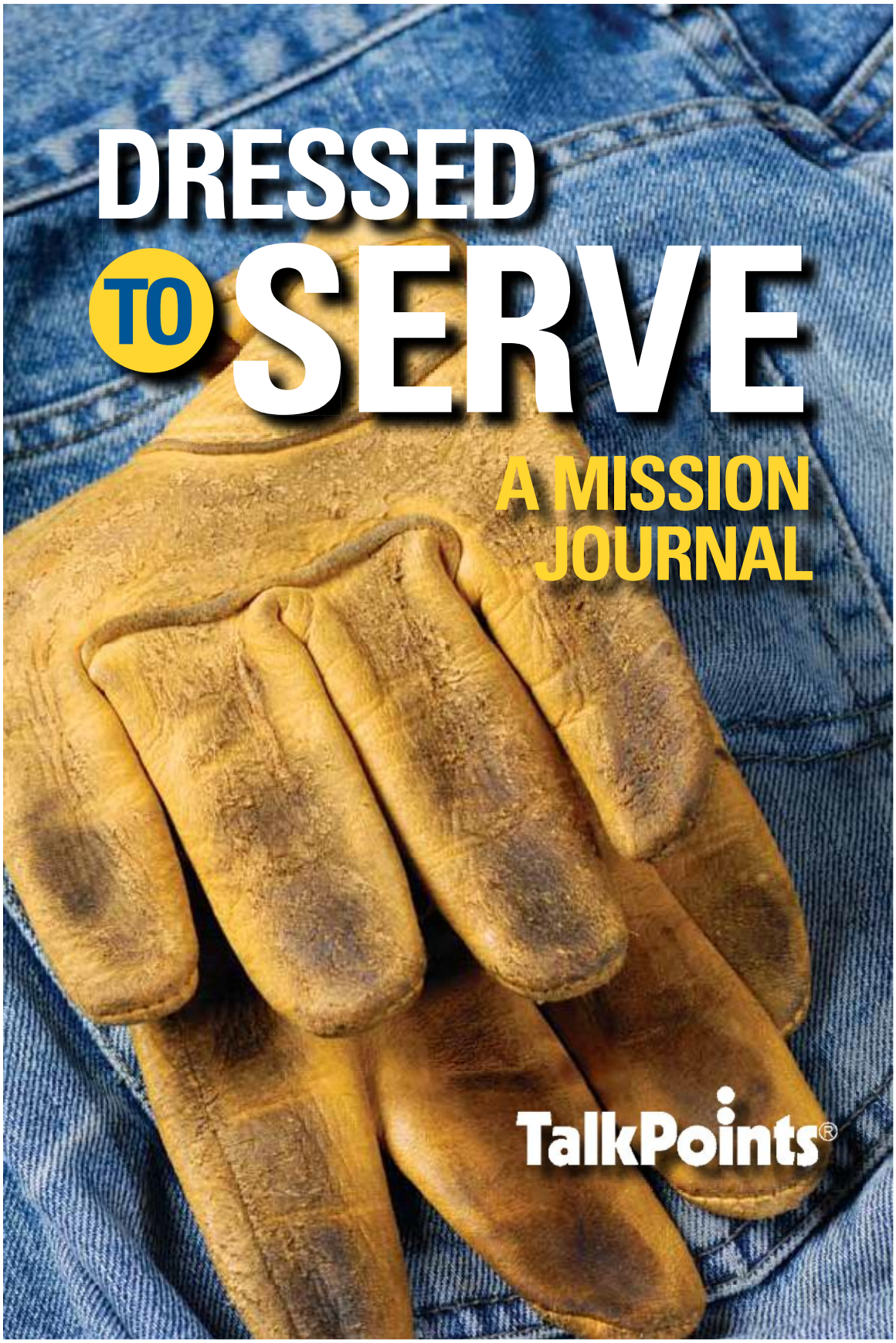
DRESSED
TO SERVE
A MISSION JOURNAL
TalkPoints®

FROM THE AUTHOR...

