



# MILESTONE MISSIONS

## MISSION TEAM MEMBER TRAINING MANUAL

# Table of Contents

<b>MILESTONE MISSIONS EXPERIENCE</b>	
Welcome	1
Mission/Vision	2
Team Member Requirements	3
<b>FUNDRAISING - MEETING 1</b>	
Fundraising	4
Important Dates	5
<b>PREPARING TO GO - MEETING 2</b>	
Prayer	7
Travel Documents	8
Immunizations	8
<b>CONTEXT AND CULTURE - MEETING 3</b>	
Culture Sensitivity	10
Contextualization	11
Worldview	11
Cultural Profile	12
<b>SHARING YOUR STORY - MEETING 4</b>	
Evangelism	14
Sharing Your Story	14
Cross-Cultural Communication	15
<b>SPIRITUAL WARFARE - MEETING 5</b>	
Spiritual Gifts Assessment	17
Spiritual Warfare	22
Fasting	24
<b>PRACTICAL TRAVEL INFORMATION - MEETING 6</b>	
Culture Shock	26
Food/Water/Insect Precautions	27
Packing Checklist	29
Re-Entry Stress	31
Frequently Asked Questions	33
<b>POST TRIP</b>	
Debrief Journal	35

**DEAR MILESTONE MISSIONS TEAM MEMBER,**

Congratulations! You are about to go on an adventure that will change your life forever. You heard the call and responded! We know that God has amazing things in store for you as you embark on this journey with Him. He has chosen YOU and this team specifically for this mission.

Throughout the next several months, we will equip you with many of the tools that you will need. However, this also requires active participation from you. You will be expected to attend and participate in all team meetings, but more importantly, you need to prepare spiritually for the task at hand. Now, more than ever, you will need to commit to a daily time of Scripture reading and prayer to prepare your heart for everything God has in store.

Milestone Mission teams go to the nations to preach the gospel because we are commissioned to do so, but this starts in our own back yard! Our mission's focus may vary from day to day with different projects or assignments. However, the underlying purpose in everything we do is to share Jesus with those we serve, and to glorify Him in all that we say and do.

Commit to learn as much as you can over the next few months. Remember that you're not just a missionary in another city or another country; you are on mission every day. We will help you learn to share your testimony, pray for others, and lead others to Christ, but we encourage you to start now!

Remember that God has great plans for you, the team, and those you are going to serve. Do not limit Him. We are excited to witness the change in you and those you serve with, and we are here for you every step of the way.

Reaching People, Building Lives...in our local community and around the world. Thank you for saying "yes"!

Blessings,



**Stacey Hatcher, M.D.**  
**Missions Director**  
**Milestone Church**

***Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.***  
**Matthew 28:19**

# MILESTONE MISSIONS EXPERIENCE

## OUR MISSION AND VISION



The vision of Milestone Church is ***Reaching People, Building Lives***. We value the mission of God to reach and redeem individuals, families, neighborhoods, and beyond. Throughout all of history, God has been at work to love, save, and restore people. And now that story continues in each of our lives.

As a loving Father, God initiates this process – He loves us, calls us, and pursues us long before we look for Him. God’s greatest desire is for all of us to turn from lives lived for ourselves to receive the life He’s created us to live. When we do, He invites all of us to join Him in His mission in our own unique way.

Jesus told His disciples that the mission would start in Jerusalem where they were, then spread to the surrounding regions (Judea, Samaria), and then to the ends of the earth. At Milestone, we want to follow that pattern. God's mission starts in our hearts, works through our families, impacts our neighborhoods, affects our entire city, and then continues spreading to the nations.

### **Goal of Short-Term Mission Trips**

The goal of Milestone’s short-term mission trips is to glorify God and advance His Kingdom through serving, evangelism, providing humanitarian relief and medical care, church planting, and strengthening the local church. We do this by supporting local ministry partners, church pastors, and long-term missionaries wherever we serve.

### **Our Focus**

- Share the message of Jesus Christ with as many as we can, inviting them to begin a relationship with Him.
- Connect new believers to a local church body where they can continue to be disciplined long after we return home.
- Strengthen the local (indigenous) church and local church pastors, serving alongside and through them whenever possible.
- Honor and serve local ministry partners we are working through.
- Train and equip believers to serve God, evangelize, and build disciples.
- Identify and develop spiritual gifts in team members, allowing them to use those gifts both in training and on the mission field.
- Prepare a team of missionaries to live and work together in unity to accomplish a specific ministry goal.
- Give believers a vision to reach the nations, as well as a burden for missionaries and church planters, so they are then able to share with others.
- Equip team members to live “on mission” before we leave and after we return.

## **Ministry Opportunities**

Every team has a different focus, typically with a primary goal of supporting the needs of the local church host or ministry partner. We embrace and celebrate unique cultures and honor those we serve. In everything we do, we passionately show the love of Christ and share the gospel with the unreached whenever possible. We strive to connect those we serve, particularly new believers, to a local body of Christ so that they may be discipled after our departure.

Opportunities may include, but are not limited to:

- Medical / Dental / Optical Care
- Construction
- Sports Ministry
- Vacation Bible School / Children's Ministry
- Adult Ministry / Prayer / Freedom
- Feeding Programs
- Business Management
- Vocational Skills
- Pastoral Coaching / Support
- Teacher Education
- Use of Personal Strengths / Skills / Gifts

Several months prior to departure, our team will begin regular meetings. These meetings are vital to the preparation and unity of the team. We will help you prepare emotionally, spiritually, and physically. Each team will have a different focus of training depending on the destination and ministry expectations. The preparation stage is a critical time to get to know and trust your teammates as you prepare to do ministry together. Unity is of utmost importance within a team and will be a highlight of our preparation.

## **Team Member Requirements**

It is preferred, but not required, that each person be a member of Milestone Church. Nonmembers will be considered on a case-by-case basis. If a team member is an adult and a regular attendee, but not a member, they will be encouraged to attend Discovery 101 and join the church during the preparation phase of the mission team. Other foundational classes in the Growth Track, such as 201 and 301, are important and will be encouraged as well.

Team members should be loyal followers of Christ who are either already skilled or willing to learn evangelistic and discipleship skills. We expect team members to be actively serving in our church and local community, be involved in small groups (adults) or Elevate (youth) and attend all team meetings except in cases of emergency. Your team leader should be notified in advance of expected absence.

## FUNDRAISING

Most people find themselves a little uncomfortable as they approach the challenge of raising funds. It can be difficult to ask for help from others, especially for finances. This is normal, but you will discover that your faith will be built, and you will grow spiritually through this process.

If you have sensed God's call to go on this mission trip and you need financial help to do so, just remember that this does not come as a surprise to the Lord. He is already aware of your need and has prepared a way to meet it, but it requires active participation from you!

You should have already set up your online fundraising platform and received fundraising instructions from our missions' team. If not, please make it a priority to do so right away. During our first meeting we will go over fundraising strategies, tips and techniques, and obstacles and barriers to fundraising.

