

Prayer Covenant List

The most important thing you will do in preparation for your mission trip is pray and have prayer coverage. James 5:16b states, "The effective prayer of a righteous man can accomplish much."

You are responsible for raising a prayer support base of 10 people who will pray daily for you during your preparation and training, as well as during the mission trip.

The individuals you select must be people whose prayer life is one that you are confident is alive and active. The individuals need to be mature Christians who will take a prayer covenant with you very seriously. The prayer partners cannot be members of the Team or people who will be on a mission trip at the same time you are. You are encouraged to send prayer support letters to members of TBC. You will also be assigned to a Sunday School Class for prayer adoption as well.

You are to contact the individuals at least three times during your training period through prayer letters (mailed or emailed) so that they have your current prayer needs, and the letters will be a physical reminder for them to pray and carry with them.

Please record your prayer partners below:

Name	Mailing Address	Email Address	Phone Number
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Sample Prayer Letter

September 15, 2009

Mr. and Mrs. Jones
123 State Street
Cartersville, GA 30120

Dear Bob and Judy,

The Lord has placed it on my heart to be involved in the missions ministry at my church, Tabernacle Baptist Church. I have volunteered to participate in a mission trip to Guatemala. This trip will be a medical mission trip, in that we will be setting up medical stations at several different sites over the week and providing much needed medical advice and medication. Many of these people have not seen a doctor in their village for several years.

We will also be witnessing to each patient who we treat. We expect to see approximately 100 people each day.

One of the most important things I will need in preparation for and during the mission trip is prayer. I know you are both prayer warriors, and I know that you have a heart for mission as well. I would like to ask the you be in prayer for me, my team and those we will be witnessing to in Guatemala.

We will be leaving on December 1, and will return on December 12, 2009. There are 15 volunteers on my team.

I am excited to see what the Lord is going to do through this team and this mission. I look forward to returning and sharing the results with you. We serve an awesome God, and I thank Him for you both.

Love in Christ,

Mary Missions

“...the prayer of a righteous man is powerful and effective.”

James 5:16b

Deciding to Go Checklist

It helps to make a checklist as you are contemplating a short-term mission trip. For some, the trip is a new idea. For others it has been in your mind for years. Whatever your situation, it helps to put your thoughts down on paper. Add your own questions to the categories below; personalize this checklist to help you make your decision.

- What is the Lord saying?**
The most important question comes first. Think back to your first thoughts of this short-term mission trip and the things you have considered since, and ask the Lord to show you His mind on the matter.

- Is the direction I am learning Scripturally supported?**
Test your sense of the Lord's directions against Scripture.

- Would the community of believers that I am involved with be supportive of my decision to go or not to go?**
When you have heard the Lord and tested His personal word to you against the Bible, check it out with people in your community of believers. They may have insight on whether you are making a decision in your own effort based on your emotions of whether it is from God.

- Will my family and friends support me?**
While it is not essential to have their approval, it certainly helps and it is wise to consider their advice and discuss the "whys" of your interest with them. Good communication on your part will strengthen bonds you already have with these important people.

- When is the best time to go?**
You have the right message, but do you have the right time? The two are not always the same.

- How will I pay for it?**
If the Lord wants you to go on this trip, He will help you pay for it. List your possible sources of income and ask the Lord for the game plan.

- Do I have as much information about this trip as possible?**
Talk to someone who has already been there and ask them what the experience was like and what advice they might have.

Journaling

Journaling is an important way for you to process what you are learning about yourself, God and the world. This short-term mission trip will be forever embedded in your mind, but you will begin to forget some important events, names and feelings. If you journal, you will find yourself returning to it for many years to come.

A journal has been provided for you to take. We even suggest that you begin journaling now. While on the field, try not to miss a day! It will take some discipline to journal on the field, but you will be glad that you did.

Here are a few journaling tips

- ◆ Write down impressions you have of the culture. Was it as you expected? What did you learn about the culture? Are you burdened for the needs?
- ◆ Write special places, events, foods, etc. You will not have time to capture all the details, but journal about those that stick in your mind.
- ◆ Write about your relationship with God. What are you learning about Him? What are you learning about His purposes in the world? What are you learning in Scripture?
- ◆ Write about your relationship with others. How are you relating to your Team? The missionaries? The nationals? Any special national friends?
- ◆ Write down what you are learning about yourself. Have you learned something new about yourself? Are there some old flesh patterns coming out? Are you learning to respond in a godly way to all things? Are you learning that you have gifts and abilities that you did not know about previously?
- ◆ Write down your questions, thoughts about missions and your part in it. Consider and ponder your future.
- ◆ Write your praises and prayer needs to God.
- ◆ Document answers to prayers.

Release of Rights

We live in a world that is full of rights. Our particular culture is one where we take pride in our rights. The rights of individuals are constitutional; however, as we see the demanding of individual rights increase, we see more of the moral fiber of our society decrease. Our Lord Jesus Christ laid down His rights to the heavens and all His glory to become a man and to serve, not to be served. (Philippians 2:5-11; Mark 10:45).

Consider laying down your rights on this mission trip, not to lay them down for better or worse, but to entrust them to the Lord and transfer the responsibility of them to a place of safekeeping. These rights may seem reasonable but could still cause dissension on the short-term mission trip. Take time to search your heart and willingly surrender your rights to the Lord.

I Give Up My Right To:

- ◆ A comfortable bed
- ◆ Three meals a day
- ◆ Familiar food
- ◆ Dressing fashionably
- ◆ Seeing results
- ◆ Control of myself
- ◆ Control of others
- ◆ Making decisions
- ◆ Taking up offense
- ◆ Being successful
- ◆ Being understood
- ◆ Being right
- ◆ Pleasant circumstances
- ◆ Control of circumstances

I Entrust to God:

- ◆ My strength and endurance
- ◆ My health and strength
- ◆ My likes and dislikes of food
- ◆ My security in Him
- ◆ His purpose and fruit in timing
- ◆ My need for His Spirit's control
- ◆ His workmanship in others
- ◆ His sovereign hand on my life
- ◆ My security in His love
- ◆ My reputation
- ◆ My need for recognition
- ◆ My need for His righteousness
- ◆ The privilege of suffering for His sake
- ◆ My circumstances to His purposes in making me Christ-like

I give God permission to do anything He wished to me, with me, in me, or through me that would glorify Him.

