

JOURNEY OF THE HEART

POSTURE OF THE HEART

ARE YOU STARTING WITH TIME IN SCRIPTURE?

All things must be founded in Scripture and the pursuit of the Holy Spirit and His guidance through life.

IS YOUR INTENTIONALITY WITH PEOPLE EQUIPPING THEM TO ENCOURAGE OTHERS?

Discipleship is a process of teaching others to replicate themselves to see the Gospel shared throughout the world.

ARE YOU REMEMBERING TO DO EVERYTHING BY THE CHURCH AND THROUGH THE CHURCH?

The church is God's chosen institution for His kingdom. How are you protecting His bride and seeking that your work is through the local church on both sides of the ocean?

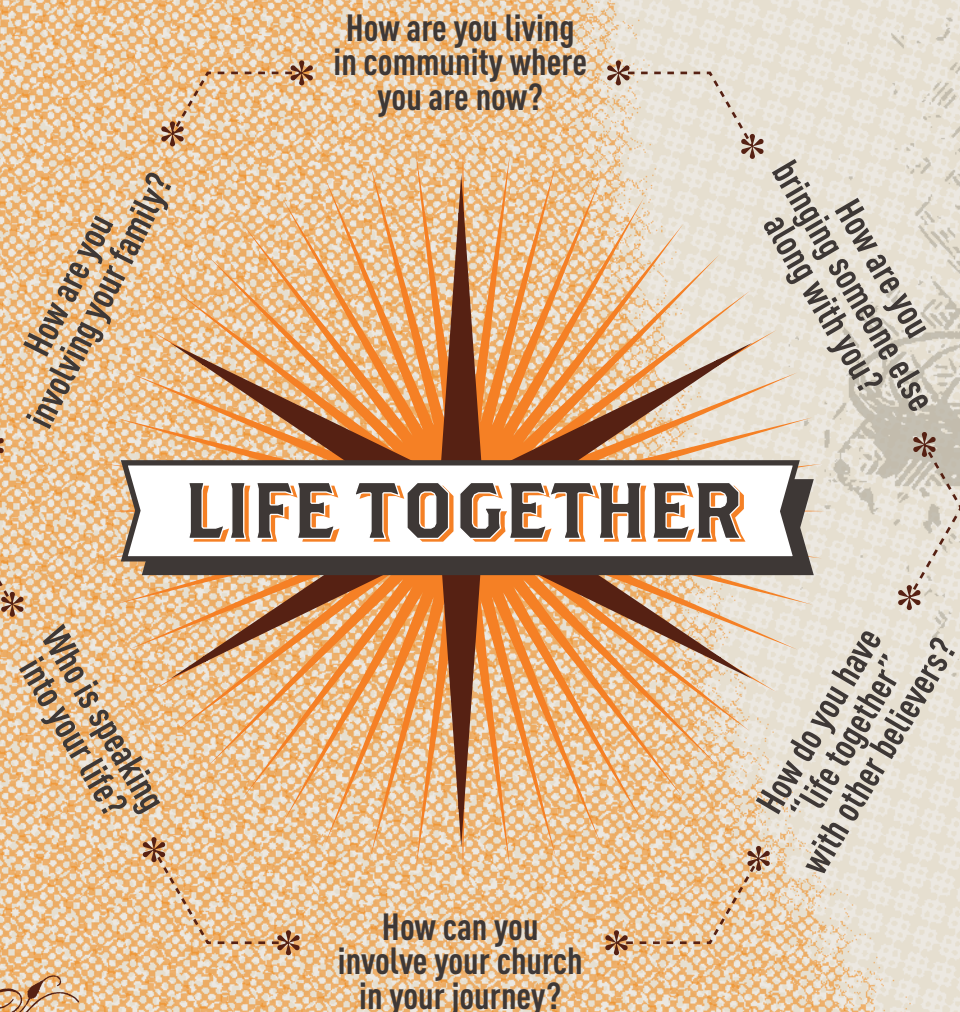
IS YOUR SOLE PURPOSE THE GLORY OF GOD? WHO ARE YOU SERVING? GOD, OTHERS, OR YOURSELF?

We don't often consider that God's ultimate purpose is His glory and we're simply invited into that. It's critical to start down a path that's in alignment to His ultimate purpose.

