

Journaling

Journaling is an important way for you to process what you are learning about yourself, God, and the world. Your mission trip will be forever embedded in your mind, but you will begin to forget some important events, names, and feelings. Journaling will help you return to your experience for many years to come.

We suggest you purchase a journal or notebook and start journaling now. While on the field, try not to miss a day! It will take some discipline, but you will be glad you did.

Journaling Tips

- Write down the impressions you have of the culture. Was it like you expected? What did you learn about the culture? How are you burdened for the people's needs?
- Write down special places, events, foods, names, etc. You will not have time to capture all the details, but journal about those that you recall each night before you go to sleep.
- 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 relationships with others. How are you relating to your team? The missionaries? The nationals? Any special friends?
- Write down what you are learning about yourself. Have you learned something new about yourself? What are your strengths? What are your weaknesses? Are you learning to respond in a godly way to all things? Are you learning that you have gifts and abilities you did not know about?
- Write down your questions and thoughts. Consider and ponder your future.
- Write your praises and prayer needs to God
- Document answers to prayer.

Pre-Mission Assignments

Before you go, address these assignments in your journal:

1. Why am I going on this mission trip?
2. How have I personally seen God at work?
3. One experience that I definitely want to have while I am in _____ is:
4. The spiritual gifts I bring to this mission are:
5. How I think this mission journey will affect my life:
6. How I hope this mission journey will affect my life: