

Jody Kennedy International

Spiritual Preparation*

You must be spiritually prepared for the experience ahead of you. Do you talk with the Lord daily and spend time listening to Him? Have you thought about His desires for your trip ... or are you focusing only on what you want? You cannot know what He wants unless you spend quality time with Him.

Commit yourself to the spiritual disciplines of church attendance, Bible study and prayer. Spend time with the Lord daily if you are not already doing so. This process should begin at least one month before you go overseas and should include prayer, reading God's Word and then listening to Him. You may want to purchase a daily devotional guide to help you with this discipline. Devotional guides usually deal with a particular Scripture each day.

As you pray, remember to praise the Lord. Then confess your sins, repent and ask His forgiveness. Thank Him for His blessings and the way He is working in your life. Then express your needs to Him, asking Him to prepare you for this missions experience. He will reveal to you His desires for your trip. He also will help you see through His eyes and understand through His heart. And finally, remember to listen to Him. Focus on that still, small voice inside you, realizing that your desires may not be His desires.

You also may want to keep a journal to record your thoughts and experiences. A journal can help you keep track of your spiritual growth.

Spiritual preparation takes time. Don't wait until the last minute. Once you arrive on the field, you will begin feeling the shock of strange food and smells, different customs and languages, limited bathroom facilities, lack of privacy, varying worship styles and ways of ministry. In some countries you will have to deal with extreme heat, insects, unpredictable weather, lack of pure drinking water, poor roads and undesirable accommodations. If you are spiritually prepared, you will handle these situations with His joy and His peace.

"'Not by might nor by power, but by my Spirit,' says the Lord Almighty" (Zech 4:6, NIV). Depend on God and work in His Spirit as you go overseas. Don't trust in your own strength and abilities. It is only through the Holy Spirit that anything of lasting value can be accomplished.

The 30-day Spiritual Preparation Chart on the following page can be removed from this manual and placed with your Bible and other devotional materials while you work through the 30-days of spiritual preparation.

*Adapted from the International Mission Board – Volunteer in Missions Preparation Guide

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30-Day Spiritual Preparation Guide

1	Spiritual Renewal for Service	Psalms 51	16	Removing the Stones	John 11:39-40
2	Taking Time to Pray	Mark 1:35-45	17	The True Measure of Greatness	Matthew 20:20-28
3	The Word and the Way	Psalms 119:2, 19, 105, 165	18	Differences Between Good Missionaries	Acts 15:36-41
4	The Power to Serve	Acts 1:1-12	19	When You Cannot Finish the Task	Luke 10:25-35
5	Christian Depression	1 Kings 19:1-18	20	Acting Like What You Are	Matthew 21:18-19 Galatians 5:22-23
6	Here I Am, Let Me Go!	Isaiah 6:1-12	21	Overcoming Prejudices	Jonah 1:1-3; 3:1-20; 4:1-3
7	Fit to Serve	Ephesians 5:1-17	22	Serve With Gladness	Psalms 100
8	Availability Plus Christ	John 6:1-14	23	Serve With Gratitude	Psalms 103
9	Commissioned to Serve	Matthew 28:19-20	24	Serve With Compassion	Jonah 4
10	Empowered to Serve	Matthew 28:16-18	25	Serve With Urgency	John 9:1-7
11	The Unlikely Witness	John 4:1-42	26	Serve With Inner Strength	John 15:1-16
12	The Expected Result	John 4:1-42	27	Serve With Love	John 21:15-23
13	Making the Ordinary Extraordinary	Acts 4:1-19	28	Serve With a Team Spirit	Romans 12
14	Revive Us Again	Psalms 85	29	Serve for Common Purposes	1 Corinthians 1:23-31; 2:1
15	Overcoming Difficulties	Numbers 13:25-33	30	Proclaiming Liberty to the Poor	Isaiah 61:1-6