ARE YOU PROTECTING THE DIGNITY OF THE PERSON YOU ARE SERVING?

Many times our hearts lead us to help others without first considering how our helping may or may not be protecting their dignity. Consider how you would feel if this work was being done to you.

LIFE TOGETHER



LISTENING

"My son, if you receive my words and treasure up my commandments with you, making your ear attentive to wisdom and inclining your heart to understanding; yes, if you call out for insight and raise your voice for understanding, if you seek it like silver and search for it as for hidden treasures, then you will understand the fear of the Lord and find the knowledge of God." Proverbs 2:1-5 (ESV)

Listening to God is a discipline, an act of fellowship with Him, and a journey that takes time.

REMEMBER the goal is listening, not talking.

Journal and pause

Take a walk
UNPLUG



GET INTO THE WILDERNESS

Take away the distractions

- **POSITIONING** your heart before the Lord
- **ACCEPTING** His Lordship and authority
- **YIELDING** heart, mind, body, and soul to His will
- **OFFERING** thanks for what He has done
- **PLACING** hope and meaning in Him
- **ADDRESSING** the spiritual oppression in life
- **ASKING** forgiveness and forgiving others
- **SEEKING** how to bless others
- **RECEIVING** the Sonship of Christ

A MISSIONAL LIFE

A life surrendered to Christ for service in line with the Great Commission, following wherever and however that may unfold. Marked by a deep commitment and obedience governed by a close relationship with Christ to closely listen, continually hear and follow through.



JOURNEY OF THE MIND

HIGH SCHOOL

Serve at your **LOCAL HEALTHCARE CLINIC**

AND

Find a **MENTOR** in your local community

AND

Read a **BIOGRAPHY** about a missionary

UNDERGRADUATE

SERVE with a domestic clinic or international opportunity

AND

Join/Form a **STUDENT GROUP** with a heart for missions

AND

FOLLOW a missionary blog and write with them

GRADUATE

DISCIPLE a younger missions-minded student

AND

Consider a summer-long **INTERNSHIP PROGRAM**

AND

VOLUNTEER with a local healthcare clinic

RESIDENCY (if applicable)

Do an **INTERNATIONAL ROTATION**

AND

Build relationship with **MISSIONS SENDING AGENCIES**

AND

SUPPORT missions in your local church

AFTER TRAINING

Seek out **TRAINING** relevant to global missions

AND

Become an active **VOLUNTEER** with your local healthcare clinic

AND

Continue engaging in **SHORT-TERM TRIPS** internationally

FINDING A MENTOR

SET GOALS

Be clear on expectations and set a few goals together – meet a few times, discuss specific topics, visit a school together, or even take a missions trip together.

KNOW WHAT YOU'RE LOOKING FOR

Are you interested in advice, friendship, community, or educational guidance, etc.?

TAKE THE INITIATIVE

You can't wait for mentor to come to you. Ask for a meeting or invite the person for coffee.

NAVIGATING MAJOR CHALLENGES

The "American Dream"

UNREALISTIC EXPECTATIONS/BURNOUT

Debt, Fundraising, & Money

Family needs

Marriage Decisions

★ MORE INFO ABOUT OBSTACLES ON THE BACK ★

CHOOSING A SCHOOL OR SELECTING A RESIDENCY

It may sound simple...but do you feel called to go there?

Can you study here and walk away with minimal debt?

Are there options for local and global service?

What's the spiritual climate of the school, local churches, and student groups?

QUESTIONS FOR SELECTING A PURPOSEFUL SHORT-TERM TRIP

Is there a **PARTNERSHIP** with a long-term missionary on the field, indigenous leaders, or both? **AND** What is the realistic **IMPACT** of our trip and how will it be measured? **AND** Has the local **COMMUNITY ASKED FOR HELP**? **AND** How is the short-term team **ENHANCING THE WORK** of the long-term ministry on the field?

CHALLENGES TO ENGAGING IN MISSIONS

DEBT

Fear of carrying current debt and accruing more debt as school continues

ITEMS FOR YOU TO THINK ABOUT

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| It's not unusual to graduate with significant debt. You are not alone and other missionaries have faced the same problem. | Most schools and lending agencies will work with you to create a payment plan. | Are there things you're spending money on today that you could give up? |
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KEY RESOURCES

www.askamissionary.com/question/23
www.medsend.org/resources/faq

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock."