Important:

- Fundraise early and without stopping between deadlines. The earlier you get those funds in, the better!
- Incredible spiritual growth happens during the fundraising process - don't miss what God is trying to show you as you raise support for your trip.
- All donations to your trip are tax-deductible and therefore not refundable by IRS guidelines.
- We ask that you not directly solicit Milestone members for donations, including by letter, direct ask, or private messages. They are welcome to donate to your trip if they desire, but please avoid asking directly.
- If you have activated your fundraising profile, it is visible through going to [www.milestonechurch.com/support](http://www.milestonechurch.com/support).
- Donations that come in through the mail will be posted on the following Wednesday of each week. Donations that are made online are immediately visible.
- If it is a fundraising deadline day, our accounting department will make sure we know of all funds that are currently in. We will let you know if there is money that isn't visible to you.
- If you fundraise over the required amount, those funds will be used for other aspects of the trip or mission opportunities. They are not transferable to another team member unless it is an immediate family member.
- Be sure to thank your donors right away. It's also very important to let them know about your experience and what was accomplished through our team upon return.

## IMPORTANT DATES

### MEETINGS:

	TOPIC	DATE	TIME
Meeting 1	Fundraising		
Meeting 2	Preparing to Go		
Meeting 3	Context and Culture		
Meeting 4	Sharing Your Story		
Meeting 5	Spiritual Warfare		
Meeting 6	Practical Travel Information		

Additional meeting dates may be added later based on training required.  
80% attendance is required to participate.

### FUNDRAISING:

PAYMENT	AMOUNT DUE	DATE DUE	TOTAL AMOUNT
Deposit		With Application	
2nd Payment			
3rd Payment			
4th Payment			
5th Payment			

Because financial payments must be sent to ministry partners  
and airlines on your behalf, these dates are not flexible.

### TASKS:

TASK	DEADLINE
Passport Due (International Teams)	With application if available. If not, please apply for passport immediately.
Fundraising Support Letters	Mail as soon as received. Follow up with an email 7-10 days later.
Request Time Off Work or School	Upon approval of application.
Physician Visit	Optimally schedule 6 or more months prior to departure for immunizations.
Health Department / Travel Health Clinic Visit	2 months prior to departure if physician is not able to provide all needed vaccines & prescriptions
Final Review of Packing List / Purchase Needed Items / Fill Prescriptions	2 weeks prior to departure
Review Itinerary / Flight Details / Team Leader Instructions	1 week prior to departure

## MEETING 1 NOTES



## PREPARING TO GO

### PRAYER

Your faith will be stretched by this experience, so don't forget to prepare yourself spiritually. Prayer is one of the most important ways that you can prepare for your trip. Prayer is vital to being ready for what God will do in and through you when you get on the mission field. If you don't already have an active prayer life, begin now!

Rejoice always, pray continually, give thanks in all circumstances;  
for this is God's will for you in Christ Jesus.

***1 Thessalonians 5:16-18***

Prayer Topics:

- Pray that you will be teachable, flexible, submissive to authority and eager to serve.
- Pray for your team leaders and your other team members.
- Pray for financial provision for the team.
- Pray that you will see and love those you meet just as Jesus does.
- Pray for the people in the city or country where you will be serving.
- Pray for the health, safety and travel of the team.

It is always a great idea to pray God's Word! Pick verses that deal with things you might be struggling with and pray them back to the Lord. Choose to replace parts of the verse with your own name, or the people we are going to be serving. If you don't know where to start, the book of Psalms is a great resource for you! Finally, ask the Holy Spirit to help you pray – He might bring something to mind that had not even occurred to you.

As a team, we want to make sure we cover the trip in prayer as well. Because of this, we ask that each team member have at least five people that will commit to praying for them and for our team before and during the trip. An intercessory prayer team is vital and makes a huge impact in our ability to accomplish all that God has called us to.

Ways to Help Your Prayer Partners Pray:

- Share personal prayer requests that include spiritual and funding progress as we prepare to go.
- Share the requests that the team leaders give to you.
- Give them as much detail as you know about the work that we will be doing while on the mission field.
- Provide a copy of our flight schedule and itinerary when it becomes available.
- If we have access to phones or email while in country, update them with specific needs of the team as they arise. This will keep them connected and motivated to pray specifically for what we are encountering.

## PASSPORTS

A valid passport is required for all international mission trips. Team members should begin getting their passports as soon as possible after joining the team. Information for obtaining or renewing passports can be found at [travel.state.gov](http://travel.state.gov). You may also contact your local U.S. Post Office or go to their website at [usps.com](http://usps.com).

If you already have a passport, please make sure that:

- It does not expire for at least 6 months after our return.
- It is signed.
- It has not been replaced with another passport (holes punched).
- You have provided a color copy to the Missions Department.

Your position on the mission team is NOT guaranteed until we receive a valid copy of your passport.

## IMMUNIZATIONS & PRESCRIPTIONS

For your safety, you should be up to date on routine immunizations while traveling to any international destination. Immunizations are generally not required, but they are highly recommended.

Each team member should be aware of the CDC recommendations for international travelers. Country-specific information can be found on the CDC's website at [cdc.gov/travel](http://cdc.gov/travel).

Please make an appointment with your primary care physician at least 6 months prior to departure as some series take a minimum of 6 months to complete.

If you require immunizations that your physician's office doesn't provide (generally includes typhoid and yellow fever), you will need to schedule an appointment with a pharmacy or travel medicine clinic.

## TRAVEL CLINIC OPTIONS:

<p><b>Tarrant County Travel Health Clinic</b> <a href="http://access.tarrantcounty.com">access.tarrantcounty.com</a> <b><i>Choose: Government, Public Health, Clinical Services, Travel Health Services</i></b></p> <p>1101 S. Main St                    <b>OR</b>    1400 Main St, Ste 340 Fort Worth, TX 76104                    Southlake, TX 76092 817.248.6066</p>	<p><b>Passport Health</b> <a href="http://www.passporthealthusa.co">www.passporthealthusa.co</a> 1340 Main St., Ste 185 Grapevine, TX 76051 817.756.6562</p>
---	--

If your physician can provide all prescriptions, but not all vaccinations, several local pharmacies offer travel related vaccines. This is more convenient and less expensive than a travel medicine clinic.

Occasionally there are vaccine shortages for travel vaccines such as yellow fever or typhoid. In this case you may have to call around various locations in DFW to locate availability.

## MEETING 2 NOTES

**Homework:** Read John 4:1-42 and answer the questions on the next page before our next meeting. Research the country we are visiting and fill out the cultural profile on page 14.

## CONTEXT AND CULTURE

Before going on a mission trip, it's important to learn about the culture you will experience while there. Cultures vary from country to country and people to people. It should be the desire of the team to learn about a culture for the sake of communicating the gospel. In the case of our refugee mission teams, learning about several different beliefs and cultures will be important.

### **CULTURAL SENSITIVITY**

Cultural rules vary greatly from place to place. Knowing the local customs and social rules can make the team more sensitive and effective.

The following topics can be used as a guide to gain knowledge of a targeted country, people group(s), and culture.

