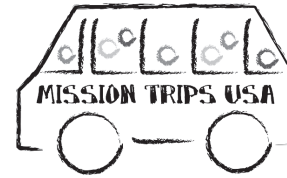


Growing through the Mission Trip



You will somehow grow through your Mission Trip experience, but the question is how? In order to take away something from volunteering, you should do the following:

Devotions

A time should be set aside each day for quiet reflection and prayer. Your leaders will provide guidelines for you. This will be an excellent time to prepare your mind and heart for the tasks coming up for the day.

It's important to remember that this may be the only time during the day in which you will have to yourself. Use it to pray, clear your mind, and read Scripture. Personal growth depends upon this important aspect of the Mission Trip. After a short time quiet reflection, you will be better prepared to spend the day interacting and having fun with your friends.

Journaling

Keeping a journal of your daily observations while on your Mission Trip will help create an awareness of the lessons God will give you. Each day think of a few things you have learned about life, God and yourself.

Jot them down in a notebook. Although you intend to remember all your great experiences you will have, the details may be soon forgotten. Recording them will prevent that. You'll be glad you did.

Some journaling tips:

- Select a regular time each day for journaling. It could be just before bed, during devotions, or after a meal.
- Include dates, names and places so you'll remember them.
- Don't just record what you did, but your emotions, thoughts and observations as you did them.
- Record conversations, lessons and stories that come up.
- Include a "To Do" list of future goals for yourself.
- List any Scriptures that come up throughout the week.

Thank You Notes

Be sure to send thank you notes to everyone who offered you support through prayer, encouragement and finance. Keep a list of their names as you talk with them and as they respond. It may not seem like a big deal, but sending thank you notes is actually a large part of growing spiritually.