 Team Member Signature

 Date

Note: This copy is for your records. The form to be signed is in the Application packet and must be turned in to the Team Leader at the First Team Meeting.

Teamwork Factor

Just what does teamwork mean? What are the traits of a team player/ We have come up with fourteen words that form the basis of what we call the “Teamwork Factor,” traits exhibited by those who are pitching in to do their part for the good of the group.

Teachable

A teachable spirit creates a noncompetitive environment in which learning and sharing come naturally. Teachability gives all members the freedom to make mistakes as they learn.

Encouraging

Encouraging words help the development of a Team. What a difference they make!

Appreciative

What can we appreciate in others on the Team? How can we show our appreciation?

Motivated

Take initiative! Do all things as unto the Lord.

Willing

Team Members may have different levels of strength, skill and health but each should be willing to work to the best of his or her capabilities. Willingness also includes accepting uncomfortable conditions in the host country. Willingly take on the heat, food, bugs and germs.

Open

Be open with what you are learning, experiencing, feeling, thinking, etc. Express both the positive and negative. Your vulnerability with others builds community.

Refreshing

The times may be tough: heat, sickness, exhaustion, physical labor, emotional drain. In those times it will be incredibly refreshing to have another Team Member help pick up your spirits! Think about how you can replenish one another on a daily basis.

Kindred Spirit

There is a sense of camaraderie as we pursue this together. We are all part of the Christian family and we are all in this together!

Flexible

Anything can change from day to day. A flexible Team Member will learn accept the unexpected as the norm.

Agreeable

Living together in close quarters, sharing crowded bathing facilities and every other aspect of group travel requires everyone to be gracious.

Cooperative

Share with one another, help and assist one another. Instead of grumbling about problems, propose solutions!

Thoughtful

What can you do to make a Teammate's day a little easier?

Obedient

There will be times when the Team Leader has to "pull rank" and make unpopular decisions. A Team player will respect the Leader's authority and encourage others to do the same.

Relational

Get to know the others on your Team. Go out of your way to learn about their hopes, their dreams, and their history.

Get the picture? The TEAMWORK FACTOR spells out the difference between a group of isolated individuals and a Team of interconnected members.

Building Team Unity

Purpose

The purpose of building Team unity is to look at teamwork from God's viewpoint. To learn to function as a Team, relying on each member to use his or her particular skill to help the Team reach a common goal.

Memory Theme Verse

"For we are laborers together with God..." I Corinthians 3:9a

Definition of Team

Webster defines the word "team" as, "The state of being one, singleness/the state of being made one, unification/full agreement, harmony/continuity of purpose, action, etc./an arrangement of parts capable of producing a concentrated total effect."

A Biblical Look at Team Unity

I Corinthians 3:6-9 God uses different people, but He gives the increase.
Colossians 3:12-17 We need to work together as unto the Lord.
Galatians 6:2 We are to bear each other's burdens
Ephesians 6:18-19 Continue to pray that the Team will have strength to share the Gospel.

Building Unity Through Prayer

Develop a prayer chain to ensure that each Team Member is lifted up in prayer daily, leading up to the project and beyond.

Spend time praying for each other's needs, both related and unrelated to the project.

Building Unity Through Team Work

Review skills needed for your ministry objective. Consider how we can put our ministry skills into action here at home. You must be a missionary before you can go to the field. If you are teaching English, you can get involved teaching English in your local community. If you are going to be involved in evangelism, participate in evangelistic outreach ministries at home. If you are going on a construction mission trip, find a local project to support before you go on your trip.

Personal Responses

1. List past situations in which you acted as part of a Team.

2. As a Christian, what teams are you automatically a member of?

3. Where will your ministry team strength come from?

4. My personal commitment to build Team unity will be demonstrated as follows:

◆ Before the trip

◆ During the trip

◆ After the trip

How to Share Your Testimony

“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.” I Peter 3:15

One of the most effective tools you have for sharing your faith is the story of how Jesus Christ gave you eternal life and how He has enriched your life. The Apostle John wrote, “We proclaim to you what we have seen and heard.” (I John 1:3), testifying about his relationship to Jesus Christ.

When the Apostle Paul stood before King Agrippa (Acts 26), he spoke simply, logically, and clearly about his life before salvation, how he met Christ, and what his life was like after conversion. Paul’s testimony takes three or four minutes to read aloud in a conversational manner.

By following the steps outlined here, you will learn how to tell others in the same manner about how you came to know Christ. The choice of the right words, the flow of your story, and knowing how to begin and how to end are all-important.

Testimonies can be prepared on many subjects and tailored to various audiences. The kind of testimony outlined here is designed to be given to a non-Christian. It will be best suited for sharing one-on-one or in a small group.

The purpose of preparing a testimony is not to memorize it and give it verbatim, but to help you put into words some of the important and interesting details of your conversion. A testimony serves primarily as a “door opener,” not a “convincing tool.” Many people are not ready to be convinced that they need Christ, but can often be lead to talk about the Gospel after hearing a personal testimony.

Before, How and After

Paul’s testimony in Acts 26 is a Biblical model you can follow in writing you own personal testimony. Paul’s format in Acts 26 is provided:

Lead in	verses 2-3
Before	verses 4-11
How	verses 12-20
After	verses 21-23
Close	verses 24-29

Here are practical suggestions for developing the Before, How and After sections in your personal testimony.

Before

Many people's actions spring out of their unsatisfied deep inner needs. What are one or two of your unsatisfied deep inner needs before you came to know Jesus Christ?

