

# Mission Trip Preparation Guide



Name \_\_\_\_\_

Trip Destination: \_\_\_\_\_

Trip Dates: \_\_\_\_\_

# Spiritual Workout

## I. COMMITMENT TO PRAY

- Select a time; make an appointment with God; **intentional**
- Bible, notepad

## II. PRAISE

- Revelation 4:1-11; I Kings 22:19-23
- Use music, imagination, keenly aware of God's presence

## III. THANKSGIVING

- Philippians 4:6
- Be specific, pray out loud
- Thank Him for people, blessings, promises

## IV. CONFESSION

- Psalm 139:23-24; 51:10-13; I John 1:9
- God may drag up stuff from your past; write it down, confess, throw it away; relationships; past offenses
- Simply be quiet, listen

## V. YIELDING

- Galatians 2:20; Romans 6:11
- This principle is the **greatest key to victorious living that is found in the Bible**
- "Not I, but Christ"
- Rest in His work; complete already in Him
- From this position, you can call on, appropriate all the promises of God into your life

## VI. FILLING

- Ephesians 5:18 – God's will;
- Luke 11:9-13 – God's word
- Ephesians 6:10-18 – God's way
- Receive the filling of God's Spirit
- I Samuel 10:6-7
- Ready to engage in battle

## VII. INTERCESSION/PETITION

- **Intercession** – praying for others
- Stand in the gap; Exodus 32:9-14
- Spouse, children, church, pastor, staff, spiritual awakening
- This is work; spiritual warfare
- **Petition**
- Laying before God your needs
- Matthew 6:8
- Often times, peace so evident, no need to even speak about it

Apply: The most important thing you can do before heading off for a mission trip or for that matter in your daily life, is spend time with the Lord. We have direct access to God through prayer and He hears our petitions.

**Things to do:** Begin praying that God will show you those things that are hindering you from spending time with Him. Once He shows them to you do something about them. Commit to doing a spiritual workout every day.

# Taking Time to Pray

## **Read Mark 1:35-45**

Apply: As we see from the passage above Jesus rose early in the morning to pray. After praying, He went about his ministry. Too often we rely on our own efforts and fail to seek the power of God to lead, direct, and work through us. Dedicated time for prayer is essential to being successfully used by God. Set aside a time each day to pray. That time should be when you can avoid distraction and interruption from family and work.

**Things to do:** Identify 5-10 people to be on your prayer team and send them a list of ways they can pray for you and the mission team. Develop a prayer list for your prayer team. The points should begin with how the team can pray for you specifically and then should move to how they can pray for your trip.

For instance, a list might include:

1. Pray that I will live a life that is a testimony to the power of the gospel
2. Pray for my family as I am away that they will be strengthened through Him
3. Pray that I will be bold in sharing the gospel both here and abroad
4. Pray for those people I will come in contact with that God will prepare their hearts to hear the gospel
5. Pray that God will draw men to Him as I share the gospel and that many will come to a saving knowledge of Him.

## The Word and The Way

Psalm 119:2-3 - Blessed are those who keep his testimonies, who seek Him with their whole heart, who also do no wrong, but walk in his ways!

Psalm 119:105-106 - Your word is a lamp to my feet and a light to my path.

**Read 2 Timothy 3:16-17** - What do these verses tell you about the Bible?

**Apply:** An effective mission to others begins with an effective lifestyle of the missionary. A mission trip should not be looked at as a time to get closer to God but rather as a time of service outpouring due to your relationship with God. You will not be able to communicate the power of the gospel to others if it has had no power in freeing you from slavery to sin. The only effective way to know His Word and to walk in His Way is to bury yourself in Scripture. You should set aside time each day to read God's Word. There are many plans available that can aid you in this endeavor. Read to understand and to hear from God. Whether that's one verse, one chapter, or one book at a sitting, the important thing is to seek God through His Word. When you come to a passage you don't understand stop, consult other resources/people, come to an understanding, and move on. A passive reading of the Bible will be of no aid in your walk. Only an active reading and application will aid you.

