

On The Trip

Travel:

1. Be at the airport at least 2 hours before your scheduled departure. This gives sufficient time for your bags to be screened and if there are any bag or ticket issues, time to resolve them. If you are leaving from a major airport (eg Atlanta) 3 hours is a good safety margin.
2. I recommend trying to sleep on night flights. With all the activity, movies, etc., it is easy to stay awake but that leaves you exhausted upon arrival.
3. If you take medications, it is best to put those that need to be taken on the flight in a small Ziploc bag for convenience. Put R bottles in carry on bag.
4. On the flight...
 - a. Take off your shoes (carry some warm socks)
 - b. Drink plenty of water (limit caffeine)
 - c. Get up and walk some every hour
 - d. Have something to read and Mp3s to listen to

Prayer:

1. Pray for the power of the gospel to make a difference in the lives we touch, Kingdom prayer not just about self
2. Pray for those who are praying for you
3. Pray for the donors who helped underwrite this trip and that they too will be blessed because of their faithfulness in giving
4. Pray for the team leader
5. Pray for the other team members daily, by name
6. Have a prayer partner and ask them to hold you accountable

Journal - I recommend a 5x8 "steno pad"

1. Journaling is simply taking notes on a daily basis, even several times a day as spare moments are found. What you write is up to you, but be sure to include the people, places and things that you encounter. Include a closing paragraph each day. When you are having so many new experiences every day, you will soon begin to lose track of events as memories become blurred
2. Most who make short-term trips notice the first section of the journal talks about all the new sites, sounds, people, and experiences, but somewhere along the way, it becomes more introspective and they begins to record the impact the trip is having on them and the people they encounter each day.
3. You will also want to take plenty of photographs as well

Ten ways to minimize the effectiveness of the trip

1. Keep to yourself
2. Consider yourself too important for menial tasks
3. Avoid Bible reading and prayer
4. Be inflexible
5. Point out the inadequacies of others
6. If single, try to find a mate on the team, if married and you mate is on the team, only spend time with them, if they are not on the team, make your separation from them seem like the greatest sacrifice of the whole team
7. Do not even try to learn to say hello in the language of the people
8. Point out the faults and failures of others

9. Avoid the local food and make a big deal how much better the food and facilities are at home.
10. Make it clear to everyone how much better you could do everything

Some issues to bear in mind about...

•The People

- not accustomed to rigid structure
- we have church at 10:30, they have it Sunday
- live a simple, laid back lifestyle
- little sense of responsibility - "it broke" not "I broke it"
- time is not what rules the day, relationships do
- alcoholism is rather high

•Their Culture

- oral and musical
- death is a daily reality (AIDS, malaria & accidents)
- no public displays of affection with spouse
- men hold hands with men, women with women
- soccer (football) is embraced with religious zeal
- collectivistic society
- very family oriented
- polygamy, even among Anglicans

•Religion

- Protestants dominate, but superficial for many
- Roman Catholic are second, also superficial
- many true believers died for faith under Idi Amin
- discipleship and pastor training are great needs
- easily embrace spiritual things and the supernatural
- message of Godly abstinence is effective
- native religions still practiced even with child sacrifice
- polytheism among native religions
- Islam growing (funded by petro dollars)
- Little planning of church services, they just happen

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**Scriptures for reflection** Overtime, a number of Scriptures have emerged that have been particularly significant for team members. Perhaps you can suggest others to add.

#### • Search me O God and show me my heart

Psalm 139 (selected verses) A Psalm of David

- 1 O Lord, you have searched me and known me!
- 2 You know when I sit down and when I rise up; you discern my thoughts from afar.
- 3 You search out my path and my lying down and are acquainted with all my ways.
- 4 Even before a word is on my tongue, behold, O Lord, you know it altogether.
- 5 You hem me in, behind and before, and lay your hand upon me.
- 6 Such knowledge is too wonderful for me; it is high; I cannot attain it.
- 7 Where shall I go from your Spirit? Or where shall I flee from your presence?
- 8 If I ascend to heaven, you are there!
- If I make my bed in Sheol, you are there!
- 9 If I take the wings of the morning and dwell in the

uttermost parts of the sea,  
 10 even there your hand shall lead me, and your right hand shall hold me.  
 11 If I say, "Surely the darkness shall cover me, and the light about me be night,"  
 12 even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.  
 13 For you formed my inward parts; you knitted me together in my mother's womb.  
 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.  
 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.  
 16 Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.  
 17 How precious to me are your thoughts, O God! How vast is the sum of them!  
 18 If I would count them, they are more than the sand. I awake, and I am still with you.  
 23 Search me, O God, and know my heart! Try me and know my thoughts!  
 24 And see if there be any grievous way in me, and lead me in the way everlasting!