**Religion:** Studying a country's religion(s) provides insight into a country's worldview and culture. Religion is also a common area of tension within a country and with neighboring countries. It is important to understand as much as possible about the religion(s) commonly practiced.

**Politics:** In the world today, the political environment in any particular country can change very quickly. It is very useful to have a good grasp of the current government, the name of the government leader, and the political situation surrounding it.

**History:** It is also important to have a good understanding of significant events in a country's history. These events shape cultures, and a good understanding of such events may allow you to cross cultural boundaries more easily.

**Meals and Dress:** Learn about the eating mannerisms in the country we will visit. For example, finishing everything on your plate means different things in different cultures. Understand what respectful attire consists of. People in other countries generally dress considerably more modest than we do in America, so it's important to remember that.

### **Questions from John 4:**

- Why was it unusual for Jesus and his disciples to be in Samaria?
- How did Jesus show sensitivity to the people and place where the incident occurred?
- How did Jesus' disciples react to the incident?
- How did Jesus respond to the concerns of the disciples?
- What were the results of Jesus' ministry in this unusual place?

### **CONTEXT MATTERS**

Communication of any message requires a target audience. Every person in every audience has been shaped by their culture. It affects how they think, what they believe, and how they live. The message they hear will be received (or not received, as the case may be) and responded to in light of that culture.

Context matters. The cultural context of the recipient of any message will shape the way he will understand and respond to it. That includes the gospel message we carry to the nations! The Good News can only be good news to the hearer if it is presented in such a way as to be correctly understood.

Contextualization is the translation of the gospel from one culture to another. For the sake of mission, contextualization means adjusting how we communicate the gospel so people can hear and understand the message. We must ask questions about how the gospel is specifically good news to those we are serving.

The aim of contextualization is to avoid confusion, offense, and misunderstanding, presenting the gospel of Jesus in a way that makes sense to the listener. Culture matters in that process, and if we are to fulfill our mandate of taking the gospel to everyone, everywhere, we must take culture seriously.

To be clear, contextualization is not attempting to “water down” the gospel for the comfort of the hearer, it’s simply to provide clarity.

### **Tips on Contextualization:**

- Immerse yourself in the culture as a learner. Expose yourself to language and local customs/traditions as often as possible.
- Learn how the gospel is good news to them specifically. What are some of their culture’s internal and external struggles?
- Avoid syncretism, which is the blending of religions. In some cultures, more than others, it is imperative to be clear so that Jesus is not added to a long list of idols/gods.
- Begin and end with love - people want to be known and loved. Show a genuine interest in people and their individual stories.
- Be a witness in both word and deed by sharing the gospel and showing love and kindness in your actions.
- Trust the Holy Spirit. Their salvation does not depend on you and God is bigger than any mistake you may make.

### **WORLDVIEW**

Worldview functions like a lens through which people see and interpret God’s creation and creatures. Worldview also includes the overarching story that a person or group believes about how the universe began, what life means, and where it’s all headed. This story guides a person’s or group’s understanding and interpretation of reality.

A biblical worldview is based on the infallible Word of God. When you believe the Bible is entirely true, then you allow it to be the foundation of everything you say and do. If you have a biblical worldview, you believe your primary reason for existence is to love and serve God.

## CULTURAL PROFILE

Country: \_\_\_\_\_

Population: \_\_\_\_\_

Language(s): \_\_\_\_\_

How do you say "hello" and "thank you"? \_\_\_\_\_

Will there be many who speak English? \_\_\_\_\_

Government: \_\_\_\_\_

Currency: \_\_\_\_\_ Conversion rate: \_\_\_\_\_

Major historical events that have shaped culture: \_\_\_\_\_

\_\_\_\_\_

Primary religion(s): \_\_\_\_\_

What do the people know about Jesus? \_\_\_\_\_

How are Christians generally perceived in this culture? \_\_\_\_\_

How do men and women and families interact with one another? \_\_\_\_\_

\_\_\_\_\_

Typical cuisine: \_\_\_\_\_

Appropriate dress attire: \_\_\_\_\_

Climate while we are there: \_\_\_\_\_

Common greetings: \_\_\_\_\_

Types of actions that may be offensive by visitors: \_\_\_\_\_

\_\_\_\_\_

Interesting facts or other things you've learned: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MEETING 3 NOTES

**Homework:** Prepare to share your testimony at our next team meeting. We will help you but spend some time thinking about this time in your life and the influences that led you to your decision.

# EVANGELISM

One of the most powerful ways to share the gospel is simply to share your story about what God has done in your heart. Your story, regardless of how simple or spectacular you think it is, is a story about God's character. It is your eyewitness account of how God rescued you from sin and death through Christ and changed your life as a result. As you prepare for your trip, you will also prepare to share the gospel through your testimony. Your testimony is uniquely yours. No one can share it but you.

When sharing your story, it is important to find a connection point with the person you are sharing with whenever possible.

- How will the gospel be good news to them?
- How might you need to contextualize or communicate the gospel using methods and terms appropriate to your audience?
- What are some of their common struggles, both internal and external, and how can you share Bible verses or stories with them that relate to these struggles?

If you are speaking only to one person, connect with them by meeting them where they are. Learn about them by finding out their interests and their life stories. The more you listen, the more the Holy Spirit will reveal ways of connecting with this person and provide an opportunity to connect the gospel to their current life situations.

## PREPARING YOUR STORY

### My Life Before Christ

- What about my life before Christ will relate most to the non-Christians I know?
- What did my life revolve around? Where did I get my security, identity, or happiness from?
- How did those things begin to let me down?

### How I Came to Christ

- When was the first time I heard the gospel? What were my initial reactions?
- When and why did my perspective begin to change toward Christ?
- What were the final struggles that went through my mind just before I accepted Him? Why did I finally decide to accept Christ and give Him complete control of my life?

### My Life After Coming to Christ

- How is my life different now? List some specific changes in your character, attitude, and perspective on life.
- What motivates me now? What do I live for?
- Even though my life still isn't perfect, how does knowing Christ help me deal with that fact?

Remember that your testimony does not have to include dramatic before and after moments. It may, BUT if your story is coming to Christ at a young age and living for Him without having endured terrible hardships, then simply add an element of gratitude that Jesus protected you from painful choices and circumstances!



### Tips for Effective Cross-Cultural Communication:

- **Slow Down.** Even when English is the common language in a cross-cultural situation, it doesn't mean you should speak at normal speed. Slow down, speak clearly, and use clear pronunciation.
- **Separate Questions.** Try not to ask double questions. In a cross-cultural situation only the first or second question may have been comprehended. Let your listener answer one question at a time.
- **Take Turns.** Cross-cultural communication is enhanced through taking turns to talk, making a point, and then listening to the response. Make sure to listen.
- **Be Supportive.** Effective communication is in essence about being comfortable. Giving encouragement to those with weak English gives them confidence, support, and trust in you. Focus on shared emotions and challenges, not things that make them different than you (i.e., possessions, money).
- **Avoid Slang.** Even the most well-educated foreigner will not have complete knowledge of slang, idioms, and sayings. The danger is that the words will be understood but the meaning missed.
- **Avoid “Churchy” Words.** Be careful of words or phrases that may not be understood such as “saved”, “revival” or “born again”. If your testimony contains mature themes, please prepare a different version for younger audiences as well.
- **Allow Translation Time.** If you are speaking with the help of a translator, make sure you speak slowly and allow time for them to determine how they will translate what you are saying. Let them fully finish before you start speaking again. It's not uncommon for our translators to have limited knowledge of the English language. If using the same translators repeatedly, make sure to build relationships with them and get feedback on what you could do better. Explain what they might not understand when there is downtime. Remember that your translator may or may not have a relationship with Jesus - don't miss that opportunity!