**Things to do:** Begin or continue a Bible reading plan. Choose a book of the Bible or start a daily reading plan. The most important thing here is to make a plan and stick with it.

# A God Story

## **Read Paul's pre-conversion God Story - Acts 26:4-11**

**Things to do:** Begin thinking of your life before your conversion. How did you live? What was your life like before giving your life to Jesus Christ? What struggles did you have? Once you have considered these things write the first part of your God Story.

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## **Read Paul's conversion story - Acts 26:12-18**

**Things to do:** Begin considering your conversion story. When were you saved? What brought you to the understanding that you needed salvation? What did your conversion story consist of? Once you have considered these things write them in addition to part one of your God Story.

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## **Read Paul's post-conversion God story - Acts 26:19-23**

### **Paul's post conversion life**

*Verse 19-21* Paul was obedient to the call for repentance

*Verse 22* God is faithful to His promise

*Verse 23* Obedience to the call to reveal the gospel

**Things to do:** How has your life changed since your conversion? How has God been faithful to His promises in and through you? How have you been obedient to God's call upon your own life? Once you have considered these things, finalize your God Story by adding part 3 to parts 1 and 2.

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# The Great Commission

## Read Matthew 28:16-20

*Verse 16 and 17* - Doubt among the faithful - Really? After all they had been through some still doubted.

**Things to do:** Think of all the ways you doubt. Do you doubt that He is able to keep you from sinning? Do you doubt your own salvation? Do you doubt that you can open your mouth and proclaim the gospel? List all your doubts and add these things to your prayer list. Pray for God to help you with these doubts.

*Verse 19* - Go and make Disciples - To make disciples means to make followers. To make followers we must tell people the good news so they want to follow. The good news is that Jesus is Lord, that He lived a perfect life and died on the cross for our sins, and rose from the dead. We must talk about Jesus.

*Verse 19* - Baptize - Baptism by immersion has no saving grace. Faith in Jesus Christ saves, but baptism is an important step of obedience that identifies us as followers and part of the body of Christ.

**Things to do:** You should have finished your own God Story. You should review that story and condense it so that it can be delivered in about 3 minutes. Now, go tell it to someone for practice. Start with a family member or friend.

*Verse 20a* - Teach - All too often we offer the gospel, a person accepts it, and then we leave them out on their own to figure it out. But Christ gave us an example as to how to disciple someone. Share the Word; Show the Word; Teach the Word; Serve the Word

*Verse 20b* - Rest in this - Finally, Jesus completes His commission with these words, "I am with you ALWAYS even to the end of the age." Christ is ALWAYS with us. So, no matter the cost of completing the mission for which we are now commissioned Christ is there with us.

**Things to do:** Review what you should have accomplished up to this point. You have a prayer list that consists of personal ways you would be used on your trip, a list for your prayer team, and a list of doubts you are praying about. You are spending time with the Lord including a daily reading of His Word. You have a God Story which you have written, committed to memory, and are practicing on friends and family. You have read, considered, and acknowledged the Great Commission. Take today to firm up any of these areas in which you are behind or deficient.

# The Gospel

## **Read Romans 3:10-23**

Apply: When God created the earth and man He placed man in the garden. There was no sin and God instructed man that He could eat anything He wanted except of the tree of the knowledge of good and evil. Satan came and tempted man and told them they would be like God if they did eat of that tree. Man ate of the tree and sin entered the world. God, as Creator, has made the rules by which man is to live. In the Old Testament He gave us those rules so that we could see that we were sinners. None of us, if honest, would doubt the fact that we have sinned. We lie, we steal, we cheat, and participate in all types of sins that are offensive to God. In order to understand we need a Savior, we must understand our sin and how sin is contrary to what God wants.

**Things to do:** Memorize Romans 3:23 *For all have sinned and fall short of the glory of God.* You should be able to recite this verse at any time. You should have a good understanding and a short explanation of what it means.