Below are some examples of inner needs

- ◆ Lack of peace
- ◆ Fear of death
- ◆ Something missing
- ◆ No meaning to life
- ◆ Desire to be in control
- ◆ Loneliness
- ◆ Lack of security
- ◆ Lack of purpose
- ◆ Lack of significance
- ◆ No real friends
- ◆ No motivation

Non-Christians are usually trying to satisfy their deep inner needs through unsatisfactory solutions. In the past, what unsatisfactory solutions did you use to attempt to meet those deep inner needs? As you develop your testimony, list positive as well as negative solutions you may have tried. Some examples include

- ◆ Marriage/family
- ◆ Work
- ◆ Drugs/alcohol
- ◆ Sports/fitness
- ◆ Money
- ◆ Education
- ◆ Hobbies/entertainment
- ◆ Sex
- ◆ Wrong Friends

How

Describe the circumstances that caused you to consider Christ as the solution to your deep inner needs. Identify the events that led to your conversion. In some cases this may have taken place over a period of time.

State specifically the steps you took to become a Christian. If there is a particular passage of Scripture that applies here, you may want to use it. Usually you will simply paraphrase it.

Include the Gospel clearly and briefly. The Gospel includes

- ◆ All have sinned
- ◆ Sin's penalty
- ◆ Christ paid the penalty
- ◆ Must receive Christ

After

State how Christ filled or is filling your deep inner needs. In the **Before**, you expressed your needs and how you tried unsuccessfully to meet them. You now want to briefly show the difference that Christ made in your life.

Conclude with a statement like, "But the greatest benefit is that I know for certain that I have eternal life." The person you talk to will tend to comment on the last thing you say. Often it is natural to move from the testimony into a clear presentation of the Gospel.

Choose Your Testimony Format

Read the three sample testimonies in the sections that follow. Then, come back and check the box beside the format the best fits your own story. You can use the Testimony Worksheet that corresponds to this format.

- Format 1: Adult Conversation**
You trusted Christ as an adult. You have a distinct **Before, How and After**.
- Format 2: Early Conversation, Adult Full Commitment**
You made a decision for Christ as a child, but your life was characterized by spiritual immaturity - a lifestyle similar to that of a non-Christian - until you reached a point of crisis and recommitted your life to Christ. Evaluate whether your early conversion experience was genuine. If you conclude it was not genuine, then use Format 1 as your model.
- Format 3: Early Conversion, Consistent Growth**
You probably grew up with Christian parents and have a strong church background. You may have very little **Before**.

Write Out Your Testimony

The Testimony Worksheet (at the end of this Section) provides questions that will help you get started in writing out your testimony. Select the appropriate format and jot down thoughts for each question. This will give you a basis from which to write your sentences and paragraphs about your own experience.

As you write your first draft, refer again to the sample testimony that is most like your own story. Note how the person began the testimony and how he or she made the transitions between the main point. In addition, follow these guidelines:

Make it sound conversational. Avoid literary-sounding statements. Use informal language.

Share about what happened to you. Do not preach about what should happen to them. Say “I” and “me,” not “you.” This helps keep the testimony warm and personal.

Avoid religious words, phrases and jargon. Do not assume the listener knows what you mean by terms such as sin, accepted Christ or even Christian.

Generalize so more people can identify with your story. Do not name specific churches, denominations or groups. Avoid using dates and ages.

Include some humor and human interest. When a person smiles or laughs, it reduces tension. Humor is disarming and increases attention.

One or two pictures increase interest. Do not just say, “Bill shared the Gospel with me.” You might briefly describe the setting so a person listening can visualize it.

Explain how Christ met and is meeting your deep inner needs. Do not communicate that all your struggles and problems ended at conversion.

Sound adult, not juvenile. Reflect an adult point of view even if you were converted at an early age.

Avoid dogmatic and mystical statements that skeptics can question. Phrases such as, “I prayed and God gave me a job,” or “God said to me” should be avoided.

Simplify and reduce clutter. Mention a limited number of people and use only their first names. Combine information when you can. For example:

Poor: “Martha Smith, Nancy Van Buren, and her cousin Jane came by my office at Digital Binary Components Corporation...”

Good: “Martha and two other friends talked with me at work one day...”

Avoid examples that do not cross cultures. For example, do not use an example of American football in a country that does not even know what it is.

Practicing Your Testimony

After you have written out your testimony, you may want to have another Christian read it and make suggestions for improvement. Ask them to point out any areas that you need to explain further and to make sure the Gospel is presented clearly. Then, when you have a final draft that you like, outline your testimony on a 3”x5” card. Practice giving your testimony with your small group. This will be an excellent opportunity to practice and receive feedback.

Leading Into Your Testimony

When you feel comfortable giving your testimony, you may begin to wonder, “When do I share it with a non-Christian?” “How do I direct the conversation so it will lead to presenting my testimony?” You may find the following suggestions helpful:

Include some “small talk” before discussing spiritual matters. Discuss family, job, hobbies, interests, etc.

Be alert for expressed needs such as family problems or stress on the job. You can use these to show how Christ has helped you through some of the same areas.

Discuss past concerns and needs in your life. “We struggled in our marriage relationship, “ or “I allowed the pressures as work to get to me.” “Then I discovered something that made a tremendous difference in my life.”

Discuss contemporary situations in the news or in your area. “I see all the time on TV that drugs are epidemic in our country. It seems that people are trying to find something that satisfies so that are turning to drugs. These same people are saying it does not work.”

Build relationships with them. It may take ten hours or then days or then months, but build relationships.

Do not condemn them for living like non-Christians; they ARE non-Christians. Your objective is to share how they can have a **better** life in Christ.

Avoid dogmatic religious statements. “Jesus is the answer to all your problems.” He is, but they do not even know who He is, much less what He can do in their lives.

Avoid arguments on moral issues. You can expect non-Christians to have conflicts with clear Biblical teaching. Remember, they do not have a valid base from which to make correct moral decisions.

