone call.

**G.** A ministry partner's check must be made payable to **The Rock**.

**H.** After getting a person's decision, always ask them to refer you to other people who might be interested in your short-term mission trip.

#### Sample Call for a Decision

##### 1. Introduce yourself.

*“Hello, Mr./Ms. \_\_\_\_\_. This is \_\_\_\_\_ calling. How are you?”* Let them respond. *“That's great. By the way, have I called at a convenient time?”* Take a few moments to establish rapport, but be politely brief.

##### 2. Explain your ministry training plans.

*“As I mentioned in my letter, I am planning to go on a mission trip, sponsored by The Rock.”*

##### 3. Share what you hope to see God do on the mission trip.

##### 4. Be very specific to ask for a definite response.

## Basic Mission Trip Training

*“In my letter, I mentioned that I’m in the process of developing a ministry team for The Rock for the short-term mission trip to \_\_\_\_\_. I wrote asking you to consider becoming a The Rock ministry partner by investing in the short-term mission trip to \_\_\_\_\_ that I will be going on. I was wondering how God has led you in being able to give?”* Let them respond, even though the silence may seem uncomfortable for you. People will expect you to ask because of your letter.

### IV. How to Get Additional Names

You must continue to add names to your list of potential ministry partners. Ask everyone you contact to give you names and telephone numbers of people they know that might be interested in The Rock’s ministry.

**A. Who to ask for additional names/referrals:** Ask everyone you contact. Both those that join The Rock’s ministry team and those that are unable to give will probably want to help in this way.

**B. When to ask for additional names:** Don’t ask anyone for additional names until they have first made a decision about joining The Rock’s ministry team. If you don’t wait, your request for other names will distract them from making their decision. **BUT do ask** everyone at the time they give you their decision, whether their decision is yes or no. If you get a decision on the phone, you will ask for additional names, right then, over the phone. If you get a decision while on an appointment, ask for additional names right then, in person.

### C. How to ask for additional names:

1. Get your pencil out and be ready to write.
2. Say: *“Mr./Mrs. \_\_\_\_\_, I need your help in another way. You can help me complete my The Rock ministry team responsibilities by giving me names of other people you know that I may contact.”*
3. Lead the conversation by mentioning potential categories (i.e., *“What are the names of some friends or business acquaintances you know; possibly you know some people from church.”* Ask them to get out their church, office, and any club directories they have. When they start to slow down, probe their memory by mentioning other categories of people you think they may know. Use the categories listed in the “Namestorming” section.  
**Note:** Do not say, *“Do you know anyone”* or *“Can you tell me the names of...”* but say, *“What are the names...”* and *“Who are people that...”*
4. Assure the individual that their friends may not be able to help financially but they may know others. This gives the individual more freedom to refer you to others.

## V. Thank You Notes

1. Send a thank-you note the same day you receive their decision or their gift.
2. Be sure to keep a record of this so you'll know to whom you've sent one and so you'll not send two to the same person.
3. Include a request for prayer for you and your team. This will be of great value.

**“The effective prayer of a righteous person accomplishes much.” James 5:16**

4. The thank-you note is an important part of developing a relationship with a ministry partner. It should be a personal, handwritten note. Do not print or photocopy a form letter. Always include something personal in your note to show specifically how The Rock and Christ's cause has been benefited by their generosity. You owe them a good thank-you note.

### Sample Thank-You Note:

February 24<sup>th</sup> 2008

*Dear Dr. Smith,*

Thank you so much for your gift for the mission trip. Your generosity helps missionaries, like myself, go on The Rock short-term mission trips. Your prayers for me and financial gifts to The Rock are greatly appreciated. Your investment will have far-reaching results. It will allow The Rock to send me as a short-term missionary to be part of reaching the world for Christ. Please join me in praying that God would continually deepen my commitment to the cause of Christ. I also included a short list of prayer requests for our trip. Thanks again for your gracious help. I'll see you soon!

*Sincerely*



*PS. I'll show you the photo's when I am back!*

## Personal Testimony

One of the most amazing experiences is when the story of Christ's work in your life has an eternal affect on a lost soul. Chances are good that you have already shared your personal testimony in part or in whole many times in a variety of circumstances. Our purpose here is to help you communicate your unique testimony clearly and powerfully in a culture and language different from your own. You may have only one chance to share it or you may tell your story over and over.

Regardless, God will use it for His purposes and plan!

### Write it down...

It is best that you put your testimony into writing. This process will help you be more clear and concise. Keep it short and simple. A three-minute testimony will not be more than three hand-written pages.