### Exercise:

Pair up with a partner and begin to map out your story. Each person should then take 3 minutes to tell their story about how they came to know and walk with Christ. Try to keep in mind the worldview of the culture that you will be ministering to!

Listeners, please give honest but encouraging feedback on your partner's contextualization.

### Questions to Ask:

- Were there things that would not translate well in their story?
- Why wouldn't they?
- How can they change the presentation or wording to make it more understandable to another culture?

## MEETING 4 NOTES

**Homework:** Complete the Spiritual Gifts Assessment on the following pages and bring the results to our next team meeting.

## SPIRITUAL GIFTS ASSESSMENT

### INSTRUCTIONS:

1. Answer the spiritual gifts questions honestly with the corresponding number.  
1 - almost never 2 - seldom 3 - sometimes 4 - frequently 5 - almost always
2. Add each line left to right and place the total in the total column.
3. Identify your highest totaled number with the corresponding letter and the spiritual gift it represents.
4. Circle and read about your top 3-5 gifts.

### QUESTIONS:

1. I like organizing services and events.
2. I enjoy starting new churches.
3. I enjoy working with my hands.
4. I can tell when someone is insincere.
5. I pray for the lost daily.
6. Encouraging others is a high priority in my life.
7. Believing God for our daily needs is important to me.
8. Influencing others for the kingdom of God through finances is very important to me.
9. I look for opportunities to pray for the sick.
10. I enjoy doing the little things that others do not.
11. I enjoy having people come to my house.
12. I enjoy spending hours in prayer for other people.
13. Education is very important to me.
14. I tend to motivate others to get involved.
15. My heart hurts when I see others hurting.
16. I believe God will use me to enact His miracles.
17. I enjoy sharing the gospel with other people groups and nationalities.
18. I've devoted considerable time to mastering my voice and or instrument.
19. Caring for the hurting is paramount in my eyes.
20. The willful sin of others really aggravates me.
21. I enjoy serving behind the scenes.
22. I enjoy creating outlines of the Bible.
23. God has used me to interpret a heavenly language.
24. I enjoy the book of Proverbs more than any other book in the Bible.
25. I am passionate about managing details.
26. I prefer to pioneer new ministry projects.
27. I consider myself a craftsman or craftswoman.
28. I sense when situations are spiritually unhealthy.
29. I am greatly concerned about seeing the lost saved.
30. I try to come across loving and caring.
31. Asking God for a list of big things is exciting to me.
32. I find ways to give offerings above my tithe.
33. I believe miraculous healing is for this day and age.
34. Helping others is one of my highest achievements.
35. Creating a warm and welcoming home is important to me.
36. I am burdened to pray for situations in the world.
37. People seek me out to learn more about the Kingdom of God.
38. I prefer to take the lead whenever necessary.
39. I'm very sensitive to sad stories.

40. Miracles often happen when I'm nearby.
41. Living in another country to benefit the gospel is exciting to me.
42. I desire to serve the church through worship.
43. I enjoy connecting, caring, and coaching others.
44. Confronting someone with sin in their life is not hard.
45. It bothers me when people sit around and do nothing.
46. I share biblical truth with others in hopes of their personal growth.
47. I pray in tongues daily.
48. When I study Scripture God gives me unique insights.
49. Creating a task list is easy and enjoyable for me.
50. I am attracted to ministries that start new churches.
51. Building something with my hands is very rewarding to me.
52. I can pinpoint issues or problems before others.
53. I enjoy sharing the gospel with a total stranger.
54. I look for ways to be an encouragement to other people.
55. I trust that God has my back in every situation.
56. Making more money means I can give more.
57. God has used me to bring healing to those who are sick.
58. Being a part of the process is fulfilling to me.
59. I tend to make total strangers feel at home.
60. People often describe me as a prayer warrior.
61. I enjoy knowing biblical details and helping others to understand.
62. I delegate responsibilities to accomplish tasks.
63. I am motivated to help those who are less fortunate.
64. I have a constant hunger to see God's miraculous power.
65. I focus a lot on reaching the world for Christ.
66. I gain my deepest satisfaction through leading others in vocal or instrumental worship.
67. I enjoy walking with someone in times of direst.
68. I enjoy hearing passionate and clear preaching of the truth.
69. I like to do small things that others pass over.
70. I prefer to teach the Bible topically rather than verse by verse.
71. Praying in the Spirit is encouraging and important to me.
72. When faced with difficulty I tend to make wise decisions and choices.

## SPIRITUAL GIFTS RATINGS

			TOTAL	GIFT
1. _____	25. _____	49. _____	_____	<b>Administration</b>
2. _____	26. _____	50. _____	_____	<b>Apostleship</b>
3. _____	27. _____	51. _____	_____	<b>Craftsmanship</b>
4. _____	28. _____	52. _____	_____	<b>Discernment</b>
5. _____	29. _____	53. _____	_____	<b>Evangelism</b>
6. _____	30. _____	54. _____	_____	<b>Exhortation</b>
7. _____	31. _____	55. _____	_____	<b>Faith</b>
8. _____	32. _____	56. _____	_____	<b>Giving</b>
9. _____	33. _____	57. _____	_____	<b>Healing</b>
10. _____	34. _____	58. _____	_____	<b>Helps</b>
11. _____	35. _____	59. _____	_____	<b>Hospitality</b>
12. _____	36. _____	60. _____	_____	<b>Intercession</b>
13. _____	37. _____	61. _____	_____	<b>Knowledge</b>
14. _____	38. _____	62. _____	_____	<b>Leadership</b>
15. _____	39. _____	63. _____	_____	<b>Mercy</b>
16. _____	40. _____	64. _____	_____	<b>Miracles</b>
17. _____	41. _____	65. _____	_____	<b>Missionary</b>
18. _____	42. _____	66. _____	_____	<b>Music / Worship</b>
19. _____	43. _____	67. _____	_____	<b>Pastor / Shepherd</b>
20. _____	44. _____	68. _____	_____	<b>Prophecy</b>
21. _____	45. _____	69. _____	_____	<b>Service</b>
22. _____	46. _____	70. _____	_____	<b>Teaching</b>
23. _____	47. _____	71. _____	_____	<b>Tongues</b>
24. _____	48. _____	72. _____	_____	<b>Wisdom</b>

## GIFT DEFINITIONS AND SCRIPTURE REFERENCES

The following contains definitions of the spiritual gifts. While not meant to be dogmatic or final, these definitions and supporting scriptures do correspond to characteristics of the gifts as expressed in the assessment.