## **Read Romans 6:1-23**

Apply: Sin separates us from God and ultimately if not dealt with will lead us to eternal separation from God. Believers are dead to sin and made alive through Christ. God promises the free gift of eternal life to those who believe in Jesus.

**Things to do:** Memorize Romans 6:23 *For the wages of sin is death, but the free gift of God is eternal life in Jesus Christ our Lord.* You should be able to recite this verse at any time. You should have a good understanding and a short explanation of what it means.

## **Read John 3:16-21**

Apply: God set the expectation as sinless. He gave us the law to show us that we can never attain the expectation. So, in order that He might still save us He sent Jesus. Jesus came to earth without an earthly father which means a sin nature was not passed to Him. He lived His 30+ years on earth without committing one sin. In doing so, He fulfilled every aspect of God's law and became the perfect sacrifice. His death on the cross satisfied God's wrath and He became our substitute on the cross because He had never sinned but we had. God, through Christ, did all these things for us even though we were sinners so that we could be reconciled to God through Christ's sacrifice.

**Things to do:** Memorize Romans 5:8 *But God shows his love for us in that, while we were still sinners Christ died for us.* You should be able to recite this verse at any time. You should have a good understanding and a short explanation of what it means.

**Read Ephesians 2:1-10**

Apply: God, in His grace, sent Jesus to take the punishment for our sin. Even though we were encumbered by sin and had no works of value to bring before God, He loved us. Jesus' became our substitute so that we might be reconciled to God. He, Jesus, bought us back from sin. As a result we have a means of partaking in this grace by faith in Jesus Christ. This faith is not merely an affirmation of His existence but a faith of putting your life in His hands. This faith is an understanding that you are committing to Him as your Lord and therefore in charge of every aspect of your life. This faith removes you from a life of self service and places you in a life of kingdom service.

**Things to do:** Memorize Romans 10:9-10 *because, if you confess with your mouth that Jesus is Lord and believe in your Heart that God raised Him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved.* You should be able to recite this verse at any time. You should have a good understanding and a short explanation of what it means.

**Read Galatians 2:15-21**

Apply: As a result of my salvation my life is no longer mine. I have become a bondservant to Jesus Christ. No longer do I live for myself in sin but rather for Him in service. This is the faith that saved me and this is the faith that sustains me. It is not a passive faith whereby I merely acknowledge the existence of Jesus but rather whereby I submit my life to Him and do His will rather than mine.

**Things to do:** Memorize 2 Corinthians 5:15 *and He died for all, that those who live might no longer live for themselves but for Him who for their sake died and was raised.* You should be able to recite this verse at any time. You should have a good understanding and a short explanation of what it means.



# Empowered to Serve

## **Read Matthew 28:16-18**

Apply: When God put us out to sea, so to speak, and commissioned us to serve He didn't leave us on our own. When you gave your life to Christ, the Holy Spirit came to dwell in you. The Holy Spirit works in and through us in at least 10 ways:

1. The Holy Spirit is our teacher guiding us into truth - John 14:26
2. The Holy Spirit intercedes on our behalf - Romans 8:26-27
3. The Holy Spirit gives us joy and peace - Galatians 5:22-23
4. The spirit gives us gifts for ministry - I Corinthians 12:4-7
5. The Spirit gives us boldness to witness - Acts 4:31
6. The Spirit gives us power - Ephesians 3:16
7. The Spirit gives us the power to live godly - Ezekiel 36:27
8. The Spirit helps us to pray - Ephesians 6:18
9. The Spirit gives us wisdom and revelation - Ephesians 1:17-18
10. God the Father speaks through us by the Spirit - Matthew 10:20

**Things to do:** You have now memorized your personal God story to help turn conversations to the gospel. You have also learned verses that will help you communicate the gospel and what each verse means. It is now time to put that learning into action. Begin praying for 5 people you know who need to hear the gospel. Go share the gospel with these people.