Isaiah 26:3-4 (ESV)

FINANCIAL PLANNING

Fear of financially planning for the future and not knowing how to do this

ITEMS FOR YOU TO THINK ABOUT

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| There is a difference between financial planning and worrying. God calls us not to worry, but also teaches us to take responsibility for our choices. | Ask questions and find out the answers. Be proactive. | Be a good steward of your finances now. Don't say, "I'm living on loans, so I can live how I want because I'm expecting to pay it all off later." |
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KEY RESOURCES

Dave Ramsey's Financial Peace University (course offered at many churches)
www.medsend.org

"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Matthew 6:19-21 (ESV)

FUNDRAISING

Fear of raising funds for the field—both how to do this and if the resources will come

ITEMS FOR YOU TO THINK ABOUT

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| Begin talking with missionaries and learn about what they did and how it worked. | God is sovereign. If God wants you to go on a missions trip, is He really going to let a lack of money stop you? | Raising funds and telling friends/family what you are doing can bring them closer to the Lord. Remember to request both financial support and prayer support. |
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KEY RESOURCES

www.askamissionary.com/topic/funding
Personal Support Raising Boot Camp (two days) www.thebodybuilders.net
Funding Your Ministry by Scott Morton (book)

"And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers."

Romans 8:28-29 (ESV)

MARRIAGE

Fear of knowing what marriage would look like overseas and whether your spouse will feel the call

ITEMS FOR YOU TO THINK ABOUT

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| You can serve together long before you go "on the field." Participate in local service projects and short-term trips together. | Discuss things with your spouse. Pray together for God's purposes to be revealed and for growth in your relationship. | Esteem others' interests over your own. |
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KEY RESOURCES

www.missionarycare.com/marriage/marriage.htm
www.askamissionary.com/topic/singles-families
The Meaning of Marriage by Timothy Keller (book)

"Let your eyes look directly forward, and your gaze be straight before you. Ponder the path of your feet; then all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil."

Proverbs 4:25-27 (ESV)

SINGLENESS

Fear of being single and doing this alone or being single with the desire for marriage

ITEMS FOR YOU TO THINK ABOUT

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| One advantage of being single is that your heart is undivided for the Lord | He is providing and will provide what you need for your growth in Him. He can meet your needs better than any person can—even a future spouse. | Disciple/mentor other singles, pour into their lives, and allow them to minister to you, as well. Focus on your relationship with Christ and showing His love to others, not discontentment. |
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KEY RESOURCES

www.askamissionary.com/topic/singles-families
www.missionarycare.com/singles/
Through Her Eyes by Marti Smith (book)

"Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—"

Philippians 3:8-9 (ESV)

PARENTING

Fear of parenting children overseas and the challenges that brings

ITEMS FOR YOU TO THINK ABOUT

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| "My" children are the Lord's. He loves them even more than I do and He will help me raise them. | Develop relationships with other missionaries or ministers who have children. Share with each other, school the children together, etc. | Your children are the first mission field that you have. |
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KEY RESOURCES

www.askamissionary.com/topic/singles-families
www.familylife.com
Raising Resilient MK's by Joyce Bowers (book)

"Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. 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. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates."

Deuteronomy 6:4-9 (ESV)

CROSS-CULTURAL TRAINING

Fear of understanding and working in a foreign culture

ITEMS FOR YOU TO THINK ABOUT

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| Get to know some foreign citizens! Invite them over to dinner, study together, and talk with them. | Ask lots of questions. People are always eager to teach you about their culture. And remember, humility is key! | Some things—a smile, a kind action, an attitude of respect—are possible to communicate in any culture. You can show love even if you don't speak the language. |
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KEY RESOURCES

www.askamissionary.com/topic/missionary-training/
www.medsend.org/resources/faq
www.cmda.org/missions/detail/cmm

"There is one body and one Spirit—just as you were called to the one hope that belongs to your call—one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all."