The Close

When you have shared your personal testimony, you may want to conclude with a statement that causes the person to reflect on what you have just shared. What you say will depend on how this person has been responding to what you have shared. If their response seems positive, you could say something like:

“Bill, has anything like this ever happened to you?”

“Mary, do you know for certain whether you have eternal life?”

“May I share with you how I know for certain that I have eternal life?”

“May I share an illustration with you that explains how a person can know for certain that he has eternal life?”

If their response seem negative or neutral, you could say something like:

“If you are interested, I would like to share more with you.”

“Do you have any questions on what I have just shared with you?”

“Well, that is what happened to me. If you want to talk about it, I would love to share with you.”

Testimony Worksheet

Format 1: Adult Conversation

Before	Response
What was a deep inner need in your life before you met Christ?	
Give some examples of how you tried to meet or fulfill that need with unsatisfactory solutions.	

How	Response
Describe the circumstances that caused you to consider Christ.	
State how you trusted Christ. Briefly include the Gospel.	

After	Response
Give an example of how Christ met or is currently meeting your deep inner needs.	
End with a statement to the effect that you know for certain that you have eternal life.	

Format 2: Early Conversion, Adult Full Commitment

Before	Response
What was a deep inner need you were trying to fill?	
Give some examples of how you tried to fill that inner need through unsatisfactory solutions.	

How	Response
Briefly describe the situation in which you made a deeper commitment to Christ.	
Refer to your conversion experience. State how you trusted Christ. Briefly include the Gospel.	

After	Response
State how Christ is currently meeting your deep inner needs.	
End with a statement that you know for certain you have eternal life.	

Format 3: Early Conversion, Consistent Growth

Before	Response
State the deep inner needs you see people trying to fill.	
Describe how you see people trying to satisfy those needs.	

How	Response
Explain why you never experienced this problem.	
Refer to your conversion experience. State how you trusted Christ. Briefly include the Gospel.	

After	Response
Illustrate how Christ met or is meeting your deep inner needs.	
End with a statement to the effect that you know for certain you have eternal life.	

Prepare for Service

Purpose

To examine your daily walk as you prepare for service.

Memory Theme Verse

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

Prayer Life

Luke 11:1-10	Christ’s example and teaching
Psalms 66:18-20	Confess sin, then pray
Philippians 4:6-7	Don’t worry, pray! The peace of God will keep you

Daily Walk

With God

Romans 12:1	Present yourself a holy sacrifice
Romans 12:2	Don’t be conformed so you may prove the will of God

With Others

John 13:34-35	Love one another
Romans 15:5-7	One mouth, one mind to glorify God, work together, worship together

Setting Spiritual Goals

Growth

I Peter 2:2	Desire the Word so you may grow
II Peter 3:18	Grow in grace

Accountability

I John 1:5-10	Walk in the light
Romans 14:12-13	Accountable to God

Witness

I John 1:3	What we saw and heard we told you
I Timothy 4:12	You are not too young or inexperienced

Personal Response

1. How should I pray?

Before the trip _____

During the trip _____

After the trip _____

2. Why should I pray? _____

3. What are my spiritual strengths? _____

4. How will my strengths and weaknesses affect my service while on this trip? _____

5. What are my goals to improve my daily walk with God? _____

6. How do I expect this ministry experience to help me grow spiritually? _____

Personal Responsibility

Purpose

To discover the Christian's personal responsibility of world evangelization.

Memory Theme Verse

"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, even to the end of the age." Matthew 28:19-20

God Reaches Out to Man

John 3:16	God loves the world; He sent His Son as a demonstration of His love
Romans 10:12-15	God is over all; whosoever; how shall they hear?

Great Commission

Acts 1:8	Power, be a witness, reach out
John 20:21	Jesus sends us as God sent Him

Personal Responsibility

Mark 10:45	Even Jesus came to serve and give His life
John 4:35	Urgency; don't wait to minister; do it now!

A Missionary Pattern

Acts 13:1-5	Called to go; went! Church sent
Acts 14:26-28	Went; witness; accountable to sending the Church

Personal Response

1. Is every Christian a witness? _____

2. How does witnessing relate to leading someone to Christ? _____

3. Where is my Jerusalem? _____

4. Where is my Judea? _____

5. Where is my Samaria? _____

6. Where is my uttermost part of the world? _____

7. According to John 20:21, in what way does Jesus send us? _____

8. When should I begin to minister? _____

9. On this ministry trip, to whom am I accountable? _____

A Servant's Heart

Purpose

To look closely at God's definition of a servant so that I can better serve God and others.

Memory Theme Verse

"For even the Son of Man did not come to be served, but to serve and give His life as a ransom for many."
Mark 10:45

A Servant's Heart

John 13:2-20	Humbles Himself; washes feet
Philippians 2:5-8	Humble, obedient

Christ, Others, Me, in That Order

II Corinthians 4:5	Not us but Christ, then your servant; we come last
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Motivation to Serve

John 15:16	I have chosen you to go forth and produce fruit
Isaiah 41:9-10	I have chosen you and will protect you
Colossians 3:23	Do all for God with all your heart

Traits of a Servant

Matthew 10:16	I send you...be wise...be harmless
Ephesians 4:17-32	A worthy walk
Matthew 25:21	Good and faithful

A Model Servant

Genesis 24:2-9	Does not run unsent
Genesis 24:4, 10	Goes where he is sent, does nothing else
Genesis 24:12-14, 26	Is prayerful and thankful
Genesis 24:17-18, 21	Is wise to win
Genesis 24:22, 34-35	Speaks not of himself, but of his master
Genesis 24:49, 66	Presents the true issue and requires a clear decision