When I was a very young child, my Mom and Dad took care of dressing me, but when I got older, they let me dress myself. Mom would often yell, "Are you dressed yet? It's time to go." My parents loved me by providing the clothing I needed.

As you pack for mission, remember that God loves you and will provide a whole wardrobe of spiritual clothing for the trip, including…

God gives this spiritual clothing so that you'll be prepared to serve. It's a fashion combination that never goes out of style. So get packed and get ready to serve! When you arrive at the mission site, put on the spiritual clothing of God every day. If you do, God will make this experience memorable and life-changing, not only for you, but for those you will come to know, serve and love.

Paul summarizes the wardrobe of God with these words to the Christians in Colossae:

> *12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with* ***compassion, kindness, humility, gentleness*** *and* ***patience.*** *13 Bear with each other and forgive whatever grievances you may have against one another.* ***Forgive*** *as the Lord forgave you. 14 And over all these virtues put on* ***love****, which binds them all together in perfect unity. 15 Let the* ***peace*** *of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 16 Let the word of Christ dwell in you richly as you teach and admonish one another with all* ***wisdom****, and as you sing psalms, hymns and spiritual songs with* ***gratitude*** *in your hearts to God. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (COLOSSIANS 3:12-17 NIV)*

So get DRESSED TO SERVE and have a great trip!

REV. DR. FRANK NELSON, author

USING THIS JOURNAL

THE PACKING PAGES…

During the days before the trip, prepare your heart by inviting God to give you the spiritual clothing you will need. Take 10-15 minutes each day to complete the pre-trip packing pages beginning on page 9. This regular, daily time of devotion will help prepare you for the journey ahead.

THE ON-SITE PAGES…

During your days at the mission site, take time to pray and reflect on your experiences. For each of your on-site days you'll find two pages to guide you in prayer and scripture reflection and a third "Open T-Shirt Page" to help you be creative in writing down thoughts, prayers, drawings, poems, words to songs, commitments, etc. Plan, also, to bring your journal to group gatherings. You may want to have it close by to write down ideas and thoughts you don't want to forget.

THE UNPACKING PAGES…

Seven additional pages will help you unpack your experience when you return home. Keep in mind that your home community is where God will continue to provide the spiritual clothing you will need in order to serve others in loving ways.

BEFORE, DURING AND AFTER YOUR MISSION TRIP…

> *As God's chosen people, holy and dearly loved, clothe yourselves with COMPASSION, KINDNESS, HUMILITY, GENTLENESS, and PATIENCE. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on LOVE, which binds them all together in perfect unity.* (COLOSSIANS 3:12-14 NIV)

When you pack your suitcase, include the spiritual wardrobe God provides for you, and you'll be dressed and ready to serve in the spirit of love.

It's time to pack!

7 DAYS TO PACK TODAY'S DATE: _____

CHOSEN: picked or selected from a group.

FROM COLOSSIANS: *Therefore, as God's CHOSEN people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. (3:12)*

Give two of your reasons for choosing to go on this mission trip:

Give two reasons God may have CHOSEN you to go?

PRAY Close your eyes, take 3 deep breaths, and then focus on being CHOSEN by God. Next, continue with this prayer: *Dear God, it's a good feeling to be chosen for a team or invited to a party. Thanks for choosing me to be a member of Your team. Teach me to be open and willing to learn. Be with me and all those who are preparing to be a part of your mission as we pack and prepare for the trip. Lord, clothe me for the trip and cover me with Your love, so that I'll have the courage to help and serve others. Amen.*

WRITE YOUR OWN PRAYER…

Dear God, thank you for…
Forgive me for…
Please help me to…
I promise you that I will…
In Jesus' name, Amen.

LISTEN As you read the Bible verses below, circle key words or phrases that challenge you.

1 PETER 2:9

But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. (Also verses 4-12 in your own Bible)

MATTHEW 11:28, 30

Come to me, all you who are weary and burdened, and I will give you rest. For my yoke is easy and my burden is light."

SERVE

- Tell friends or family members about the mission trip and some of your reasons for going. Invite them to pray for you during the trip.
- Practice serving others by thinking of a person who could use your help. During the next 24 hours, do something to serve or help him/her.