• **This should be your attitude**  
 Philippians 2:5-11

5 Have this mind among yourselves, which is yours in Christ Jesus, 6 who, though he was in the form of God, did not count equality with God a thing to be grasped, 7 but made himself nothing, taking the form of a servant, being born in the likeness of men. 8 And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. 9 Therefore God has highly exalted him and bestowed on him the name that is above every name, 10 so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father

• **May I be all things to all people for the sake of Christ**  
 1 Corinthians 9:19-23

19 For though I am free from all, I have made myself a servant to all, that I might win more of them. 20 To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though not being myself under the law) that I might win those under the law. 21 To those outside the law I became as one outside the law (not being outside the law of God but under the law of Christ) that I might win those outside the law. 22 To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. 23 I do it all for the sake of the gospel, that I may share with them in its blessings.

• **Am I truly a servant?**  
 John 13:1-17 - Jesus washes the disciples feet

1 Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the

Father, having loved his own who were in the world, he loved them to the end. 2 During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, 3 Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, 4 rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. 5 Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. 6 He came to Simon Peter, who said to him, "Lord, do you wash my feet?" 7 Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." 8 Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." 9 Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" 10 Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you." 11 For he knew who was to betray him; that was why he said, "Not all of you are clean."

12 When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you? 13 You call me Teacher and Lord, and you are right, for so I am. 14 If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. 15 For I have given you an example, that you also should do just as I have done to you. 16 Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. 17 If you know these things, blessed are you if you do them.

• **First short-term missionaries told to go without fear**  
 Matthew 10:26-32

26 "So have no fear of them, for nothing is covered that will not be revealed, or hidden that will not be known. 27 What I tell you in the dark, say in the light, and what you hear whispered, proclaim on the housetops. 28 And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell. 29 Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. 30 But even the hairs of your head are all numbered. 31 Fear not, therefore; you are of more value than many sparrows. 32 So everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven, 33 but whoever denies me before men, I also will deny before my Father who is in heaven.

• **Where am I in the body**  
 1 Corinthians 12:12-31

12 For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. 13 For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit.

14 For the body does not consist of one member but of many. 15 If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less

a part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. 17 If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? 18 But as it is, God arranged the members in the body, each one of them, as he chose. 19 If all were a single member, where would the body be? 20 As it is, there are many parts, yet one body.

21 The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." 22 On the contrary, the parts of the body that seem to be weaker are indispensable, 23 and on those parts of the body that we think less honorable we bestow the greater honor, and our unpresentable parts are treated with greater modesty, 24 which our more presentable parts do not require. But God has so composed the body, giving greater honor to the part that lacked it, 25 that there may be no division in the body, but that the members may have the same care for one another. 26 If one member suffers, all suffer together; if one member is honored, all rejoice together.

27 Now you are the body of Christ and individually members of it. 28 And God has appointed in the church first apostles, second prophets, third teachers, then miracles, then gifts of healing, helping, administrating, and various kinds of tongues. 29 Are all apostles? Are all prophets? Are all teachers? Do all work miracles? 30 Do all possess gifts of healing? Do all speak with tongues? Do all interpret? 31 But earnestly desire the higher gifts.

#### • I am a part of God's total process

1 Corinthians 3:5-11

5 What then is Apollos? What is Paul? Servants through whom you believed, as the Lord assigned to each. 6 I planted, Apollos watered, but God gave the growth. 7 So neither he who plants nor he who waters is anything, but only God who gives the growth. 8 He who plants and he who waters are one, and each will receive his wages according to his labor. 9 For we are God's fellow workers. You are God's field, God's building.

10 According to the grace of God given to me, like a skilled master builder I laid a foundation, and someone else is building upon it. Let each one take care how he builds upon it. 11 For no one can lay a foundation other than that which is laid, which is Jesus Christ.

#### • God hears the cry of the afflicted

Psalms 10:12-18

12 Arise, O Lord; O God, lift up your hand; forget not the afflicted.

13 Why does the wicked renounce God and say in his heart, "You will not call to account"?

14 But you do see, for you note mischief and vexation, that you may take it into your hands; to you the helpless commits himself; you have been the helper of the fatherless.

