

# 2025 Mission Team Training Leader's Manual



# Kenya Training Session #1

## Information Overload

### Prayer!

### Introduce Leaders

#### Vision

Trip:	Where:	Which BOL Location?
	Who:	Working with BOL
	When:	These are tentative until we purchase airline tickets!
	What:	Evangelism/VBS/food/medical/construction?
	How Much:	\$
	Why:	Romans 10:14-15

### Mission Team Covenant!

#### Meetings

- Because the team is such an important part of the mission team preparation process. As leaders, we recommend you determine your absentee policy and communicate it early.

#### Fundraising

- Generally, 80-90% of money for a mission trip comes from a personal invitation for your people to be part of your mission. A sample letter is in your handbook.
- Team fundraisers?
- Utilize social media to get the word out!!
- Balance - Communicate your policy about airplane ticket costs, etc., early and often.

#### Money

- all meals, lodging, and transportation included in cost of trip
  - Only needed for gifts and snacks
  - Baskets
  - Donations to missionaries
  - Special project

#### Immunizations and Vaccinations

- For shots, see your handbook.
- travel sites – a lot of travel sites (including government ones) have info that is not entirely accurate so friends/family/you may freak out about issues that no longer exist or don't exist in the areas we're going to

#### Passports and Visas

- Passports - apply ASAP. Passports must be valid for at least 6 months after your return generally for airlines to allow you on flights.
- Visas – obtain online as soon as plane tickets are purchased.

#### Packing List

- See handbook – what is “starred” is what is a true necessity

**Clothing & Jewelry**

- don't wear expensive or large jewelry – most likely good idea to purchase a small replacement wedding band to wear.
- Ladies, please make sure that the t-shirts are loose-fitting and NOT low-cut. Thanks! Skirts must be below knees when sitting.

**Physical Preparation**

- Physical preparation is extremely important for this trip. We recommend you encourage your team to start walking daily to prepare for the potential for long walks in the bush.

**Spiritual Preparation**

- Devotions
- Journaling
- Prayer Partners?
- *Spiritual Authority* by Watchman Nee - We recommend this book both for spiritual maturing and also for better understanding the Kenyan culture of authority.

\*\*Homework: Bring 10 facts about the area where the team will be serving to our next meeting.

## **Week 2: Where are we going?**

“But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”  
Acts 1:8

Watch snippets from the 2<sup>nd</sup> half of “Acts: a film by the Holy Spirit” on Amazon if you can.

Your homework was to bring 10 facts about our mission field with you today, so we’re going to play some Scattergories. The first person will share what facts he or she found. The other team members will cross out each fact that they also have on their lists. We’ll see who came up with the most random facts. :)

By trying to research a bit about our mission field, we’ve learned that it is SO different than the United States. During our time there, we’ll realize that there are many more differences (and similarities) than we could have even thought of. So...when you think of what it might be like there, what comes to mind? What stereotypes do you have of this remote Kenyan tribe going into the trip?

How will these stereotypes help us? How will they hurt us?

What stereotypes do you think they have of us as Americans? How can those be helpful for us? How can it be a struggle?

How do we best function in such a different culture? We need to be Cultural Sensitive. Cultural sensitivity helps us to:

- Understand
- Appreciate
- Work Together
- Be Aware
- Accept the Differences
- Know the People and Ourselves Better
- Adapt to the New Culture

Why might it be important that we’re sensitive to the local culture during this trip?

- Nothing is more damaging to a ministry than turning people away from the message

by offending them or their culture by something we do or say.

- Sometimes the way we do things in our world forms the basis for the way we believe it should be done in the rest of the world.
- We need to stay open as to how other cultures are different.
- To be effective in ministry, we need to move from judgment-passing to diversity-embracing.

How can we best respond when something happens that we don't understand?

- Always respect others and act as a servant.
- Have a willingness to try new things.
- Remember that you are a guest.
- Ask questions and try to understand the culture - "Tell me about..." versus "Why?"
- Discuss your feelings with your teammates.
- God can use our discomfort as a way of stretching us and giving us a larger view of HIM and HIS world.

Spending time in another culture can bring about culture shock and culture stress.

**SHOCK:** The immediate sense of disorientation upon entering a new environment. Will begin as soon as you get off the plane at the airport!

**STRESS:** The day to day stress that occurs in a new culture that can create doubt, frustration, a short temper, sleepiness and anxiety.

Triggered by differences in culture of courtesy, charity, comfort, communication, control, and cleanliness.