### My Three-Minute Story

*You will want to include three major phases of your life:*

1. Briefly, your life before you trusted Jesus as Savior.
2. Your decision to trust Christ as your Savior.
3. Your life since you trusted Christ.

Brief answers to the following questions will help you develop your story. Choose a simple theme which will tie together your entire story, making it easier to follow.

Use an "Opening Statement" to begin your story...a kind of icebreaker that will catch someone's attention or curiosity. Consider having a few statements in your mind that may apply to various people in different situations. It should lead the listener easily into your **Three-Minute Story...**

#### 1. Before I received Christ.

- \*What were you like before you became a Christian?
- \*What were some of your actions, attitudes or thoughts?
- \*What would be a good example of this?

#### 2. How I received Christ. (Be specific, but not wordy)

- \*How did you first hear about Jesus Christ?
- \*What was your initial reaction to what you heard about Jesus Christ?
- \*What were the circumstances that led to faith and repentance?
- \*Were there any struggles in coming to accept Him as your Savior?

#### 3. After I received Christ. (Put an emphasis here. Be honest, Christians have problems too.)

- \*How has my life changed? Focus on current changes.
- \*What actions, attitudes or thoughts listed in part one have changed? How?
- \*Has God completely removed any problems from your life? If so, what are they?



#### Key Point

As a result of your story, a non-Christian should know how they, too, can become a Christian.

## Personal Testimony Tips

### 1. Want to be heard? Be interesting!

It's a contradiction to talk about how exciting Christ is in a boring way. Get comfortable with your story by sharing it often with friends and family. Work on your wording, your flow of thought (how one idea leads to another), and your key themes. Remember, the person isn't saved, so guard against religious clichés and hard-to-understand or translate terminology.

### 2. Want to be understood? Be clear and logical.

Stick to the three-part story format:

- a) Before Christ—loneliness, lack of peace, absence of love, fears, purposeless, etc.
- b) The decision that revolutionized your life, and
- c) The change—the difference He has made in your life

### 3. Want them to know how?

Make the moment of your new birth specifically clear. Don't be at all vague regarding how you became a Christian. Speak of Christ, not a church. Refer to the decision you made, the moment of time when you received the Lord. Be simple and direct. Emphasize faith more than feelings. As a result of your story, a non-Christian should know HOW you became a Christian.

*For this reason, we need to have the essentials of the Gospel clear...*

- a) All have sinned. (*Romans 3:23*)
- b) The result of sin is separation from God. (*Romans 6:23*)
- c) Christ died on Calvary to take the punishment for my sins. (*2 Corinthians 5:21*)
- d) We must trust Christ alone for our salvation through faith. (*John 1:12, Acts 4:12*)

### 4. Want to connect? Be human and honest.

Christ did not promise us a carefree, easy, trial-free life. He promises to be with us.

To empower us. To give us his life in our place. Remember how you viewed life before Christ? Try to meet others here and point the way to Jesus.

### 5. Want results? Be warm and genuine and pray!

A smile breaks down more barriers than the hammer blows of cold, hard facts. Be friendly and sincere. Let your enthusiasm flow freely. It's hard to convince another person of the sheer joy and excitement of knowing Christ if you're wearing a long face. Be positive and courteous.

Most importantly, bathe your conversations in prayer, before and after, knowing that only an act of the Holy Spirit will lead a spiritually dead person to have new life.



**Evangelism Tip:** use the word of God. His Word, your story, His power. Remember, the Word of God has a keen cutting edge (*Hebrews 4:12*)

## The Plan of Salvation

Incorporate these points into your Three-Minute Story or share them after your testimony. You may encounter people who just can't wait to hear the Truth and accept Christ. You may meet others who are spiritually curious and have a lot of questions. Still others may be hostile toward the Gospel. No matter whom you speak with, remember that focus should be between the Bible and the non-believer, and not between you and the non-believer. Don't get into a debate. Be happy to answer their questions, or find someone who can, but don't argue with them—this will not help them come to Christ. If possible, ask them to hold their questions until the end of your talk. This will help you be clear in your presentation and may dispel their objections easily.

Depending on your situation, it may be possible to share all of these verses. Maybe not. Quite possibly, all these verses may overwhelm someone. Each person has different needs. Pay attention to their non-verbals. Are they following you? Are they bored? Did you lose them at one specific point?