**A. ADMINISTRATION:** The gift of administration is the divine strength or ability to organize multiple tasks and groups of people to accomplish these tasks. Luke 14:28–30, Acts 6:1–7, 1 Corinthians 12:28

**B. APOSTLESHIP:** The gift of apostleship is the divine strength or ability to pioneer new churches and ministries through planting, overseeing, and training. Acts 15:22–35, 1 Corinthians 12:28, 2 Corinthians 12:12, Galatians 2:7–10, Ephesians 4:11–14

**C. CRAFTSMANSHIP:** The gift of craftsmanship is the divine strength or ability to plan, build, and work with your hands in construction environments to accomplish multiple ministry applications. Exodus 30:22, 31:3–11, 2 Chronicles 34:9–13, Acts 18:2–3

**D. DISCERNMENT:** The gift of discernment is the divine strength or ability to spiritually identify falsehood and to distinguish between right and wrong motives and situations. Matthew 16:21–23, Acts 5:1–11, 16:16–18, 1 Corinthians 12:10, 1 John 4:1–6

**E. EVANGELISM:** The gift of evangelism is the divine strength or ability to help non-Christians take the necessary steps to becoming a born-again Christian. Acts 8:5–6, Acts 8:26–40, Acts 14:21, Acts 21:8, Ephesians 4:11–14

**F. EXHORTATION:** The gift of exhortation is the divine strength or ability to encourage others through the written or spoken word and Biblical truth. Acts 14:22, Romans 12:8, 1 Timothy 4:13, Hebrews 10:24–25

**G. FAITH:** The gift of faith is the divine strength or ability to believe in God for unseen supernatural results in every arena of life. Acts 11:22–24, Romans 4:18–21, 1 Corinthians 12:9, Hebrews 11

**H. GIVING:** The gift of giving is the divine strength or ability to produce wealth and to give by tithes and offerings for the purpose of advancing the Kingdom of God on earth. Mark 12:41–44, Romans 12:8, 2 Corinthians 8:1–7, 9:2–7

**I. HEALING:** The gift of healing is the divine strength or ability to act as an intermediary in faith, prayer, and by the laying on of hands for the healing of physical and mental illnesses. Acts 3:1–10, Acts 9:32–35, Acts 28:7–10, 1 Corinthians 12:9, 28

**J. HELPS:** The gift of helps is the divine strength or ability to work in a supportive role for the accomplishment of tasks in Christian ministry. Mark 15:40–41, Acts 9:36, Romans 16:1–2, 1 Corinthians 12:28

**K. HOSPITALITY:** The gift of hospitality is the divine strength or ability to create warm, welcoming environments for others in places such as your home, office, or church. Acts 16:14–15, Romans 12:13, Romans 16:23, Hebrews 13:1–2, 1 Peter 4:9

**L. INTERCESSION:** The gift of intercession is the divine strength or ability to stand in the gap in prayer for someone, something, or someplace believing for profound results. Hebrews 7:25, Colossians 1:9–12, Colossians 4:12–13, James 5:14–16

**M. KNOWLEDGE:** The gift of knowledge is the divine strength or ability to bring clarity and to understand situations and circumstances often accompanied by a word from God. Acts 5:1–11, 1 Corinthians 12:8, Colossians 2:2–3

**N. LEADERSHIP:** The gift of leadership is the divine strength or ability to influence people at their level while directing and focusing them on the big picture, vision, or idea. Romans 12:8, 1 Timothy 3:1–13, 1 Timothy 5:17, Hebrews 13:17

**O. MERCY:** The gift of mercy is the divine strength or ability to feel empathy and to care for those who are hurting in any way. Matthew 9:35–36, Mark 9:41, Romans 12:8, 1 Thessalonians 5:14

**P. MIRACLES:** The gift of miracles is the divine strength or ability to alter the natural outcomes of life in a supernatural way through prayer, faith, and divine direction. Acts 9:36–42, 19:11–12, 20:7–12, Romans 15:18–19, 1 Corinthians 12:10, 28

**Q. MISSIONARY:** The gift of missions is the divine strength or ability to reach others outside of your culture and nationality while in most cases living in that culture or nation. Acts 8:4, Acts 13:2–3, Acts 22:21, Romans 10:15

**R. MUSIC / WORSHIP:** The gift of music / worship is the divine strength or ability to sing, dance, or play an instrument primarily for the purpose of helping others worship God. Deuteronomy 31:22, 1 Samuel 16:16, 1 Chronicles 16:41–42, 2 Chronicles 5:12–13, 34:12, Psalm 150

**S. PASTOR / SHEPHERD:** The gift of pastor / shepherd is the divine strength or ability to care for the personal needs of others by nurturing and mending life issues. John 10:1–18, Ephesians 4:11–14, 1 Timothy 3:1–7, 1 Peter 5:1–3

**T. PROPHECY:** The gift of prophecy is the divine strength or ability to boldly speak and bring clarity to scriptural and doctrinal truth, in some cases foretelling God's plan. Acts 2:37–40, Acts 7:51–53, Acts 26:24–29, 1 Corinthians 14:1–4, 1 Thessalonians 1:5

**U. SERVICE:** The gift of serving is the divine strength or ability to do small or great tasks in working for the overall good of the body of Christ. Acts 6:1–7, Romans 12:7, Galatians 6:10, 2 Timothy 1:16–18, Titus 3:14

**V. TEACHING:** The gift of teaching is the divine strength or ability to study and learn from the Scriptures primarily to bring understanding and depth to other Christians. Acts 18:24–28, Acts 20:20–21, 1 Corinthians 12:28, Ephesians 4:11–14

**W. TONGUES (and Interpretation):** The gift of tongues is the divine strength or ability to pray in a heavenly language to encourage your spirit and to commune with God. The gift of tongues is often accompanied by interpretation and should be used appropriately. Acts 2:1–13, 1 Corinthians 12:10, 14:1–14

#### **X. WISDOM**

The gift of wisdom is the divine strength or ability to apply the truths of Scripture in a practical way, producing the fruitful outcome and character of Jesus Christ. Acts 6:3, 10, 1 Corinthians 2:6–13, 1 Corinthians 12

## SPIRITUAL WARFARE

It is very common to experience spiritual attack while preparing and going on a mission trip. Spiritual warfare may come in a variety of forms and will prove, at the very least, to be a distraction. However, it could be much more than that if you fail to recognize it and fight against it.

*“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.” - 1 Peter 5:8*

Spiritual attacks can be subtle or significant. You may experience difficulty in relationships, health issues, financial issues, unexplained emotions, and more. Reading and claiming scripture is an excellent tool to recognize and combat spiritual warfare. Remember that you are fighting from a place of victory!

*“No weapon that is formed against you will prosper; and every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the Lord, and their vindication is from Me,” declares the Lord.” - Isaiah 54:17*

*“You dear children are from God and have overcome them because the one who is in you is greater than the one who is in the world.” – 1 John 4:4*

*“I have told you all this so you may have peace in me. Here on earth you will have many trials and sorrows. But take heart because I have overcome the world.”  
– John 16:33*

As Christians, we have the full power of God with which to fight the enemy.