Ephesians 4:4-6 (ESV)

GOD'S CALLING

Fear of not fully knowing if God is leading you to this

ITEMS FOR YOU TO THINK ABOUT

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| God's promptings are 1) consistent with Scripture, 2) consistent with the person God made you to be, and 3) usually involving service. (from <i>Too Busy Not to Pray</i> by Bill Hybels) | Is God not speaking—or are you not listening? | Spend time praying and reading God's Word. Ask Him for guidance, clarification and help! |
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KEY RESOURCES

The Call by Os Guinness (book)
Knowing God by J.I. Packer (book)

"Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long."

Psalms 25:4-5 (ESV)

FEAR

Fear in general—fear for following the call on your life

ITEMS FOR YOU TO THINK ABOUT

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| Everyone who has ever done anything significant felt fear at some point. | Set your mind on things above, not on the things of this world. | The good works you are commissioned to do on this earth for Him have been ordained before Creation—HE is in control. |
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KEY RESOURCES

www.askamissionary.com/question/337
Kisses From Katie by Katie Davis (book)
The Pursuit Of His Calling by Florence Muindi (book)

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Joshua 1:9 (ESV)

FAMILY SUPPORT

Fear of not having your family's support in your calling to missions

ITEMS FOR YOU TO THINK ABOUT

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| Honor your father and mother. | Remember, it is God who changes hearts. | Strive to be at peace at all times, but not at the expense of obeying God. |
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KEY RESOURCES

www.askamissionary.com/question/28
National Network of Parents of Missionaries

"For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ."

Galatians 1:10 (ESV)

BIBLICAL KNOWLEDGE OR FOUNDATIONS

Fear of not having a strong Biblical or spiritual foundation for entering the field

ITEMS FOR YOU TO THINK ABOUT

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| Feeling "inadequate" is better than feeling proud. God can use a teachable heart. | Study, learn, and take the next step—one step at a time. | God does have a single purpose in mind...and it's his Glory. We are masterfully made to walk with him in that glory with Him |
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KEY RESOURCES

World Missions Perspectives Course
Preach and Heal, A Biblical Model for Missions by Charles Fielding (book)
The Doctrine of the Christian Life by John M. Frame (book)

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."

1 Corinthians 15:58 (ESV)

FINDING AN ORGANIZATION

Fear of not finding the right organization or choosing the wrong one, how to even get started

ITEMS FOR YOU TO THINK ABOUT

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| What is it you're looking for? | Do you want to be with a certain denomination or affiliation? What are their core principles? Are you willing to serve without distraction or hindrance under them while respecting authority? | Think about missionaries you know and respect. What organizations have they gone with? Would they be willing to Skype or email and give you more info? |
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KEY RESOURCES

www.askamissionary.com/topic/mission-agencies
www.medicalmissions.com/network/organizations
Shadow Of The Almighty: The Life And Testament of Jim Elliot by Elisabeth Elliot (book)

"I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you."

Psalms 32:8 (ESV)

FINDING A MENTOR

Fear of not having someone to help guide you and answer questions

ITEMS FOR YOU TO THINK ABOUT

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| Who do you want to be like the most (other than Jesus)? | If you can't find a mentor, at least find someone you can be praying with, and pray for them as well. | Don't expect to find "everything" in one person. One may be a great prayer warrior, another might be a good person for discussing ideas, and a third might help you prepare professionally. You can have different mentors for different goals. |
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KEY RESOURCES

www.preparingtogo.com/guidance/mission-mentors.php
Mentoring 101 by John Maxwell (book)

"The way of a fool is right in his own eyes, but a wise man listens to advice."

Proverbs 12:15 (ESV)

KNOWING THE BEST NEXT STEP

Fear of not knowing what's next and what should be next

ITEMS FOR YOU TO THINK ABOUT

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| Do "the next right thing." You only have to deal with one moment at a time. God will take care of tomorrow. | His will = following His commandments, then doing what you want for His glory! | First and foremost, you are here to love the Lord and have a relationship with Him; the careers you have while you are here matter, but they are not the main point! |
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KEY RESOURCES

www.medicalmissions.com/learn/preparation
www.mac-global.net/nextsteps
God's Passion For His Glory by John Piper (book)

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

Proverbs 3:5-6 (ESV)