There are certain things about a culture that can trigger both shock and stress:

- Courtesy - Smiling, bowing, slow to get to the point, pointed personal questions, invading of personal space
- Charity - Beggars on the streets, poverty everywhere
- Comfort - No air conditioning, uncomfortable beds, no ice, hard pillows, HOT!
- Communication - No phone or internet, people can't understand your English
- Control - Schedule and plan changes, chaos
- Cleanliness - Trash in the streets, bugs, smells, open air markets

## **How do we respond?**

Through our attitude:

### 1. The attitude of Servant

- We all need to be constantly serving others. When we are on a mission trip, we are there to serve. This means you should be looking for ways to help the people or the team in anything they need (i.e. washing dishes, carrying water jugs, or praying with someone). A servant is one who is there to help no matter what. We should all learn to be servants this trip.

### 2. The attitude of Student

- We are not going just to teach them about the Lord; we are going there to learn from them. In order for us to minister to people, we need to know who they are and where they are coming from. This means we must be listeners and followers. Learn to ask questions and be sincere about learning from the people.

### 3. The attitude of Teacher

- We are going to these people to teach them about God. There may be other things that God allows you to teach them, but be careful when you are in this role. We are not there to teach them how to change the way they do things. We should be concerned about their spiritual lives and not concerned about changing their work habits, eating habits, etc. Make sure the Lord is leading you when you are in the role of teacher.

Through our communication:

1. Slow Down - Speak slowly and concisely.
2. Separate Questions - Try not to ask double questions.
3. Avoid Negative Questions - "Are you not coming?"
4. Take Turns - Speak and then LISTEN to the response.
5. Write It Down - If you are unsure whether something has been understood, write it down.
6. Be Supportive - Encourage those who try to practice their English with you.
7. Check Meanings - Summarize what has been said to be sure you understand and ask your interpreters to summarize what you say before translating to a patient.
8. Avoid Slang
9. Watch the Humor - Sarcasm is often misunderstood.
10. Maintain Etiquette- Observe basic cultural norms.

**\*\*Homework:** What experience in your past has had the greatest impact on your life to date? Please come to our next meeting prepared to share your answer.

## **Week 3:**

# **Which is the best way to share about Jesus?**

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect... 1 Peter 3:15

As a team, check out the video titled "Not an Expert" from Bluefish TV on YouTube.

Pair off your team and let them share the answer to their homework question regarding the experience which had the biggest impact on their lives.

Why are we going to East Africa? Is it to have the opportunity to meet with a new culture? Is it to try new foods? Is it to see a wild elephant in its natural habitat? Well...you'll most likely get to do all of that and more, but the main reason we are going to East Africa is to share the love of Jesus with the people of East Africa. How do we do this in a way that is relatable and understandable? In Bread of Life, we use 2 different tools:

1. Sharing the Gospel
2. Sharing Our Testimony

### **Sharing the Gospel**

Many of us are nervous about sharing the Gospel. It's not something that we may commonly do in our day-to-day lives here in the U.S. Besides, sharing about Jesus and what He has done for us here in the U.S. is different than sharing about Him in Africa, right? Well...the basics are the same!

- We are ALL sinners who need a Savior.
- This sin separates us from a loving Creator God.
- God loves us and sent His Son.
- Jesus took the punishment for our sins; thereby restoring our relationship with God.
- This mercy and grace is offered as a free gift for us as we cannot earn it back on our own.
- By receiving His gift of salvation, we are welcomed into new life, a new family, and a new future.

This is the same for every human on earth! But...it often needs to be presented differently to make it relatable and understandable in each culture. In East African culture, there are a few key ways to represent God the Father and Jesus which

resonate with the people of this tribe and are useful to know and use when sharing the Gospel with them:

1. God as Creator – Most Africans living in the bush believe in a Creator God who made all that they see. Introducing God and starting from creation and moving into the Fall and how we're all fallen can be a good access point for sharing the Gospel with these people.