*When you're ending, consider asking, "Is there anything that would prevent you from receiving Christ right now as your personal Savior?" Ask them to tell you (so you know they understand) what it means to be saved and to know Christ.*

### **We are ALL sinners**

Be careful how you present this point to a non-believer. Admit first that you are a sinner too. Try to always keep the Bible's point of view and not yours when presenting the Gospel, ie: "...the Bible says..."

*Romans 3:23*

*Ecclesiastes 7:20*

### **We deserve to die**

We can present this part by saying, "God loves us, but hates our sin. Our sin separates you and I from God."

*Romans 6:23*

### **We need to be perfect to be in heaven**

When a non-believer acknowledges that he/she is a sinner, then he/she will be prepared for the next step. A simple explanation at this point could be: "Heaven is a perfect place where sin cannot exist because it would bring death to heaven and that is impossible."

*Revelation 21:27*

*Psalms 5:4*

**None of our own efforts will earn eternal life**

Religion will not save us. State clearly that being part of a religious organization will not help us enter heaven or have eternal life. The best way to present this step is with Scripture. Share with them verses that talk about this in the Bible. Keep in mind...this is a very controversial doctrine issue.

*Romans 3:28*

*Galatians 2:16*

*Romans 4:5*

*Ephesians 2:8-9*

*Romans 11:6*

*Titus 3:5*

**Jesus did it ALL**

This is a very important part of your presentation. Again, use the Bible to support your points. Do not go on until you know that the person understands that “Jesus paid for everything—it is finished.”

*Isaiah 53:6*

*Colossians 2:13-14*

*1 Peter 3:18*

*Acts 13:38-39*

*Hebrews 10:1 2*

*Corinthians 5:21*

*1 Peter 2:24*

**Belief + Faith = salvation**

All they need to do to get saved is to believe that Jesus paid for all of our sins. In other words, to receive Christ as your personal savior. God gives eternal life to those who receive it only through faith. The debate at this point will be between grace and deeds. Share verses.

*John 1:12*

*John 6:47*

*Philippians 3:9*

*John 3:16*

*Acts 13:38-39*

*Galatians 3:22-26*

*John 6:28-29*

*Romans 5:1*

**Eternal life is eternal**

Eternal life is found in Jesus Christ alone. If they choose to accept Christ’s payment for their sin, then they too will have eternal life. Help them understand the security of their salvation. Eternal life is not determined by how good we act or live our Christian life.

*John 3:16*

*Romans 6:23*

*John 6:47*

*1 John 5:13*

If you meet someone who comes to know Christ, try to get them a Bible if they don’t already have one. Encourage them to begin reading in the book of John (Show them how to find it). Do what you can to help them connect to the local church where they can grow in their relationship with Christ!

## Packing Tips

### Regarding gifts

It is a very nice gesture to give gifts to the people who hosted you and your team. These can be purchases as a group, or individually. Before giving anything away, find out from your team leader and local leadership where, when and how it is best to distribute gifts. We encourage you to be generous but also wise. Clearly, giving a gift to a host family is encouraged. However, random gift giving may create jealousy, envy, quarrels, etc. We want our influence here to be positive in spiritual, physical and emotional ways. Also, to show honor and respect to parents, if possible always ask permission before giving any gift to a child.

### Gift ideas

- t-shirts from your college or city
- Bibles
- small and simple toys for little children
- stationary for letter writing
- Christian music CDs or tapes
- hair accessories for little girls
- a nice box of chocolates/candy for your host family
- baseball caps
- pens and pencils; stickers
- photos of you with them
- nice soaps/shampoos/etc.
- friendship bracelets (you make them)

### Reminders...

1. Travel as lightly as possible (one bag or duffel and a carry-on).
2. Pack, and then go back and take out all that you don't really need.
3. If your itinerary includes sports and sight-seeing, bring tennis shoes.
4. Bring one lightweight, long-sleeved top and slacks.
5. Put any and all leakable items (shampoo, etc.) in plastic ziplock bags.
6. Check and double-check your packing to avoid leaving anything behind or overpacking.



Pack as much as you can ahead of time, don't wait until the last minute! Ask yourself... "do I *REALLY* need all this stuff?"

## Pre-Trip Reminders

### Make sure you take care of these details

1. give phone numbers and itinerary to parents or friends
2. pray and believe God for great things
3. do last minute purchasing (clothing, film, etc.)
4. pack light, light, light
5. set your "Out of Town/Vacation" alerts on your cell phones/email/work voicemail etc
6. pay bills in advance, get the pet-sitter, baby-sitter, get the neighbor to check your mail etc

### Verify...

1. do I have enough medications/supplies for the trip?
2. do I know the meeting time and place?