*“Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.” - Luke 10:19*

*“We are humans, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ.” – 2 Corinthians 10:3-5*

Christ has equipped us with all the weapons we need to fight spiritual battles. It is important that we put on the full armor of God each and every day. Living a righteous lifestyle before God, in full surrender and obedience is critical. Spending time in conversation with the Lord and not just one-way prayers will allow you to discern His voice more and more. Staying in the Word, knowing what it says and walking in the power and authority that has been given to you will help you fight. Being filled with the Holy Spirit and operating in the gifts of the Spirit will give you the strength that you need.

*“Finally, be strong in the Lord and in the strength of His might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against*



*the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.” - Ephesians 6:10-20*

## **THE HOLY SPIRIT & SPIRITUAL GIFTS**

You need the power of the Holy Spirit to operate in all that God has for you, not just on the mission field, but in everyday life!

*Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. – Ephesians 5:18*

*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*

What does it mean to be “filled with the Spirit”? It’s an ongoing process. Ask every day for the Holy Spirit to fill you. It’s not complicated, it’s not weird, and you should want to have every tool available to you to live the life you were created to live. The Holy Spirit comforts us, helps us, empowers us, and gives us gifts that are meant to be used for building up others.

*There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines. – 1 Corinthians 12:4-11*

Think about the spiritual gifts that you have been given. Would you like others you have not yet experienced? Are you open to gifts that may initially make you uncomfortable? The Bible says to earnestly seek spiritual gifts!

*Follow the way of love and eagerly desire gifts of the Spirit, especially prophecy. – 1 Corinthians 14:1*

## **FASTING**

During the last month of our preparation, we will fast once a week as a team. You will be given specific prayer points for that week. You may have fasted before, or this may be completely new to you, but fasting is a powerful way to gain intimacy with God and more clearly hear His voice. It will help prepare you for the mission we are about to experience and even to overcome things that you may be struggling with. In Matthew 6 the Bible refers to fasting as **WHEN** we fast, not **if**. This is an essential element of the Christian life.

Fasting is typically referred to as giving up or restricting food for a period of time. There are certain medical conditions that might make complete abstinence from food difficult or unsafe, but everyone should be able to fast in some way. We encourage you to search the Scriptures for verses about fasting and embrace this as a regular practice - not just in preparation for this trip, but when you return as well.

While we encourage fasting in preparation for the trip, we ask that you do **NOT** attempt to fast during our time together. It is very important that you get enough to eat and drink and as much sleep as you can to accomplish the mission we have been sent for. We also ask that you not discontinue any chronic medications in faith during this trip – there may be a time and place for that, but during a mission trip is not an appropriate time.

## MEETING 5 NOTES

## CULTURE SHOCK

Culture shock is a sense of cultural disorientation when exposed to, or immersed in, a different society. It can also manifest itself when expectations are unmet. There are several common things that can spark culture shock/stress such as a language barrier, accommodations, transportation, unfamiliar foods, poverty, crowds, unpleasant smells and more.

Feelings of frustration, irritation, tension, impatience, embarrassment, and confusion are inevitable. The most important thing is how you respond. Think about how Christ wants us to respond when these situations arise.

Common triggers of stress in another culture:

- Lack of Comfort: Uncomfortable temperatures, transportation, sleeping arrangements, lack of privacy. Unusual foods or the same foods over and over, no ice, no caffeine.
- Communication Barriers: Difficulty communicating with local people, not enough translators, phones inoperable or unreliable.
- Schedule: Frequent change in plans, no control over things, lack of sleep.
- People: People begging for money, trying to sell you things, children with runny noses and dirty clothing.
- Sights: Horrible living conditions, dirty markets and food vendors, piles of garbage.

Appropriate Response:

- Don't state the obvious. Examples are "I'm hot", "I'm tired", "I'm hungry". If you are uncomfortable, the rest of the team is likely to be as well. Try to be a positive voice in difficult situations and remember that God is allowing you this opportunity for Kingdom impact. Our comfort is not His greatest priority.
- Be patient with communication. A translator will eventually be available. In the meantime, a smile or a simple game can pass the time.
- Be flexible. We guarantee only one thing on this trip. Plans and schedules will change. Flexibility and trust in the leadership making the decisions is key. Your team leaders often have reasons for change that they may not be at liberty or have time to explain.
- Smile and be kind to everyone. Don't give anyone money for any reason. If you feel compelled to donate funds in some way - to a person, a church, an organization or a ministry partner, it is imperative that you ask your team leader first.
- Practice gratitude. Be thankful for what we have that others might not. Pray for situations to improve where you are.

## PRACTICAL TRAVEL INFORMATION

### Food Precautions

Wash hands with soap before eating and after using the bathroom. If water is not available, use disposable antiseptic wipes or alcohol-based hand sanitizer.

Foods that are safer to eat include breads, tortillas, crackers, biscuits, and other baked goods, as well as canned foods and fruits, nuts, and vegetables with thick skins, peels, or shells that can be removed. Food should be well-cooked and served steaming hot.

Avoid food from street vendors or market stalls. Avoid leafy or uncooked vegetables and salads. Some organisms in soil and water are not destroyed by normal cleaning methods. Beware of garnishes which are typically uncooked vegetables, fruits, or herbs. Avoid undercooked, raw, or cold meat, seafood, and fish.

Avoid unpasteurized dairy products such as cheese, yogurt, and milk. Be particularly careful of ice cream and other frozen confections that may have been made or stored in contaminated containers. Also avoid creamy desserts, custards, or sauces that may not have been adequately refrigerated, as well as cold sauces such as mayonnaise, salad dressing, chutneys, or salsas, which are usually raw and made by hand.

Avoid buffet foods such as lasagna, casseroles, and quiches, unless they are known to be fresh (not reheated) and have been kept steaming hot and have food covers.

### Beverage Precautions

Use sealed bottled water for drinking and for brushing teeth. Drink beverages made only with boiled water whenever possible (such as hot tea and coffee). Water boiled for any length of time (even 1 minute) is safe to drink.

Drink canned, boxed, or commercially bottled carbonated water and drinks. International brands are safest. Beware of unsealed containers that may have been refilled.

Avoid tap water or anything mixed with tap water and do not rinse your toothbrush in tap water. Do not drink fruit juice unless it comes directly from a sealed container; otherwise, it may have been diluted with tap water. Do not drink from wet cans or bottles because the water on them may be contaminated. Dry wet cans/bottles before opening and clean all surfaces that will have contact with the mouth.

Do not use ice unless it is made from boiled, bottled, or purified water. Freezing does not kill the organisms that cause diarrhea.

### Insect Bite Prevention

In the tropics, insects can transmit significant illnesses (such as chikungunya, dengue, malaria, rickettsial disease, yellow fever, and Zika), which may be potentially life threatening. These diseases are preventable with the use of personal protective measures. In some cases (e.g., malaria or yellow fever), a preventive drug or vaccine is also available, but these should be used with the personal protective measures discussed below.