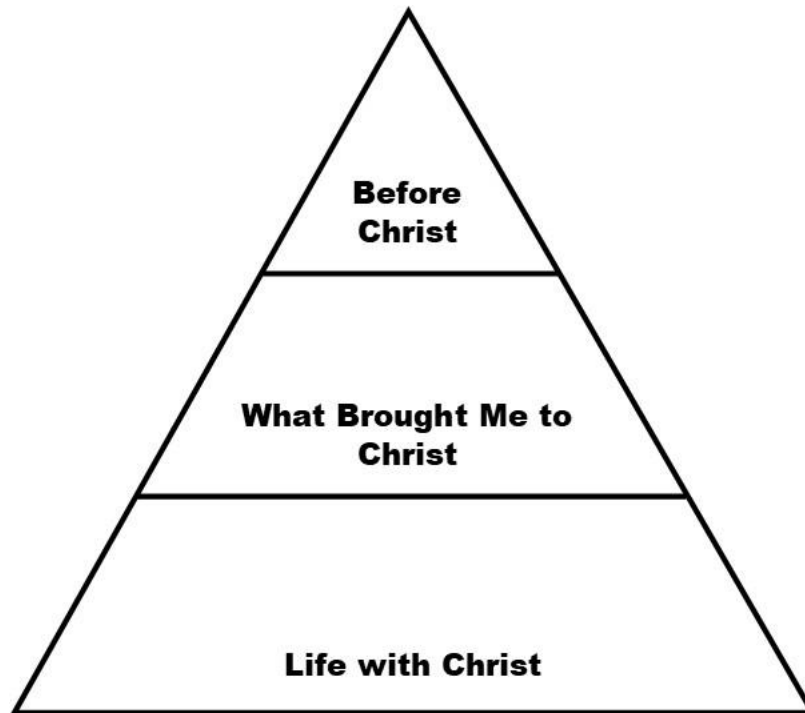
2. Jesus as Warrior - Throughout scripture (and especially in Revelation), Jesus is portrayed as a Warrior fighting for His people. The tribal people war with those tribes around them and are proud of the fact that they are strong and protective. Especially with the tribal men, this can be a great way to introduce Christ.

3. Jesus as Shepherd – Most people from the bush of Africa understand the Biblical entries like the Lost Sheep and Psalm 23 better than most of us here in the U.S. as they all have goats, sheep, and other animals to care for. Helping them understand that WE are the lost sheep and that Christ has come to find us is a great way to share the Gospel with African men, women, and children as they all help care for their livestock.

## **Our Testimony**

During your time in East Africa, you will also have the opportunity to share about Jesus in the 2nd way: your testimony. It may be during a church service, during evangelism, or during your team time. Many of us are nervous about sharing our testimony, but it is simply our story. There is no right or wrong testimony as God works differently in each of our hearts and lives. One person's testimony might be that they were saved from a life of drinking and drugs; whereas another might have a testimony where they've walked the straight and narrow. They are both very valuable testimonies as they both share the powerful way God works in our lives, just in different ways. One of the best things about sharing our testimony is that others cannot speak against it. It is actually our life story! What can be spoken against that?

Some of us can share our testimony with little to no preparation, but for most of us, it is beneficial to write it out and even practice it beforehand. If you haven't shared your story before, there are a few things to remember to include: what your life was like before accepting Christ, what made you decide to accept Him, and how your life has changed since becoming a Christian. Think of it like you're rolling down a pyramid with the least about of time being spend on your life B.C. (before Christ) and the most on how Christ has changed you.



Some of us struggle to decide what to include in our story...especially if we've lived for awhile. First and most important, always listen to the Holy Spirit when preparing and giving your testimony. Sometimes He leads us to use specific word choices or previously forgotten experiences this time but not next. He knows the audience and their heart better than we do, so He knows the best way to reach them with our story. Second, one of our missionaries, Mel, has shared that she always reminds herself that she's making God look big, not herself, so what attribute of God is most striking in her life? Is it His faithfulness or His mercy or His love or...?? When preparing her testimony, Mel just makes sure that the stories she shares center around that main attribute.

Pointers for Preparing your Testimony:

- Make sure to share your name and a little bit about your family to help connect with the listeners.
- Use smaller words that are easy to translate as your testimony will go through 1-2 translators depending on the situation.
- Just be yourself! If a certain part of your story chokes you up, let it! The listeners want to see the authentic you!
- YOU are the authority on your own story! Be confident in sharing it!

\*\*Homework: Google the Smalley Personality free test and go to [www.spiritualgiftstest.com](http://www.spiritualgiftstest.com), take the assessments, and bring your results to the next meeting.

## **Week 4:**

### **Who is going on this adventure with me?**

So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. Ephesians 4:11-16

As a team, check out the video titled “Millennial Missionaries” on YouTube.

Some of the most important people over the next few months are going to be your teammates. As you prepare together, there’s no way to know how connected you’ll be by the end of the trip. These people will be the bearers of inside jokes, the support when you need it most, and the only ones who will fully understand your experience when you return home. So...let’s get to know each other a little better!