15 Break the arm of the wicked and evildoer; call his wickedness to account till you find none.

16 The Lord is king forever and ever; the nations perish from his land.

17 O Lord, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear

18 to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

#### • Not to busy for little details

Luke 10:38:42

38 Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." 41 But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

#### • Giving your all

Luke 21:1-4

21:1 Jesus looked up and saw the rich putting their gifts into the offering box, 2 and he saw a poor widow put in two small copper coins. 3 And he said, "Truly, I tell you, this poor widow has put in more than all of them. 4 For they all contributed out of their abundance, but she out of her poverty put in all she had to live on."

#### • Someone to explain

Acts 8:26-34

26 Now an angel of the Lord said to Philip, "Rise and go toward the south to the road that goes down from Jerusalem to Gaza." This is a desert place. 27 And he rose and went. And there was an Ethiopian, a eunuch, a court official of Candace, queen of the Ethiopians, who was in charge of all her treasure. He had come to Jerusalem to worship 28 and was returning, seated in his chariot, and he was reading the prophet Isaiah. 29 And the Spirit said to Philip, "Go over and join this chariot." 30 So Philip ran to him and heard him reading Isaiah the prophet and asked, "Do you understand what you are reading?" 31 And he said, "How can I, unless someone guides me?" And he invited Philip to come up and sit with him. 32 Now the passage of the Scripture that he was reading was this:

"Like a sheep he was led to the slaughter and like a lamb before its shearer is silent, so he opens not his mouth.

33 In his humiliation justice was denied him. Who can describe his generation?

For his life is taken away from the earth."

34 And the eunuch said to Philip, "About whom, I ask you, does the prophet say this, about himself or about someone else?" 35 Then Philip opened his mouth, and beginning

with this Scripture he told him the good news about Jesus..

• **God's great love**

Psalm 103:1-22 - A Psalm of David

1 Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name!  
2 Bless the Lord, O my soul,  
and forget not all his benefits,  
3 who forgives all your iniquity,  
who heals all your diseases,  
4 who redeems your life from the pit,  
who crowns you with steadfast love and mercy,  
5 who satisfies you with good  
so that your youth is renewed like the eagle's.

6 The Lord works righteousness  
and justice for all who are oppressed.  
7 He made known his ways to Moses,  
his acts to the people of Israel.  
8 The Lord is merciful and gracious,  
slow to anger and abounding in steadfast love.  
9 He will not always chide,  
nor will he keep his anger forever.  
10 He does not deal with us according to our sins,  
nor repay us according to our iniquities.  
11 For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;  
12 as far as the east is from the west,  
so far does he remove our transgressions from us.  
13 As a father shows compassion to his children,  
so the Lord shows compassion to those who fear him.  
14 For he knows our frame;  
he remembers that we are dust.

15 As for man, his days are like grass;  
he flourishes like a flower of the field;  
16 for the wind passes over it, and it is gone,  
and its place knows it no more.  
17 But the steadfast love of the Lord is from everlasting to  
everlasting on those who fear him,  
and his righteousness to children's children,  
18 to those who keep his covenant  
and remember to do his commandments.  
19 The Lord has established his throne in the heavens,  
and his kingdom rules over all.

20 Bless the Lord, O you his angels,  
you mighty ones who do his word,  
obeying the voice of his word!  
21 Bless the Lord, all his hosts,  
his ministers, who do his will!  
22 Bless the Lord, all his works,  
in all places of his dominion.  
Bless the Lord, O my soul!

• **Everyday is a new blessing**

Lamentations 3:19-24

19 Remember my affliction and my wanderings, the  
wormwood and the gall!

20 My soul continually remembers it and is bowed down  
within me.

21 But this I call to mind, and therefore I have hope:

22 The steadfast love of the Lord never ceases;

his mercies never come to an end;

23 they are new every morning; great is your faithfulness.

24 "The Lord is my portion," says my soul, "therefore I will  
hope in him."

• **The Final Judgment**

Matthew 25:31-46

31 "When the Son of Man comes in his glory, and all the  
angels with him, then he will sit on his glorious throne. 32  
Before him will be gathered all the nations, and he will  
separate people one from another as a shepherd separates  
the sheep from the goats. 33 And he will place the sheep  
on his right, but the goats on the left.

34 Then the King will say to those on his right, 'Come, you  
who are blessed by my Father, inherit the kingdom  
prepared for you from the foundation of the world. 35 For I  
was hungry and you gave me food, I was thirsty and you  
gave me drink, I was a stranger and you welcomed me, 36  
I was naked and you clothed me, I was sick and you visited  
me, I was in prison and you came to me.'

37 Then the righteous will answer him, saying, 'Lord, when  
did we see you hungry and feed you, or thirsty and give you  
drink? 38 And when did we see you a stranger and  
welcome you, or naked and clothe you? 39 And when did  
we see you sick or in prison and visit you?' 40 And the King  
will answer them, 'Truly, I say to you, as you did it to one of  
the least of these my brothers, you did it to me.'