Protective Measures:

- Wear clothing that covers as much skin as practicable.
- Apply a repellent to all exposed, nonsensitive areas of the body. Frequent application ensures continuous protection. When both repellent and sunscreen are used, apply the sunscreen first, using a product with an SPF of 30 to 50.

- Use a repellent containing DEET 30%–35% concentration or a repellent containing picaridin 20% concentration or greater for tropical destinations. Picaridin, unlike DEET, has a pleasant smell and does not dissolve plastic materials.
- Determine the time of day and type of insects to be avoided when choosing when to apply repellent.
  - **Applicable to malaria risk countries:** Mosquitoes that transmit malaria (*Anopheles* spp.) are generally night biters with activity between dusk and dawn.
  - **Applicable to West Nile virus and Japanese encephalitis risk countries:** Mosquitoes that transmit these diseases (*Culex* spp.) are generally night biters but have peak activity at dusk and again at dawn.
  - **Applicable to chikungunya, dengue, yellow fever, or Zika risk countries:** Mosquitoes that transmit these diseases (*Aedes* spp.) can bite throughout the day but have peak activity in the early morning and late afternoon and evening.
  - **Applicable to leishmaniasis risk countries:** Sandflies that transmit leishmaniasis are active from dusk to dawn, but in forests and dark rooms they may bite in the daytime if disturbed.
- Treat outer clothing and shoes with permethrin (or other pyrethroid) when traveling in an area of very high risk for mosquito-borne or tick-borne diseases.
- Sleep under a permethrin-impregnated bed net when at high risk of malaria or Japanese encephalitis if not sleeping in a sealed, air-conditioned room. Regularly check the net for rips and tears and keep it tucked in around the bed.

## Insect Repellents

The most effective repellents contain DEET or picaridin. Besides DEET and picaridin, the U.S. Environmental Protection Agency has registered 3 other active ingredients as repellents, but fewer studies have been conducted (compared to DEET and picaridin) to examine their efficacy.

With both DEET and picaridin, increasing repellent concentration increases the duration of effectiveness. With DEET, the effect on duration of protection plateaus at about 50% concentration. Products with less than about 20% picaridin or DEET have a relatively short duration of protection. The optimal concentration of DEET is considered to be 30% to 35%. When used by tropical travelers in appropriate concentrations (i.e., 20% or greater), DEET and picaridin should be applied every 4 to 6 hours. Ultrathon (34% DEET) and Sawyer's Ultra 30 (30% DEET) controlled-release lotion formulation provides protection for 10 to 12 hours.

DEET is effective against mosquitoes, ticks, fleas, and chiggers and is a remarkably safe insect repellent. No long-term information is available on the use of picaridin, but toxicity tests in animals have shown it to be extremely safe.

Permethrin is an insecticide licensed for use on clothing, bed nets, sleeping-bag liners, and outdoor gear to repel mosquitoes and biting flies and to kill (through contact toxicity) crawling arthropods such as ticks, chigger mites, fleas, and lice. Permethrin is available as a spray or as a liquid for complete immersion of the fabric to be treated prior to departure.

## PACKING CHECKLIST

<input type="checkbox"/> Passport (International Teams)	<input type="checkbox"/> Bible
<input type="checkbox"/> Journal	<input type="checkbox"/> Pen
<input type="checkbox"/> Personal Health Insurance Card	<input type="checkbox"/> Antibacterial Wipes / Hand Sanitizer
<input type="checkbox"/> Driver's License	<input type="checkbox"/> DEET (25-35% for high-risk areas)
<input type="checkbox"/> Prescriptions	<input type="checkbox"/> Over the Counter Meds / First Aid Kit
<input type="checkbox"/> Spending Money / Credit Card	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Casual Clothing for Outreach & Lounging	<input type="checkbox"/> Milestone Missions T-Shirt
<input type="checkbox"/> Church Clothing	<input type="checkbox"/> Dress Shoes
<input type="checkbox"/> Underwear / Socks	<input type="checkbox"/> Tennis Shoes
<input type="checkbox"/> Pajamas	<input type="checkbox"/> Toiletries
<input type="checkbox"/> Flip Flops (shower shoes / casual)	<input type="checkbox"/> Travel Alarm
<input type="checkbox"/> Hat	<input type="checkbox"/> Phone
<input type="checkbox"/> Earplugs / Eye Mask (for sleeping)	<input type="checkbox"/> Headphones
<input type="checkbox"/> Sunscreen / Lip Balm	<input type="checkbox"/> TSA Approved Luggage Locks
<input type="checkbox"/> Chargers	<input type="checkbox"/> Empty Refillable Water Bottle
<input type="checkbox"/> Small Backpack or Travel Purse	<input type="checkbox"/> Swimsuit (1 Piece) / Swim Trunks
<input type="checkbox"/> Light Rain Jacket	<input type="checkbox"/> 1 Carry-On / 1 50-Lb (max) Checked
<input type="checkbox"/> Snacks	<input type="checkbox"/> Copy of Medical License (med teams)
<input type="checkbox"/> Vaccination Record if required	<input type="checkbox"/>

**Optional Items:** Small fan, wash cloths, slippers, travel laundry detergent, tank top to cover 2-piece swimsuit.

**Packing Guidelines:** Pack at least two changes of undergarments and one change of clothing in your carry-on bag in case your luggage is lost. Medications, contacts, glasses and small toiletries you must have should also be packed in your carry on. Keep in mind the TSA 3-1-1 rule: 3.4 ounces or less per container, all liquids in a 1-quart size clear plastic zip-loc bag, and only 1 bag per passenger. Keep this bag easily accessible as it must be pulled out to go through security. Wear easy to remove shoes.

Do not wear or bring expensive jewelry. Women should wear a simple wedding band if married and not bring diamond rings. Do not bring unnecessary credit cards or your social security card.

Leave some space and weight in your checked bags for souvenirs or other items you may want to bring back. Your team may or may not be checking a second bag filled with donations for the host organization or church and/or items needed for use during ministry such as bibles, VBS materials, etc. All checked bags have a size limit of 62 inches in dimension which is its length + width + height and a weight limit of 50 pounds.

**IMPORTANT – THIS IS A PRELIMINARY LIST, PLEASE ATTEND TEAM MEETINGS AND CHECK EMAIL FOR ANY UPDATES OR CHANGES PRIOR TO DEPARTURE.**

**Dress Guidelines:** Dress should be modest with no bare midriffs, no exposed shoulders, no cleavage, and should not be clingy. Capris, long skirts, or long pants / jeans with must be worn during outreach events. Avoid questionable logos on t-shirts and holes in clothing. Shorts should be modest and may only be worn in the hotel or during team time. Yoga pants are not appropriate for outreach or ministry, but also may be worn at the hotel during team time with a long shirt.

Bring one outfit appropriate for church – a dress or skirt below the knee for women and pants that can be worn with a tucked-in shirt and belt for men.

Medical professionals should wear scrubs during clinic. Whenever possible, missionaries should appear clean and well-kept just as you would at home. You will be asked to change any inappropriate clothing.