#### **We are ALL different!**

Your team of very different individuals will work together to see the Lord’s work done in East Africa through your hands but also in your own life. It is important to recognize that not only does your team have a different personality for each member but also a different background and different responses. This lesson, we’ll look at how the team is strengthened by the differences and how to resolved conflict that comes up because of them.

Your homework for this week was to take a couple of assessments. First, which animal did you most relate to on the Smalley Personality test? Let’s have all the lions in one corner, the otters in another, etc.

#### **Lion**

##### Strengths

Likes to Lead  
Makes Decisions  
Goal Oriented  
Enjoys Challenges  
Problem Solver  
Independent  
Productive

### Challenges

Argumentative  
Listening is a Challenge  
Too Direct  
Insensitive

### **Otter**

#### Strengths

Optimistic  
Energetic  
Motivators  
Future Oriented  
Inspirational to Others

### Challenges

Unrealistic Day Dreamer  
Impatient  
Avoids Details  
Needs Approval  
Impulsive

### **Golden Retriever**

#### Strengths

Builds Relationships  
Good Listener  
Patient  
Nurturing  
Loyal  
Team Player

### Challenges

May Sacrifice Own Feelings or Results for Harmony  
Easily Hurt  
Reluctant to Initiate  
Indecisive

### **Beaver**

#### Strengths

Accurate and Precise  
Organized  
Practical  
Sensitive

Factual  
High Standards

### Challenges

Too Critical  
Negative of New Opportunities  
Unrealistic of Expectations  
Too Controlling

How do you think having lions, otters, beavers, and golden retrievers all on the same team will help the team be more effective? How do you think it could be difficult?

Just like having different types of personalities on a team can be amazing, having different spiritual gifts can be a huge blessing as well. What was each person's top 2 spiritual gifts? Why do you think God created us differently in this instance?

### **Qualities of a good team member:**

#### Selfless

The most important part of being a great team member is being selfless and putting the needs of the team ahead of your personal goals.

#### Honest

You must also be honest with yourself, your team leaders and your teammates. If you need help, you should not be afraid to ask. If you make a mistake, you should not be afraid to admit it.

#### Respectful

A great team member respects everyone on the team. We must recognize each other's differences and appreciate each person for who they are and what they contribute to the team. Simple words of affirmation such as "thank you" go a long way in team work.

What are some phrases we can use to lift each other up and unify the team?

Thank You

Great Job!

How can I help you with that?

Is there anything else I can do ?

What are some phrases we can use to bring disunity to the team?

That's not my job.

I'm not interested in doing \_\_\_\_\_ today.

I can't believe they're making us do \_\_\_\_\_.

Oh no! I could never eat that!

### **Conflict Will Come!**

You will be living with the same individuals for the entire duration of the trip. You will sleep with them, eat with them, work with them, smell them, and a number of other things. For some, that is pleasurable. But for the majority, it will be a challenge to remain so close and not get too frustrated. The fact is that God calls us to a holy life, but we also still sin. You will have disagreements; you will have times where you feel there is dissent in the group. The key is understanding how to resolve conflict.

Have someone read 1 Corinthians 12:12-27. Why is it important to be a diverse group?

According to Romans 12:3-5, why is it important to remember that we are a body?

If you were to compare your role on this project to a part of the body as Paul used as an analogy, what part would best describe you? Why?

### **Confrontation That Helps!**

What happens when there is conflict within the body? Is it easy for you to confront individuals or does the situation scare you. Confrontation is essential for all godly relationships.

“If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that ‘every matter may be established by the testimony of two or three witnesses.’ If they still refuse to listen, tell it to the church; and if they refuse to listen even to the church, treat them as you would a pagan or a tax collector.” Matthew 18:15-

17

Here are some principles to follow when dealing with confrontation.

1. Failing to confront when it is our responsibility may be a sin.  
“If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over.” – Matthew 18:15
2. Confrontation should be sparked by love and not anger.
3. Spend sufficient time in prayer before confronting.
4. Work on solving the problem and forgiving the other person.  
“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” – Ephesians 4:31-32
5. Find the best time and place to confront.  
\*Compliment in public, criticize in private.
6. Confront the person’s actions, not their character.
7. Seek to resolve the issue directly with the person involved rather than gossiping to others.
8. Helping the individual and the team should be the goal of confrontation.

