

PERSONAL PREPARATION

The following questions will stimulate your thinking as you prepare for the mission trip.

ARE YOU PREPARED PHYSICALLY?

1. Are you in shape? What exercises could you be doing to get in better shape for the mission (i.e., Walking, jogging, etc.)?
2. Are you in good health? What steps could you take to improve your health prior to the trip (i.e., Diet, sleep, etc.)?

ARE YOU PREPARED EMOTIONALLY?

3. Are you in shape emotionally? Think through the following questions. . .
 - a. Are there any unresolved issues or relationships in your life?
 - b. Are you having any major bouts with depression or discouragement that should be talked out prior to your trip?
 - c. Would it be wise to talk these out with a pastor, counselor or friend?
 - d. Could you be viewing this trip as some sort of therapy for problems in your life?
 - e. If you are, what problems are you trying to “escape” from? Why?

ARE YOU PREPARED SPIRITUALLY?

4. A mission trip is not the time to be getting things together with God. Instead, you should be developing and improving your relationship with Him now.
 - a. Reflect on where you are spiritually. What will give you a richer experience if you begin doing it now?
 - b. Listen. Are you listening to God? Are there quiet times in your day to reflect on what God is teaching you?
 - c. Read. Are you spending time reading God’s Word? How consistently?
 - d. Speak. What’s your prayer life like? Are you taking time each day to talk to God?
 - e. Respond. Are you striving to be obedient in the little things? Are you attempting to apply the things God is teaching you?

ARE YOU PREPARED RELATIONALLY?

5. You will be spending much of your time with a group of people to whom your experience will be closely tied. Consequently, it is important to think through the way you relate interpersonally.
 - a. Are you prone to any types of conflict that hinder your ability to work with others? What are they? When are they most likely to occur?
 - b. Do you consider yourself a good listener? How might this be improved before leaving with your team?
 - c. Are you comfortable being transparent with others? What factors determine whether or not you will share with another? What obstacles do you have when it comes to being open and vulnerable?
 - d. Would you consider yourself a cooperative person? Why or why not? Are there certain circumstances when you find it hard to be cooperative with others? What are they? Do group decisions frustrate you?

THINK THROUGH YOUR EXPECTATIONS

6. Write down your expectations for this trip on the back of this sheet.
7. Go back and make a check by the expectations that could be unrealistic. Why are they unrealistic?
8. How could they be adapted to become more realistic?
9. Have you ever been disappointed due to unrealistic expectations? Explain.
10. As you look over your expectations, what areas of potential disappointment do you see on this trip?