## Fit to Serve

### **Read Ephesians 5:1-21**

Apply: As you draw closer to your time of service on the mission trip it is important to continually examine your own life. All too often we are quick to see the telephone pole in someone else's eye while ignoring the speck of saw dust in our own. This passage says that we should walk as children of the light. That light is Christ Jesus and while here on earth He left an example for us to follow. In his interaction with sinners He showed love as He presented them with the message of the kingdom. In His daily life He walked without sin and did not seek to glorify Himself but rather his Father in Heaven. As we walk our daily lives here we should be a reflection of Jesus Christ and we should be mindful to not live for our self-gratification but rather for the glory of God.

**Things to do:** Review what you should have accomplished to this point. You have a prayer list that consists of personal ways you would be used on your trip, a list for your prayer team, a list of doubts which you are praying about, and a list of people here you are praying about sharing the gospel. You have begun a daily reading of the scriptures to know and understand them. You have a God Story and you have read, considered, and acknowledged the Great Commission. You have learned how to present the gospel and know some key verses with which to do so. Take today to firm up any these areas in which you are behind or deficient.

## Serve the Lord With Gladness

### **Read Psalm 100**

Apply: After going through this preparation guide you are probably beaten down. You have had a lot to read, a lot to understand, a lot to learn, and a lot to memorize. However, all these things have been given to you so that you can better serve Him. When we are prepared to serve Him we can serve Him with gladness. It is only when we are unprepared by prayer, study, and careful consideration that we serve in drudgery.

**Things to do:** Nothing. Make a joyful noise to the Lord and rest.

## Serve With Gratitude

### **Read Psalm 103**

Apply: As you read this Psalm you can see all the things that God has done for us. He has given you life, He has given you family, He has given you food, He has given you a home, He has given you clothes, He has given you food, but most of all, He has given you eternal life through salvation in Him. So, when we serve, we serve in gratitude for what He has done for us. Be careful though, we do not serve as a means with which to repay but rather as an outpouring of the faith we have in Him. Hebrews 11 lists many men of faith and the works they did throughout their lives. In each instance, their work is preceded by the words, "by faith". It is by faith that we offer our service in gratitude. Gratitude for what we have seen Him do and gratitude in what we, by faith, will see Him do.

**Things to do:** Make a list today of every personal possession you have - house, cars, clothes, electronics, etc. This should take you quite a while to do. Add this to the top of your prayer list and thank God daily for all you have. In addition, pack a copy of that list and take it with you on the mission trip. Once you get to the field, compare your list with what those people around you have. It will serve to increase your gratitude and convict you of any excess you are accumulating.

## Serve With Compassion

### **Read Matthew 9:35-38**

Apply: Grace has made salvation possible. It is not your standing, not your heritage, not your ethnicity, and not your good works. By grace alone has salvation been made possible because God had compassion on us. Many times we forget this compassion with which God saved us and we become caught up in our on self worth. Jesus saw the crowds and had compassion on them. We must serve in light of the fact that we were once sinners and only by the amazing grace of Jesus Christ were we redeemed.

**Things to do:** Pray for the harvest field and for more workers. Pray for God to remove pride from your thought process so that you can serve others with compassion. Remember it is not about you.

## Serve With Urgency

### **Read 2 Corinthians 6:1-13**

Apply: As we serve God through sharing the good news of salvation with the lost we should do so with urgency. Every day thousands of people die from varying causes. Many of those people die without Christ, some without ever hearing His name. Today is the day of salvation because there could be no tomorrow. Consider where you live and how many times you've heard the gospel. Now consider those living in other areas of the country where the gospel is not as pervasive. Think of those people living in remote areas and have little access, if any, to the gospel. Don't put off until tomorrow what you can do today. Share the good news of Jesus Christ today, while there is still time.