SERVICE DAY 2 TODAY'S DATE:_____

THE WEATHER TODAY: *(circle one)*

MY MOOD TODAY: *(circle one)*

KINDNESS: doing whatever it takes to make life better for someone else.

FROM COLOSSIANS: *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, KINDNESS, humility, gentleness and patience. (3:12)*

REFLECT

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, and kindness in your smile."
––Mother Teresa

REFLECT ON THE PAST 24 HOURS…

Something or someone who made me smile or laugh…

I'm glad that I was able to…

I noticed kindness being expressed when (who?) did (what?)…

I could be more kind to _____, and I pray that God will help me to…

It felt good when…

A few of the new people I've met include…

An emotional high point for me was when…

A low point/hard time for me was when…

I think God is helping me to…

PRAY

Close your eyes, take 3 deep breaths, and focus on becoming more KIND in your relationships with others. Next, continue with this prayer: *Dear God, Jesus was kind to others, even to those who did not return his kindness. I find it hard to express kindness to people who aren't kind to me or don't accept me as I am. But in my relationships this week, teach me to be more kind in the way I relate to everyone around me. Clothe me, Lord, with Your kindness and teach me to love. Amen.*

WRITE YOUR OWN PRAYER…

Dear God, thank You that I am learning to…

Please forgive me for…

I need You to help me to…

In Jesus' name, Amen.

LISTEN

As you read the Bible verses below, circle key words or phrases that challenge you.

TITUS 3:4-6

When the KINDNESS and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior." (The Message)

1 CORINTHIANS 13:4

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. (Read the whole chapter in your own Bible)

EPHESIANS 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Also verses 29-32)

SERVE

Use an "Open T-Shirt Page" to list two or three new people you've met. Write a plan to show kindness to each one. Complete your plans during the next 24 hours.

OPEN T-SHIRT PAGE

Write additional thoughts, questions, songs, verses, ideas, commitments, or whatever on the t-shirt below…

TELLING MY STORY

Your family and friends will want to hear about your trip. The following questions will help you think about your experience and what you may want to tell others when they ask.

Three words to describe my experience include…

1. _____
2. _____
3. _____

I'm most thankful to God for...

_____
_____
_____
_____
_____

Three positives…

1. _____
2. _____
3. _____

Three negatives…

1. _____
2. _____
3. _____

I enjoyed getting to know (list some of the people you met)…

_____
_____
_____
_____
_____
_____
_____
_____

UNPACKING DAY 1 TODAY'S DATE:_____

THANKS: appreciating and being grateful for the gift and the one who gave it.

FROM COLOSSIANS: *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. (3:17)*

PRAY Close your eyes, take some deep breaths and focus on giving God thanks for all you have experienced. Next, continue with this prayer… *Dear God, I have come home with so much more in my heart than when I left. You have added a whole new spiritual wardrobe and have clothed me with love. I am deeply grateful for all I have learned, and thankful for the many who made it possible for me to go. Help me to remember every morning when I get dressed to include the spiritual clothing of compassion, kindness, gentleness, patience and love as I seek to serve my family, friends, church and community.*

WRITE YOUR OWN PRAYER…

Dear God, thank You for…

Help me to appreciate…

I promise You that I will…

In Jesus' name, Amen.

LISTEN As you read the Bible verses below, circle key words or phrases that challenge you.

PSALM 118:1

Give thanks to the LORD, for he is good; his love endures forever.

ROMANS 12:3

I'm speaking to you out of deep gratitude for all that God has given me…God brings it all to you. The only accurate way to understand ourselves is by what God is and by what he does for us, not by what we are and what we do for him. (The Message)

SERVE

- Rummage through your closets and drawers for books, toys, puzzles, clothing, etc. that you no longer need. Ask others to help with their donations, then put it all in bags and make a donation to a charity.
- Express thanks in a note or email to a friend or family member who helped to make it possible for you to go on the mission trip. Include your "Elevator Speech" from page 48. You may also want to send a thank-you email/note to someone you met during the mission trip.
- If you haven't completed "Telling My Story" on pages 45-47, try to complete it today.