Personal Response

1. How can I better exhibit a servant's attitude?

At home: _____

At church: _____

With friends: _____

2. Do others see Christ in me? Why or why not? _____

3. List several ways that you can be of service on this trip to...

Team Members: _____

Host/Missionaries: _____

Nationals: _____

4. What is my purpose for going on this ministry trip? _____

5. What personal attitudes do I need to adjust in order to have a servant's heart while on this trip? _____

Suggested Packing Checklist

Item	Carryon	Checked Luggage
♦ Address of friends and relatives		
♦ Airline tickets		
♦ Passport		
♦ Telephone calling card		
♦ Alarm clock		
♦ Backpack or fanny pack		
♦ Extra batteries for all devices		
♦ Bible		
♦ Books, reading material		
♦ Sturdy walking shoes/shower flip flops		
♦ Bottled water		
♦ Camera and extra film		
♦ Clothes: few, daily wear, easy to pack, comfortable, culture appropriate		
♦ Hat, cap or visor		
♦ Sunglasses		
♦ Eyeglasses, contacts, solutions, extra pair		
♦ Voltage converter and adapters		
♦ Family photos to share with host		
♦ Small flashlight		
♦ Snacks		
♦ Gifts: postcards, candy, caps, etc.		
♦ Hair dryer		
♦ Laundry detergents in packets		
♦ Prescription medicine		
♦ Antibacterial gel or towelettes		
♦ Antibiotics		
♦ Aspirin, pain, cold medicine		
♦ Mosquito repellent		
♦ Small mirror		
♦ Map of the country or state		
♦ Money: clean, small bills		
♦ Notepad, pencil and pens		
♦ Driver's Liscense		
♦ Toilet paper		
♦ Toiletries: liquid soap works best		
♦ Small umbrella		
♦ Washcloths		
♦ Zip lock bags of various sizes		

Security Awareness

Most of the training received fall in the category of standard travel and sojourn safety for business travelers. More in-depth training on actual threats and hostage situations is a new dimension, one that we need to cover for awareness among our Team Leaders and Members.

While the individual risk is low, in order to equip the few who are at risk, we have to train everyone in survival techniques.

Considering that the majority of TBC Team Members are on the field for less than two weeks, equipping you with a few essentials to avoid being placed in harmful or hostile situations, or provide enough awareness that you will take actions to mitigate the consequences if such an event should happen.

I. The Threat

- ◆ Criminal assault, hostage risks, terrorism
- ◆ Threats posed by criminals, terrorists, unfriendly governments
- ◆ Risks include economic loss, injury/impairment, detention, death
- ◆ Scope of risk: average detention for Americans - one year, survival rate - 80%

II. Areas of Preparation

Dual approach: avoid - dangerous situations, minimize - suffering and loss

- ◆ Avoidance: actions ranging from common sense precautions to active surveillance and evasion
- ◆ Mitigation: maximize survival, minimize suffering and exploitation, increase chances of securing release
- ◆ Environments: peacetime, wartime, periods of instability (ethnic, religious, economic, political)
- ◆ Classes of threats:

PARAMETER	HOST	GOVERNMENT
Length	1 year	Shorter
Harsh treatment	More likely	Low
Survival	80%	~ 100%
Need for building relationships	Very high	Low
How much info shared	More	Less
Likelihood of torture	Low	Low
Objectives	Concessions	Political gain

III. Security Levels

- ◆ C+ - 11 days (contingency teams, select leadership teams)
- ◆ B+ - 3 days (field personnel)
- ◆ A+ - 1/2-1 day (short-term teams)

IV. First Priority - Avoidance

- ◆ Basic rules: stay alert, be unpredictable, maintain a low profile, blend into the culture to the extent possible
- ◆ Pre-travel planning - don't just research the destination, check route
- ◆ Review government travel warnings/advisories
- ◆ Understand threats specific to your area
- ◆ Go to multiple resources for information: own organizations (TBC, IMB), people on the ground, travel agencies, and government resources
- ◆ Personal communications plan - develop a method for communicating with family, work (travel plans, contingency plans)
- ◆ Family organization plans - determine who best can serve as spokesman for you, script what they should/should not say, what needs to be done until you return (maintain personal business, regular routine, activities to reduce shock value for them)
- ◆ Reduce pressure on captive - financial planning, legal planning (power of attorney, will)
- ◆ Medical planning - adequate supply of medicines, insurance (medical, extraction, life, ransom?)
 - [Note 1: AIG covers medical, extraction, \$100K life]
 - [Note 2: some medical/life insurance may have coverage exclusions for some countries, acts of war]
- ◆ Evacuation and medical support - US government takes no responsibility, may charge citizens for expenses incurred to get them out; State Dept - "Crisis Abroad" memos

V. Packing - Minimization

- ◆ Penalties for carrying unnecessary items - weight, mobility, security, explanations
- ◆ Divide by priorities - 'must have' (carry-on), 'like to have' (checked)
- ◆ Sanitize belongings - don't elevate importance (citizenship, economic status, affiliations)
- ◆ Chameleon - blend wardrobe, accessories in with local culture (avoid western, touristy dress; avoid cultural insults/immodesty/extremes)
- ◆ Setup throwaway - collect compromising papers in one unassuming bundle, be prepared to jettison (things you don't want to share, work plans/people you don't want to discuss)
- ◆ Leave behind things you don't need (driver's license, law enforcement badge, excess change cards, military/other id's)

VI. Travel/Transportation

Seating - balance security with comfort; aircraft - avoid first class, tail, aisle seats in hijack situation; buses - avoid front, observe exit routes

VII. Hotel/Lodging

- ◆ Avoid western hangouts - targets for anti-US sentiment, crime assuming wealth of clientele

- ◆ Hotels - change rooms on check in, push for 2nd-7th floors (fire ladder reach), change rooms if stay is extended, vary use/time of exits, vary routes, watch for loitering strangers, avoid admitting strangers into room.
- ◆ Street-wise - vary walking routes, face traffic when possible, avoid proximity to roadway, observe surroundings and people, check for possible followers or people with unusual interest, travel together.
- ◆ Possible threats - make eye contact with them to tell them you're watching them, avoid getting cornered or isolated, detour around large crowds or disturbances.