\*\*Homework: Bring the answer to this question to our next meeting: “What activity do you look forward to most when we get to the tribe?”

## **Week 5: How are we going to help?**

After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where He was about to go. He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field." Luke 10:1-2

Show the video titled "Viking Outreach: When Helping Can Hurt" on YouTube.

The question you were to answer for today's meeting was "What activity are you most looking forward to in the mission field?"

So...what ARE we going to be doing when we get to the mission field that will be helpful?

### 1. Your Presence

One of the most meaningful things that you can do in the mission field is nothing! Just the fact that you have travelled to the other side of the world means a lot to our friends in the bush of Africa. It shows that you love them enough to put in the time and effort to simply travel and meet them.

### 2. Your Purpose

Your team will have specific purposes to your days. Will you be leading VBS or meeting with our discipleship students or walking hut-to-hut to share the love of Christ?

As a leader, this is a great time for you to tell the team what you and BOL have determined to be the best use of your team's time and talents. It's also a great time for you to decide on leadership for the different teams you may have.

### 3. Your Posture

This may be the most important way we can serve the African people. When we serve well and love well, we open doors for the tribal people to receive the Truth. How you treat your teammates, how you interact with the BOL mission team and the local tribal people, and how you follow your leader all send a message about God to those you've come to serve.

This can also be the hardest of the 3 because the culture is so different from your own. It can be hard to control our facial expressions and our initial reactions, but choosing to respond in a way that is filled with Christ will make the biggest impact possible.

## **Week 6: Why am I struggling?**

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:10-18

As a team, watch the video titled "Pastors Constantly Overcoming Spiritual Warfare" on YouTube.

What has been the most challenging part of this experience, being on this mission trip, thus far?

We're so excited to have you joining us on the mission field! This also means that you have entered onto the spiritual battlefield. As Paul says in Ephesians 6, we are struggling not against teammates or other cultures or long flights, but against Satan and his powers. From the moment you signed up for this opportunity to make a Kingdom impact, he set his sights on you. So...what do we do?

### **There are 5 Biblical concepts to help you in this battle:**

#### 1. Acknowledge the Adversary

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith because you know that your brothers throughout the world are undergoing the same kind of sufferings. 1 Peter 5: 8

The thief comes ONLY to steal and kill and destroy... John 10:10

#### 2. Accept God-Given Authority

“...All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations baptizing them in the name of the Father, the Son and the Holy Spirit....” Matthew 28:18-20

### 3. Submit to God-Given Authority

Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone. Titus 3:1-2

- It's a cultural issue!!
- More importantly...It's a God issue!

### 4. Put On the Full Armor of God

Finally, be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. Ephesians 6:10-11

### 5. Use the Weapons God Has Given You

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Corinthians 10:4

- Scripture
- Faith
- Truth
- Praise
- Prayer
- Story
- Community

### **Examples of Spiritual Warfare (the “DIS” of the enemy):**

- DIStraction
- DISappointment
- DISagreement
- DISconnection
- DIScouragement
- DISenchantment

**Spiritual Warfare can happen now before the trip, while you are on the mission field, and even when you return home, so what are some specific ways we can fight it in addition to our weapons?**

**Pre-Trip**

Spiritual Preparation  
Build Team Relationships  
Prayer

**During The Trip**

Team Encouragement (Blessings Box)  
Testimony Sharing (Team Time)  
Quiet Time and Devotionals  
Prayer

**Post-Trip**

Hold each other accountable.

Share your trip testimony with people at home.

- It's good to have 3 versions of your trip story to share with people: 1) a quick 2-3 line "elevator" story for most people; 2) a longer version (5-20min) of some of your favorite stories that you want to share with others that fewer people will take time to listen to; and 3) the whole story that only 1 or 2 people will take the time to listen to.

Thank God daily for your experience.

Pray regularly for the people you served while abroad.

Stay focused on the greater mission.

## **On Return: What can I expect as I prepare to go home?**

"He who began a good work in you will carry it on to completion until the day of Christ Jesus" -- Philippians 1:6.

"Some of the difficulties returning short term people have do not surface as soon as they return. Problems with alienation, resentment, or even depression show up months into their return. However, feelings of spiritual superiority and impatience may manifest themselves early on. A good re-entry preparation would have helped them anticipate such emotions and responses." – Lisa Chinn

### **What Is Re-Entry?**

Re-entry is when an individual comes back into their home culture after being away for some time. The individual has been accustomed to another culture and set of values for a short period of time and now they are trying to come back into an environment that they are not used to. There are stages that mark this time.