### Distractions

Nothing can rob you of what God wants you to experience more than distractions. The Devil does not want you to grow. Often times the Devil can use our own "busyness" against us. Here are some important tips to get the most out of this trip.

- 1. Cell Phones/Mobil devices** – if you were out of the country, you would be out of touch with "home life" for a while. That is a good thing. If you are not leaving the country... act like you are. Change your greeting to say you will **NOT** be available for the period of time you are on the trip. Let people know you are on a mission. Use your cell phone/mobile device for emergencies only. Keep it off or on silent and set a time during the day to check your messages. But don't return them unless they are urgent! Your leaders will be the main point of contact for emergencies. You can have people call them directly.
- 2. Internet Access** – There may be internet access where we are going. Try to avoid the internet as much as you can. If you are a blogger, and you want to share stories and pictures during the trip, that is ok... just don't allow it to interfere with the work the team is doing.
- 3. Thought life** – Ask God to focus your thoughts on the mission trip. It can be easy to go on a trip (vacation, etc) and find yourself constantly thinking of the "to do's" back home. Work projects, bills due, calls to return, etc! Paul writes in **2 Corinthians 10:5** that we are to *"take every thought captive to make it obedient to Christ"*. Make sure you have everything taken care of at home **BEFORE** you leave for the trip, and trust it to the Lord.



So I sent messengers to tell them, "My work is too important to stop now and go there. I can't afford to slow down the work just to visit with you." (**Nehemiah 6:3**)

## Final packing check-list

Eyeglasses or contact lens supplies

Bible, pen, journal

Spending money

Traveler's checks/credit cards

A print out of important documents

Prescription medications (in their original containers)

Other medications (aspirin, vitamins, allergy medicine)

Simple gifts\* to give (see page 11 for details)

### Toiletries

Soap & shampoo

Comb/brush

Deodorant

Shaving supplies

Sunburn lotion

Feminine hygiene items

Toothbrush & toothpaste

Toilet paper (in a ziplock bag)

Chapstick & hand lotion

Tissues/handkerchief/bandana

Towel, washcloth, Handywipes

Hair dryer (if possible, don't bring at all, or share)

### All other

Clothing for work, play, and church

Swimsuit & beach towel

Hat & sunglasses

Flashlight and batteries

Camera, film, extra batteries

Spare prescription glasses or contacts

Shoes and sandals (Texas are good)

Bug repellent and/or sun screen

Windbreaker or light coat

Book to read/cards

Travel alarm clock

Bottled water & snack foods

### Trip-specific items

Work boots & gloves

Expendable cotton long-sleeved Oxford (if working outdoors, it will keep your body temperature down in extreme heat and will protect you from sunburn; getting sunburned will hinder your ability to work hard, so protect yourself; they are easy to find at thrift stores, get a light color) Rain coat or umbrella if you will encounter a rainy season

### Avoid bringing...

>> Expensive electronics (MP3 players, Blackberry etc), excessive valuables, any prized possessions.

>> Too many clothes, too much stuff, more than you can carry comfortably.

## Journaling

We all hope to remember meaningful experiences and daily spiritual lessons that God gives us. The truth is that we quickly forget many of these things or at least the important details. Journaling is a simple and incredibly rewarding discipline. As you head out, make a choice to remember what's about to happen in your life and in the lives of others. Take along a notebook and write down daily some of the important events and lessons you experience.

Have fun with it and realize that it may be the only source of remembrance you have many years from now.

### Here are some guidelines

1. If possible, choose a regular time to journal each day and establish a habit.
  - a) just before going to bed
  - b) at the close of your morning devotions
  - c) after a meal
2. Include dates, names and places. These are easily forgotten.
3. Express your emotions, thoughts, and impressions.
4. God may lead you to pursue certain goals. Record details so you can remember who, what, why, and when.
5. Include a "What to do..." section to yourself for the future.
6. Record verse references to especially meaningful Scriptures.
7. Record any conversions or important spiritual events that affected you.

## When you return

### Mission Newsletter

In addition, consider sending a post-trip letter to all those involved with helping you. Share openly what God did, use it as an opportunity to glorify God and share His love with people. Remember, non-believers will be getting these too!

### Share pictures & videos

Encourage the team to pool together pictures & videos, have someone burn them all on a CD/DVD and give to each team member. Go to work, family, school, etc and put together a slideshow presentation and tell the stories of your trip, use it as an opportunity to share what God did through your team, this can be a great way to share your own story and the Gospel!



"How beautiful are the feet of messengers who bring good news!"

**(Romans 10:15)**