VIII. Car Safety

- ◆ Personal use of cars - strive for non-descript (not flashy) cars, good working condition; keep fuel tank full; insure adequate emergency equipment - spare (inflated), jack, flashlight; be careful what remains in view on dash, seats (secure papers, valuables in trunk).
- ◆ Carjacking - be prepared to give up car and all contents; avoid getting/remaining in the car (may be time to run/fight); if held captive, follow survival guidance: remain apparently obedient/calm, collect information, watch for opportunities; women are most likely victims, more likely to be held captive (caveat - South American criminals may be concerned that security timer will disable car after short distance, so that captives will be released after they are satisfied).
- ◆ Home/room invasion - follow survival guidance; set up a safe room (e.g., interior room without windows, lockable preferably with communication, usually a bathroom); set up a rally point - where to collect if you are scattered/escape; set up a "go" kit(s) in home, possibly at rally point, that contains essentials for getting by for a short period of time.

IX. Information Security

- ◆ Computers - insure no sensitive/confidential information is on it (dual boot strategy: computer boots normally to sanitized view, but can be interrupted to gain access to sensitive information).
- ◆ Email - secure accounts and encryption do not guarantee privacy of conversations; be guarded, use code words, but need to be careful not to over-secure messages so that your evasion is obvious.
- ◆ Paperwork - minimize amounts to only what's necessary; choose secure location; establish destruction procedures; maintain copies of passports and visas.
- ◆ Other data sources - PDA's/cell phones/iPods/cameras contain information open to compromise; electronic/paper calendars and appointment books detail your travels and meetings; phone numbers and recent calls identify your contacts; cameras record where you've been and with whom.

X. Personal Protection

- ◆ Preferred target - criminals/terrorists look for 'soft' targets: someone who is unarmed/defenseless, accessible, predictable, unaware, easy, and in areas where police confrontation is unlikely.
- ◆ Hard target - body language that shows individual is alert, confident, observant, and unafraid to make eye contact with potential threat; such individuals are difficult to access (can't easily approach them without being generally noticed), and unpredictable in movement and behavior.

- ◆ General rules - stay alert, remain unpredictable particularly when threatened, maintain a low profile.

XI. Threat Detection

- ◆ Threats - pickpockets/petty theft, unfriendly government observers, terrorists/would-be kidnappers.
- ◆ Surveillance motives - target value/vulnerabilities, collect intelligence for attacks, locate associates/gather evidence, perpetrate crimes.
- ◆ Counter-surveillance objectives - positively identify surveillants, elude/evade, thwart.
- ◆ Surveillance detection route - pre-planned travel route for purpose of detecting or interrupting surveillance (utilize backtracks, frequent and unexpected stops, long pauses in crowded areas, surprise change in route).

XII. Surviving Capture/Arrest

- ◆ Three phases - capture, internment, resolution; each phase requires different roles; guidance for survival studied ever since Viet Nam: predictable patterns, tested behaviors to disrupt/divert patterns to captive’s benefit => CAN MAKE A DIFFERENCE.
- ◆ Changing roles - different occasions in life require that we assume different roles - not role-playing/lying/fictional persona; we present the most useful, appropriate aspects of our personalities to meet the situation.
- ◆ Demands for information - establish unified statement of purpose - simple, short, tenable - that team establishes and rehearses before coming to the field; maintain boundaries of information - home and family, health issues, basic needs, request to see government representative, hobbies and interests, testimony where appropriate.
- ◆ Organize - establish chain of command: improves communication (one spokesman), strengths desire to resist, works well in government detention; assign specific duties.
- ◆ Expectations - assume difficult living conditions, change in diet, poor sanitation
- ◆ Coping with isolation - time with Father, faith in Him and His purpose, faith in government, faith in family/friends/sending organization/fellow prisoners

Phase	We feel...	Role	Goals
Capture	Anger, fear, flight, fight	Outwardly compliant	1) get through it 2) be the gray person 3) give captor idea he is in charge
Internment	Boredom, despair, anger	Assertive, cooperative, respectful	1) build rapport 2) test boundaries 3) shrewdly resist
Resolution	Swings between euphoria and depression	Confident, even-tempered, courteous	1) discourage money 2) encourage calling someone not emotionally related 3) Maintain simple, tenable statements about purpose

XIII. Minimize Exploitation

- ◆ Threats - physical harm or death - latter more likely with terrorists than governments; goal of captors is to preserve you as their prize for gaining advantages
- ◆ Sexual assault/abuse - not normal treatment, usually as target of opportunity (isolated with a guard, e.g.), sometimes as a tool (rare - mostly small, anarchic, countries); counter measures - move, call for help, make self unattractive, vomiting/defecation, urination, feigning illness or pregnancy

When you arrive in the host country, you will be viewed in a certain way just because you are a North American. Doesn't seem fair, does it? But is there an element of truth in these views? Think about the stereotypes that follow, then answer the questions in the spaces provided below.

Stereotypes Others Have of North Americans

Negative Stereotypes

- ◆ Aggressive
- ◆ Harshly pragmatic
- ◆ Tense
- ◆ Discontent
- ◆ Lonely
- ◆ Corrupt
- ◆ Wealthy and materialistic
- ◆ Dominating
- ◆ Loud and obnoxious
- ◆ Overbearing
- ◆ Competitive
- ◆ Selfish/self centered
- ◆ Attitude of national superiority
- ◆ Preoccupied with efficiency

Positive Stereotypes

- ◆ Educated
- ◆ Reliable
- ◆ Strong individuals
- ◆ Better living standards
- ◆ Free of superstition
- ◆ Confident
- ◆ Organized

Questions for Reflection

1. As you look through this list, what is your reaction? How do you feel? _____

2. Which of these apply to you? Would others see these in you? _____

3. Do you feel that you hold some of the stereotypes listed, towards the people in your host country? Which ones do you think may be valid? Why? _____

4. How might these stereotypes hinder the bridge-building process? _____

You cannot change the fact that you are a North American. You will be perceived stereotypically from time to time. This is not all bad. Stereotypes can have some merit and facilitate understanding. But as you know from experience, not every individual embodies all of the characteristics of a particular stereotype. To be a bridge builder, you need to understand the reasons being stereotypes. We bomb the bridge when we judge people without attempting to understand or allow them a chance to explain themselves.