**Things to do:** Go back to your list of 5 people you personally know that you are praying for. Go back to when you were asked in the preparation guide to share the gospel with them. Consider the lesson from today on urgency. Pray for a divine appointment to share the gospel.

## Serve With Inner Strength

### **Read John 15:1-17**

Apply: In this passage Jesus says that if we abide in Him He abides in us. All those that are saved by grace are to abide in Him through obedience. This obedience produces fruit from the vine. Jesus is the vine. However, we don't always abide in Him because we don't obey Him. Obedience and fruit bearing are tied together. Fruit bearing outside of obedience are works fit for the fire as we see in the passage above. So, since Jesus abides in us through the Holy Spirit we must let Him live through us. When we aren't obedient the Holy Spirit is not allowed to live through us and we wither like a dead branch on the vine.

**Things to do:** Check in with your prayer team today. Send them a copy of your travel itinerary and ask them to pray for safe travel. If you have a day to day itinerary for your trip, forward that to them as well, so they can pray for daily events. Encourage them to keep praying for you diligently.

## Serve With Love

### **Read John 21:15-19**

Apply: Jesus asks the question of Peter, “do you love me?” We all have to consider our response to the same question as Jesus asks it of us daily, “Do you love me?” Peter gives his answer here in the passage as an emphatic “yes” but Jesus doesn’t let Him get off the hook too easily. He continues to ask the question three times. Each time when Peter answers “yes” Jesus replies with “feed my sheep”. We can deduce from this that Jesus is not concerned with Peter’s lip service of love but rather his actions of love. In fact, Jesus tells him/us how to specifically answer His question, feed His sheep. If you love Him, feed His sheep.

**Things to do:** On a mission trip we are often asked to do things we don’t normally do. Are you willing to serve doing something you feel uncomfortable doing? Will you conduct a survey, deliver a devotion, or share your testimony? Be prepared and ready. Don’t be afraid to ask for help.

## Serve With a Team Spirit

### **Romans 12:1-5**

Apply: Whatever we do as a team should be done in unity. Paul tells us that we are all members of one body and that body does not function correctly unless we all work together using the gifts we have been given. The eye cannot be a hand nor the hand an eye but we work together to accomplish the task. As a mission team, we spend a good deal of time with people we don’t know well and are asked to function as a team. We will only be successful if each person allows the Spirit to live through them with an attitude of team unity.

**Things to do:** Pray for your team today. Pray for each person individually. Pray that each person will be patient with the other. Pray that each person will use the gift they have been given to work in unity with the rest of the team. Contact each member of the team and tell them that you are praying for them. Ask that they pray for you as well as you seek together to do God’s will.

## Availability Plus Christ

### **Read John 6:1-14**

Apply: In this passage we see a young boy who is available and willing to part with His small portion of food. When Christ is added to that availability we see the miraculous works that can be done. Stepping out in faith to commit to service on the mission field is admirable but is to no avail if we do not add Christ to the scenario. Seeking to do the work and will without the power and direction of Christ will be unsuccessful. Begin praying that your actions will be His actions, your thoughts His thoughts, and your will His will. Without Christ it is all merely the work of man.

**Things to do:** If you have worked your way through this guide then you have some awesome tools to use. You have a prayer list, you have a prayer team, you have a personal God story, you have a plan to share the gospel, you have a Bible reading plan, you have an understanding of the Great Commission, and you have knowledge as to how you have been prepared to serve that commission. In the book of James it says we are to be doers of the word and not Hearers only. If you have worked through this guide you have heard much, now go do much.

## Here I Am, Send Me

### **Read Isaiah 6:8-11**

Apply: Many of us would look at this passage and check the box “done that”. We assume that since we said yes to one trip we have made ourselves available to God. However, if you examine the passage closely, especially at the end, you see the perpetual nature of the call – note the word “until”. So, making ourselves perpetually available to the call of God is the lesson to be learned not merely the one time event. Begin to think now of how you will continue to answer God’s call after you return from your trip.

**Things to do:** GO!