

I'm Home Again

After you're Return

You have been through all the emotions: excitement over the trip of a lifetime, concern over your ability to contribute, compassion for desperate needs, and finally, gratitude for what the Lord has blessed you with. You have felt a closer bond with God than ever before and had what many call a “life changing experience”. Now you're home; it's time for a new set of emotions: sadness, guilt, anger..... So how do I use this to fulfill the objective of building the Kingdom of God?

Don't be surprised at the frustrations, guilt or even anger you might experience. You have returned a different you! Remember, you have experienced a new culture, different lifestyles, and life values. You have a new perspective. These feelings are natural, and may take some time before you completely understand the impact of what has taken place in your life. God may have something new in store for you. Your trip may be over but your journey is only beginning.

You will go through many emotional and spiritual phases upon your return. The book (**Re-Entry Guide for Short-Term Mission Leaders**) written by Lisa Espinelli Chinn addresses these multiple phases.

The important thing for trip leaders and other mission persons to remember is that these feelings are normal and need to be expected. Talk about these feelings before and while and after the trip. Here are some questions that you can use in the process of debriefing. These are from the book mentioned above.

1. How has my worldview been altered by this mission experience?
2. What new relationships should I now pursue because of my experience?
3. What needs in other parts of the world should I consider advocating?
4. What should my prayers include now that I am back?
5. What did God show me in my mission experience that I don't want to forget?
6. What did God do in my mission experience that I need to tell others?
7. What should I begin to change or include in my spending budget?
8. What compelling reason would I use for others to go on a mission trip?

Re-Entry Exercises

From Re-Entry Guide for Short –Term Mission Leaders

(Complete the following sentences)

Leaving

1. When I think of leaving I feel.....
2. My experience here has been.....
3. For me. Honduras means.....
4. The people I will miss are.....
5. The things I will be happy to leave behind are...
6. The things I will miss are
7. The easiest point of leaving for me will be...
8. The most stressful part of leaving will be...
9. Before I leave I really want to...
10. I feel that my goals and expectations have been....

Expectations

11. I expect that the process of return will be...
12. I expect the reception from my family will be..
13. I expect the reception from my church will be...
14. I expect the reception from my friends will be...
15. I think my family will expect me to...
16. I think that my church will expect me to...
17. I think that my friends will expect me to...
18. For my career, I hope to...
19. If this does not work, I will...

Returning

20. When I think of returning home, I feel...
21. I will be going back to...
22. Regarding money, I will be...
23. Going back will enable me to...
24. I think the hardest part of going back for me will be...
25. I am really looking forward to...

Team Member Mission Critique

Name of Team Leader: _____ Mission Site: _____

Date of Mission: _____ Team Number: _____

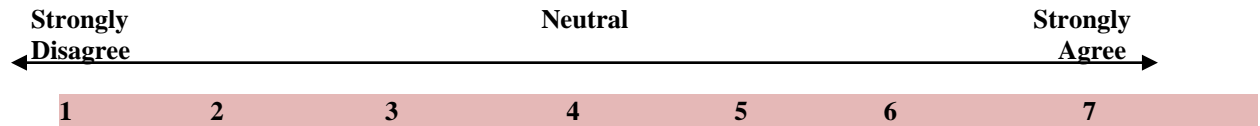
Please feel free to comment in detail on any of the questions below and use the back of this page for answers if needed.

Personal Reflections

1. Did this mission fulfill your initial expectations of (or reasons for going on) this mission? Please explain.
2. In what specific ways did you (or your team) “share the love of Christ in ways that make a Christian difference?”
3. What was the single most meaningful moment of the mission for you? What touched your heart the most?
4. Did you have sufficient opportunities to worship and interact with the local people? Please explain.
5. In six words or less, how would you describe the experience?
6. If someone you knew expressed an interest in participating on an international mission, what would you tell them?
7. What ONE thing would you have changed about the mission experience?

Team Dynamics & Leadership

On a scale where 1 = “Strongly Disagree” and 7 = “Strongly Agree,” please circle your response to each of the questions below.



- 1. Our group worked as a team, interacting well with each other in all aspects of the mission.
1 2 3 4 5 6 7
- 2. My team leader prepared me well for the mission prior to our departure.
1 2 3 4 5 6 7
- 3. I felt safe and confident in my team leader’s abilities at all times.
1 2 3 4 5 6 7
- 4. Strong spiritual leadership was provided throughout the mission.
1 2 3 4 5 6 7
- 5. My team participated in meaningful devotions on a daily basis.
1 2 3 4 5 6 7
- 6. My team leader communicated well with the team on a daily basis.
1 2 3 4 5 6 7
- 7. When an unexpected (or crisis) situation arose on the mission, my team leader handled the situation in an effective and Christian manner.
1 2 3 4 5 6 7

Other Comments

Please feel free to comment on any of your answers above *or* on any aspect of the mission.

Name (optional) _____