#### **Stage 1: Fun**

- This stage is marked by excitement and enthusiasm for being in the home culture. Everything is new, yet the same. The individual in the fun stage is happy to be home and sleeping in his own bed and eating with friends and family that he missed.

#### **Stage 2: Flight**

- This stage is marked by constant daydreaming and desires to be back in the foreign culture. The mind wanders constantly back to different events that occurred and the individual remembers how incredible it was to be where she was.

#### **Stage 3: Fight**

- This stage is marked with low points and frustrations. The individual who is in the fight stage does not wish to be home anymore. In fact, the individual begins to feel like no one understands him and has the tendency to alienate himself from loved ones and friends.

#### **Stage 4: Fit**

- This is the final stage of re-entry. This stage is marked by conformity and a willingness to do what it takes to make it through the routines of each day. The individual who is in this stage has learned to re-adjust to the home environment and get back into the way life works back home.

## **Issues that Must Be Dealt With!**

### **1. Change**

- When you return home, you will have changed but your home environment may not have.

### **2. Self Worth/ Identity**

- You may have felt important and that people depended on you during the trip. This may change when you get back and realize that life back home may not be this way.

- You may have become more independent while on the trip. When you come home you may want to maintain that independence in an environment that does not warrant it.

### **3. Expectations**

- You may have had certain goals that you set for the trip and those goals were not met. This may bring you down, but remember that God's will was accomplished and that is what is most important.

- You may have expectations of life back home. You may feel like it is going to be better or that it is going to be worse.

- Make sure that you don't have any expectations. Expectations that are not met will ruin any experience.

### **4. Closure**

- Make sure you have closure to your trip. You get closure through many ways. Make sure you say goodbye to everyone in the host country that you were close to. Make sure you affirm those that you have worked with (i.e. the missionaries, the natives, etc). Make sure you buy souvenirs. This may sound selfish, but souvenirs are one of the greatest ways to remember the experience you once had.

### **5. Grief**

- Anyone who must deal with loss will experience grief. When you are on a mission trip, you will establish good relationships with the missionaries and the natives of that area. When you have to leave, you must come to grips that those relationships will be long-distance at best. Because of this feeling of loss, you may experience grief when you return.

### **6. Depression and Loneliness**

- No one will fully be able to understand everything you went through and experienced. The only people that you will feel understand your trip are those that went with you. Because of this fact, many people have feelings of depression and loneliness. This is a stage that most go through for some period of time after the trip. This is not a bad stage...just not one that you want to stay in.

### **7. Alienation and Anger**

- On any mission trip, you will experience a whole new culture that you may have not known existed. More than likely the culture you have been living in for the duration of your trip is not like American culture. Because of the affluence of the American life and

the extremely different culture and customs, some begin to get angry and alienate themselves from the American way of life. This feeling is also natural; just make sure it does not dominate your life.

### **Three Responses to Choose From!**

1. Isolation - This response means that someone is pulling away from all stressful situations. The person that is in isolation does not want to readjust back to the American way of life. This person desires to still be on the trip and they do everything they can to feel that they are back in the foreign culture. This response is characterized by daydreaming constantly.

2. Imitation - This response means that the individual is beginning to imitate everything that everyone else does. Since you have not been back in the American life for a period of time, some things that used to seem natural are now unnatural. Because of this unnatural feeling, some people begin to imitate those around them until they have “properly” adjusted to their old life and routine. This response can make someone fearful of standing up for their convictions...convictions that may have been rooted during the trip.

3. Integration - This response should be the desired goal of all short-term missionaries. This response means that the individual has learned not only to adjust back to the American culture but has also learned to stand up for her values and convictions. This response means that the individual is living out her new values and convictions in a society that has not changed.

### **Maybe These Can Help!**

Recognize your own need for debriefing and re-entry.

Identify a person or group that will listen to your story.

Build rest into your schedule.

Be prepared for grief.

Identify and face your feelings.

Expect to go through a “low” period in your re-entry.

Remember that your true worth is in Christ, not a mission trip experience. “However, do not rejoice that the spirits submit to you, but rejoice that your names are written in Heaven.” –Luke 10:20

### What Would You Do?

You return home from your mission trip and some things have changed. You found out that your best friend is moving and your dog passed away. No one seems to truly “care” about what happened on your trip, so you feel there is no one to talk to. You begin to feel depressed and lonely. What would you do?