Your team leader will have:

- \*A copy of your passport
- \*Your airline ticket
- \*Your travel health & evacuation insurance
- \*Your health history & emergency contact information

## **CUSTOMS**

You may be stopped in customs. This is common and should not cause fear or concern. If so, calmly allow your luggage to be searched. If you are asked about any materials you are carrying, say that they will be given away free to the poor. In all circumstances, you are traveling as a TOURIST, not as a business traveler. If you are bringing in donations, we will provide you with an official letter to put in your suitcase and we will help you strategically pack your luggage so that it's spread throughout your other packed items. Your team leader will go through all security checkpoints last to make sure there are no issues and will help you if you have concerns.



## RE-ENTRY STRESS

Re-entry stress is like culture stress in many ways—only in reverse. While culture stress is associated with a sense of disorientation brought on by a new and unfamiliar environment, re-entry stress is caused by returning to a setting you presume to be familiar, but which no longer feels the same. Knowing about this ahead of time and even preparing yourself for it will be helpful.

You may find yourself frustrated or even angry with your own culture and those around you. It is not uncommon to feel like Americans are greedy, spoiled or simply just don't get it.

Depending on where you have traveled, jet lag is also a very real thing coming home! Lack of sleep and difficulty returning to a normal schedule may also be a factor in some of the emotions that can come with re-entry.

### Practical Suggestions

- Give yourself some rest time between the trip and normal life if possible.
- Keep in mind that you're the one whose perspective has changed, not those around you.
- Process with a trusted leader or pastor who has experience in this area.
- Appreciate the opportunity you had to go on this mission trip and the commitment to return home.
- Keep a clear perspective and remember that God is with you.
- Don't romanticize your experience – your trip was not always easy and it's good to remember the hard times as that's where character is revealed and shaped.
- Encourage others to live missionally by the experience you were given, while avoiding judgment if they aren't inspired by it. People will want to hear about your experience! Your answers should be catered to the person inquiring and how much they really want to know. Again, respond to inspire them to be a part of what God is doing around the world. Not everyone is called, equipped, or able to go on a mission trip, but there is a role for all of us as believers to pray, give and send!

## MEETING 6 NOTES

## FREQUENTLY ASKED QUESTIONS

### ***What does the cost of my mission trip include?***

All airfare, meals in the destination city or country, lodging, travel health & evacuation insurance, fundraising supplies, and a t-shirt. It does NOT include any food or snacks during travel, souvenirs, or general spending money. It also does not include the cost of pre-travel planning such as passports, immunizations, doctor visits, and prescriptions.

### ***If I decide not to go on the trip, or if I get removed from the team due to not meeting financial deadlines or other reasons, can I have a refund?***

Tax-deductible donations are made to Milestone Church for the purpose of using them toward this mission team / trip. Since it is a tax-deductible donation, per IRS guidelines, we are unable to refund contributions.

### ***If I decide not to go, can I transfer my funds to another team member?***

Each team member is responsible for raising his or her own funds. If another team member is an immediate family member, available funds may be transferred. Otherwise, money is transferred to the general team fund to be used for projects and other needs related to the mission trip at the team leader's discretion.

### ***What is the appropriate way to communicate with my team leader?***

Every team leader is different, but generally speaking it is best to ask non-urgent questions at your team meetings. If you have a question that needs to be answered prior to that, it is best to email your team leader. If you are having problems with online donations, you should email [missions@milestonechurch.com](mailto:missions@milestonechurch.com). We respectfully ask that you do not text questions to your team leader unless they're urgent, and not after hours or on weekends unless they're emergent. Please respect the team leader's family time.

### ***Will I be safe on this mission trip?***

Milestone Missions takes the safety of everyone on our teams very seriously. Your trip cost includes premium travel health insurance and evacuation coverage. We also have an intercessory prayer team covering our mission trips while we prepare and are out of the country. However, any inner-city ministry or developing nation has risks greater than our own, including health and safety risks, which cannot be avoided. Medical care is not as advanced, and the risks are greater than in the USA. However, we will go over very specific guidelines to follow to best mitigate these risks.

### ***What if I get sick?***

If traveling internationally, please take recommended precautions with food and beverages to avoid becoming sick with traveler's diarrhea. Please bring medications with you to treat common illnesses that may be encountered and recommended prescriptions for traveler's diarrhea. **The team leader will not have extra antibiotics that they can share with you, even if part of a medical team.** You will also be provided with travel health insurance and evacuation coverage if the event of emergency.

### ***Are the immunizations required?***

Unless otherwise communicated by your team leader, no immunizations are required for this trip. Although we highly recommend getting the proper shots and prescriptions needed to keep you healthy, this decision is ultimately up to you.

***Should I be concerned about Covid?***

If your trip is outside the United States, there will most likely be additional Covid testing required both before travel and before re-entry into the United States. While we are not requiring a vaccine to travel, there may be countries that do require proof of vaccination for entry, and this will be discussed with you prior to committing to the team. In addition, you should be aware that almost every country we go to will not have the same, or sometimes even close to the same, access to or level of medical care that you would receive here. Finally, testing positive while out of the country will very likely result in quarantine for a period of 10-14 days. Team members will not be left alone, and we will have a plan in place prior to departure that will be discussed with you in case of a positive test result.

***Should I exchange money before I leave?***

No, it is best to bring cash (\$100-\$200 max) and exchange money there if necessary. Please do not bring traveler's checks.

***Can I choose my roommate?***

Your team leader will try to honor your requests but needs of the entire team are considered as a priority. You will always room with same sex team members unless they are a spouse or family member.

***Can I call home?***

It can be very expensive to make an international phone call. If you desire to call home, investigating an international calling plan prior to departure is a good idea.

***What if my family has an emergency or needs to contact me?***

You will be provided with emergency contact information for friends and family members prior to departure. Alternatively, family members can always contact the Milestone Church office to acquire that information.

## DEBRIEFING JOURNAL

Welcome Home!

We are so thankful for the way in which the Lord has led you to this mission experience and are so excited to hear all that you learned through this process. We have been praying for you!

We can imagine that your head is full of thoughts and your heart is full of emotions as you consider all the unique things you experienced cross-culturally. You may even have thoughts of being called to long-term missions. While this may be true for some, it's very common to confuse being close to God and called to a missional lifestyle (which is true for all believers) with being called to the nation you just visited. God absolutely can call you to serving in another country, but if so, it will be confirmed through a process and through many trusted voices in your life.

As you transition, please use this journal to process your experiences and bring all your thoughts and feelings before the Lord. Take all the time you need to work through this journal and process your experience in whatever way is most comfortable for you.

Please take time to prayerfully answer the following questions, as they will be incorporated into your debriefing time with your mission team leader. Engaging with these types of questions after your trip is an important part of healthy re-entry.



**QUESTION 2**

How did you change through your mission trip experience? How do you think you will approach life now if differently than before?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**QUESTION 3**

Describe the cultural encounters and experiences that you had. Were there some that you liked, some that you didn't? Are there any that you'd even consider incorporating into your life at home?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---