Bridge Building Involves Remembering Your Roles

There are three roles that you will play that contribute to your ability as a bridge builder.

1. **The role of being a guest of the culture.** Think of being a guest in someone's home. How would you behave, react, interact, etc. Or conversely, what expectation would you have of a guest in your home? What might please and/or irritate you?
2. **The role of being a student of the culture.** Think of yourself as a person who is there to study and learn. How does a student get an "A" in school? What behaviors contribute to their success?
3. **The role of being a servant within the culture.** Think of being a person who serves everyone he or she encounters in the country. How does a servant approach those whom he or she serves? How does a servant handle differences in others?

Bridge Building Applications

Follow these applications to be a good bridge builder.

Accepting

Accept the fact that you will not completely understand the people in just one trip. This is just a beginning, so do not become too frustrated with yourself.

Awareness

Be aware that at times you may feel your prejudices. You may become frustrated with the way things are or the way people behave. Do not deny the feelings; own them. Only then can you begin to understand the reasons behind them. Why are you frustrated? Being aware will help you grow in understanding the differences.

Listening

Listen more than you talk. You are there to learn, not to instruct. The right to instruct is earned by demonstrating respect.

Giving

Give of yourself. Take the initiative in group settings to reach out to the nationals. People can tend to shy away from contact with nationals, especially if they are not fluent in the language. Go ahead! Take a risk and try to speak the language. People will really appreciate the effort. And do not worry; they will forgive you when you mess up.

Enjoying

Enjoy the people, their culture and their language. If you do not take yourself too seriously you can have more fun. Help create an environment where they can enjoy you, your culture and your language just as you aim to enjoy theirs.

Dos, Don't, and Taboos

Eating

When you are in another country, eating becomes more than just a way to receive nourishment. It becomes a language all its own, and no words can match it for saying “glad to meet you...thank you for letting me be here with you.”

Mealtime is not time for a “thanks-but-no-thanks” response. Acceptance of what is on your plate is extremely important to the acceptance of your host, the country and the situation in which you find yourself.

Often, what is offered constitutes your host country’s proudest culinary achievements. Try to think how you would feel if a visitor in our country refused a bite of your homemade pie or a nice steak!

We often become squeamish not because of what we are eating, but the unfamiliarity with what it is. As a “hint” you might want to cut the item into small pieces. This helps minimize the texture. You can also try swallowing quickly.

Take it Off or Leave it On?

What you do or do not wear can be worse than bad taste. Shoes are among the biggest offenders. Remember to keep in the front of your mind if it appears that shoes need to be removed when entering a person’s home or even some buildings. If you are unsure, ask your host. They will appreciate your attention to their feelings. Each culture has various reasons for why shoes are offensive, Be alert and be sensitive.

Always and forever let your dress by modest, even if you are a little uncomfortable. Tight fitting clothing, or too little clothing speaks loudly to the very people you are trying to win to the Lord

Remember your objective for the trip! Comfort is not necessarily part of the deal. Refer to your Release of Rights.

Conversations

There are many things that are sensitive to people in another country. Speaking negatively about their religion and their beliefs will immediately become offensive to those people. Remember to show interest in how they think and believe. When you win their respect and trust, you will then become an effective witness for Jesus Christ.

When you are talking about your job, your church, your family, etc., leave off a lot of “I did” or “I know.” This will be as offensive to some cultures as it is to your friends at home.

International Misunderstandings

Remember that only Americans can really understand Americans. Be careful in using slang terms that do not really convey the meaning you are trying to get across.

Idioms in our language can be a huge stumbling block to our foreign friends. Avoid using idioms in any form. Try to put yourself in the place of someone from another country, and see what would come to mind as these phrases are used:

- ◆ I need it like yesterday
- ◆ Let's put on the dog and pony show
- ◆ Do you read me?
- ◆ It just won't fly
- ◆ Run of the mill
- ◆ Ball park figure
- ◆ Shotgun approach
- ◆ General rule of thumb
- ◆ The buck stops here
- ◆ Down the tubes
- ◆ As nervous as a long-tailed cat in a room full of rocking chairs
- ◆ Flat as a pancake
- ◆ Old as Methuselah
- ◆ Flying by the seat of your pants
- ◆ Coming up roses
- ◆ Don't make waves
- ◆ Keep a low profile
- ◆ Raining cats and dogs

Best Behavior

What we would consider mildly bad manners at home may be seen as cardinal sins to another culture. Examples of those habits include

- ◆ Gum chewing, especially during conversation
- ◆ Talking with hands in pockets
- ◆ Legs propped up on furniture
- ◆ Backslapping
- ◆ Wearing Sunglasses during a conversation

Gift Giving

Different gifts mean different things from culture to culture. Try to rely on the information given to you about your specific country. A good rule to go by in any situation is to keep it simple. Also, when giving the gift be sure to say to the host, "This is just a small way of saying thank you for having me/us here in your country/ministry." This simple comment can relieve the pressure of your host to give in return.

Gestures - A Risky Language

Hand gestures and body language are risky forms of communications in a foreign country. Expression on the face and movements of the hands mean something totally different from one culture to the next. It will take practice on your part, but it is best to avoid them completely.

Listed below are some differences in meaning of the same gesture:

- ◆ When you raise your eyebrow in Tonga, you are saying “yes” or “I agree.” In Peru you have just said “money” or “pay me.”
- ◆ The classic American “okay” sign - the thumb and forefinger forming a circle - is placed over the nose in Columbia to signify that the person is question is homosexual.
- ◆ In Greece, Italy and Spain a cheek stroke means “attractive.” In Yugoslavia it means success, but in other cultures it means “ill” or “thin.”
- ◆ In Germany using the gesture of a head screw means “you’re crazy.” It is often used by drivers on the autobahn to comment on the driving skills of other travelers. This gesture can get you arrested! This same gesture in Argentina would have no consequences.