41 "Then he will say to those on his left, 'Depart from me,  
you cursed, into the eternal fire prepared for the devil and  
his angels. 42 For I was hungry and you gave me no food, I  
was thirsty and you gave me no drink, 43 I was a stranger  
and you did not welcome me, naked and you did not clothe  
me, sick and in prison and you did not visit me.' 44 Then  
they also will answer, saying, 'Lord, when did we see you  
hungry or thirsty or a stranger or naked or sick or in prison,  
and did not minister to you?' 45 Then he will answer them,  
saying, 'Truly, I say to you, as you did not do it to one of the  
least of these, you did not do it to me.' 46 And these will go  
away into eternal punishment, but the righteous into eternal  
life."

• **All things new**

Revelation 21

1 Then I saw a new heaven and a new earth, for the first  
heaven and the first earth had passed away, and the sea  
was no more. 2 And I saw the holy city, new Jerusalem,  
coming down out of heaven from God, prepared as a bride  
adorned for her husband. 3 And I heard a loud voice from  
the throne saying, "Behold, the dwelling place [1] of God is  
with man. He will dwell with them, and they will be his  
people, [2] and God himself will be with them as their God.  
[3] 4 He will wipe away every tear from their eyes, and  
death shall be no more, neither shall there be mourning,

nor crying, nor pain anymore, for the former things have passed away."

5 And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." 6 And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment. 7 The one who conquers will have this heritage, and I will be his God and he will be my son. 8 But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death."

**•Do not let circumstances overwhelm you**  
John 14:1-6

1 "Let not your hearts be troubled. Believe in God; believe also in me. 2 In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? 3 And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. 4 And you know the way to where I am going." 5 Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" 6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

**•The Greatest Commandment**  
Deuteronomy 6:1-15

1 "Now this is the commandment, the statutes and the rules that the Lord your God commanded me to teach you, that you may do them in the land to which you are going over, to possess it, 2 that you may fear the Lord your God, you and your son and your son's son, by keeping all his statutes and his commandments, which I command you, all the days of your life, and that your days may be long. 3 Hear therefore, O Israel, and be careful to do them, that it may go well with you, and that you may multiply greatly, as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey.

4 "Hear, O Israel: The Lord our God, the Lord is one. 5 You shall love the Lord your God with all your heart and with all your soul and with all your might. 6 And these words that I command you today shall be on your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates.

10 "And when the Lord your God brings you into the land that he swore to your fathers, to Abraham, to Isaac, and to Jacob, to give you—with great and good cities that you did not build, 11 and houses full of all good things that you did not fill, and cisterns that you did not dig, and vineyards and olive trees that you did not plant—and when you eat and are full, 12 then take care lest you forget the Lord, who

brought you out of the land of Egypt, out of the house of slavery. 13 It is the Lord your God you shall fear. Him you shall serve and by his name you shall swear. 14 You shall not go after other gods, the gods of the peoples who are around you— 15 for the Lord your God in your midst is a jealous God—lest the anger of the Lord your God be kindled against you, and he destroy you from off the face of the earth.

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"Shine, Jesus, Shine" by Cliff Richard © 1987

Lord the Light or Your Love is shining,
In the midst of the darkness shining,
Jesus light of the world shine upon us,
Set us free by the truth You now bring us,
Shine on me. Shine on me.

Shine Jesus shine
Fill this land with the Father's glory
Blaze, Spirit blaze,
Set our hearts on fire
Flow, river flow
Flood the nations with grace and mercy
Send forth Your word
Lord and let there be light.

Lord I come to Your awesome presence,
From the shadows into Your radiance,
By the blood I may enter Your brightness,
Search me, try me, consume all my darkness,
Shine on me. Shine on me.

As we gaze on Your kindly brightness.
So our faces display Your likeness.
Ever changing from glory to glory,
Mirrored here may our lives tell Your story.
Shine on me. Shine on me.

"In His Time" by Diana Ball ©1978, Maranatha Music
Ecclesiastes 3:11 He has made everything beautiful in its time...

In His time, in His time,
He makes all thing beautiful in His time,
Lord, please show me every day,
As Your teaching me Your way,
That You do just what you say, in Your time!

In Your time, in Your time,
You make all things beautiful, In your time,
Lord, my life to you I bring,
May each song I have to sing,
Be to You a lovely thing, in Your time!

Lord, please show me every day,
As you're teaching me Your way,
That you do just what you way, in Your Time!