The point to be made is that gestures are dangerous ways to communicate what you want to say.

A Lot of Work?

Yes is the answer! This seems to be a lot to remember and to learn. However, the benefits of being culturally aware can make the difference in how your ministry is received in that country. It also leaves a lasting impression of our church and mission program.

Coping With Culture Shock

Culture Shock: A Definition

A psychological disorientation that stems from unfamiliar cues and unmet expectations in a new culture.

Who is a Potential Candidate for Culture Shock?

You are! Culture shock happens to everyone. It is only a problem if it is not anticipated and recognized. Many untraveled people are skeptical about it, and they assume it is like a homesick kid at camp. They are wrong. It is not reserved for the weak or incapable, and if you think it is, your potential for major culture shock is great! Culture shock has little to do with intelligence.

What to Expect

It is like taking an exam 24 hours a day, or like a low voltage buzz that irritates and builds stress throughout the day.

How to Deal with It

Learn what culture shock is, learn about yourself, learn about your host culture and learn about your home culture. The more you know, the less jolted by the shock you will be.

Know Culture Shock

There are four phases. These phases are not sequential and are often repeated.

◆ **Phase 1 - the Romantic, Tourist Phase**

Everything is quaint; the euphoria of your new experience blurs the cultural differences.

◆ **Phase 2 - You've Lost That Loving Feeling Phase**

The new culture no longer fascinates you. Curiosity gives way to frustration. Feelings of irritation, anger and helplessness join with fatigue to produce the classic symptoms of culture shock.

◆ **Phase 3 - Recovery Phase**

Local ideas and practices do not seem strange any longer. Self-confidence returns, and negative feelings subside.

◆ **Phase 4 - Acceptance Phase**

Differences are understood and expected. Humor returns, and you relax.

Know Your Host Culture

Go to local library and research your country. Rent a travel video. Interview a national visiting your city. Interviewing a missionary who has served in that country. The more you know of their culture before entering it, the lighter the shock.

Know Yourself

Remember, there is only one of you in this world, and God has designed you this way on purpose. Do not try to make the people you meet in the new culture like you. Realize that people approach problem-solving differently. Think about what type of problem solver you are. Are you an idealistic thinker who focuses on vision and outcome? Are you an observer or a participator? Basically, do what you can to understand yourself and remember the people in your new culture will be different. Always keep in mind, “different is not bad, it is just different.”

Know Your Own Culture

Learn why you do the things the way you do in your own culture and be ready to explain them, but avoid comparison! Your culture is just your culture. And your new country has a culture of its own.

Remember Your Role

You are a learner of the culture. It is your job to acclimate, not to change them. Spend a lot of time asking questions and learning. An attitude of learner not only helps you become informed and adjust, but communicates servant hood to your host culture.

Communicating Through an Interpreter

The following are some key considerations to ensure that your message gets communicated effectively.

- ◆ Speak to the audience, not the interpreter.
- ◆ Speak loud enough to be clearly heard by your interpreter.
- ◆ Speak slowly.
- ◆ Think your ideas through ahead of time so you can say it in short, simple sentences.
- ◆ Avoid using slang words or phrases; your interpreter may not be familiar with such words.
- ◆ Stop after every sentence to allow your interpreter to translate.
- ◆ If you are talking about technical subjects and you wonder if they know what you mean, test their understanding by asking them a question or two about what you said.
- ◆ If your interpreter gets stuck and does not know the word for something you are trying to say, it is often best to move on in the conversation so as not to embarrass your interpreter. If it is an important point, come back to it later.
- ◆ You may assist your communications with sign language, similar to playing charades.

What is Reentry?

Reentry is similar to culture shock. Sometimes it is called reverse culture shock. In reentry you may feel out of balance. You are not the same as when you left, so there are some adjustments. It is normal for people to go through some type of reentry after an overseas experience.

Most people feel some excitement upon returning. It is exciting to see friends, family and familiar places and food. You cannot wait to share all of your experiences. Once you are home and settled, you may find yourself struggling.

Three stages of coping are explained below. You may find yourself coping one way at one time, or you may find yourself going through them all before you feel adjusted.

1. Isolated/Alienated

After a while you may begin to feel like a “fish out of water.” You may find yourself withdrawing from others and spending more time alone reading books, writing letters, being reflective and not socializing with friends and family as usual. You may find yourself feeling a strong guilt over your home culture’s affluence and materialism. You may be unaware of other alternatives to impact your home culture or church.

Suggestion: You need someone who has been through reentry stress to help in understanding the transition process and exploring options. Contact your Team Leader or the Missions Office

2. Rebel/Angry

This is where you may find yourself angry at your culture, your friends, your family and your church. No one understands you. Everyone is different from before and even their lifestyles or values are bad. You may find yourself mocking them. They appear foolish in what they do and what they value.

Suggestion: You need to seek support from someone who has been through reentry stress but who also can help you understand how to soften your spirit and heart. Again, the Missions Office and Team Leader are good resources. A former missionary would understand as well and would be a very beneficial resource.

3. Integrate/Proactive

This is the optimal way of coping and ultimately what you need to achieve in order to be readjusted. You relate with the home culture in a way that does not compromise or negate your new values or the lessons learned from the short-term mission experience. You continue to learn while creating a unique lifestyle, incorporating the old and the new.

Suggestion: Seek like-minded people to foster your integration. Then go and share your secrets with those who are still struggling.

More Practical Suggestions

Find other returnees with whom you can share and have fellowship. Discuss the needs of the world and pray for them . Learn to think globally.

Give yourself time to readjust. Be patient with yourself and with others.

Recognize and accept which transition stage you are going through and remember the reverse culture shock or reentry stress is a normal part of the process of returning home.

Have a good sense of humor.

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