

Global Programs
SUMMER GUIDE

Table of Contents

Getting Started

Welcome.....

- Approaching Differences
- 10 Helpful Daily Journal Questions
- 7 Minute Quiet Time Guide
- Pre-Program Assessment
- Global Program Team Covenant
- On the plane: A Pre-Departure Assessment

Orientation.....

- Bible Study: Day 1, Luke 9:1-17
- Bible Study: Day 2, Luke 9:46-62
- Bible Study: Day 3, Luke 10:1-16

During.....

- One-Week Review
- Mid Program Review
- Mid Program Assignment

Debrief.....

- Bible Study: Day 1, Jonah 2
- Bible Study: Day 2, Jonah 3
- Bible Study: Day 3, Jonah 4
- My Program Life Graph
- Team Reflections
- Critical Incidents
- Iconic Moments
- Retreat of Silence
- Re-Entry Strategy
- Telling the Story
- Returning Well: A 5-Part Curriculum to Life Back on Campus
 - Part 1: Welcome Back!
 - Part 2: Celebrate and Mourn
 - Part 3: Be Present
 - Part 4: Engaging Your Campus
 - Part 5: Where Your Passions and the Chapter's Goals Meet

Resources.....

- Towards Growthful Re-entry
- Guide to Prayer and Spiritual Warfare
- Working Towards Reconciliation

GETTING STARTED

Welcome

Dear Global Program Participant:

God often speaks to us when we are on a journey. The Law was given to the people of God while they were journeying through the wilderness. Jesus delivered some of his most profound teachings and miracles while he and his followers were on the move. And in my own life, I have discovered that when I'm out of my comfort zone, when I am far from home and from my regular forms of distraction, I am more attentive to God.

This trip is not so much about what you have to give, though I do hope you will listen to the Spirit's invitation to use your words and actions to serve others. This trip is about solidarity. Walking with others, listening to their stories and discovering God in fresh ways while in an unfamiliar environment. On this trip I am praying that you learn to Hear Well, Love Well and Die Well.

Hear Well: Learn to tune your spiritual frequency to God so that you know what it's like to hear God's voice while you are on pilgrimage with others. You'll find God speaking in the still, small voice to your spirit, you'll hear God in the voice of your teammates, and in the lives and words of those you've gone to serve and learn from.

Love Well: It's easy to love those who are most like you - those who speak your language and have lived in the places you live. But if you want to imitate Jesus, you need to learn to love those unlike you or those who may be difficult to love. This trip is an opportunity to stretch your ability to love.

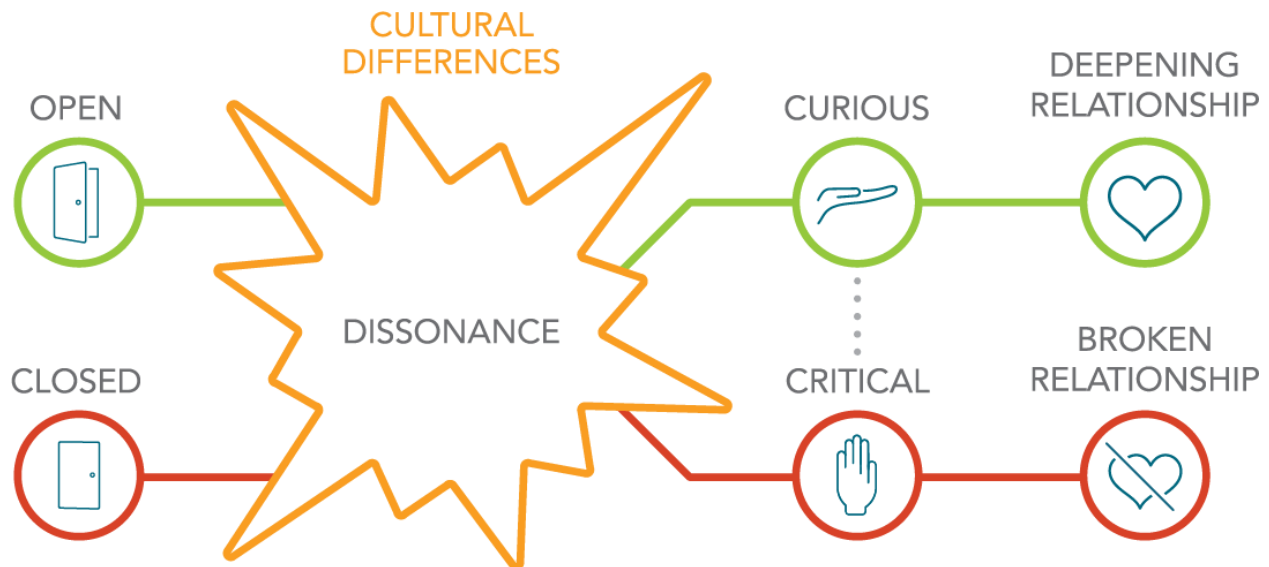
Die Well: When you are in control of your schedule, when you are in familiar settings with familiar people, you don't really have to die to yourself very often. It's when you are displaced and don't have access to your preferred forms of entertainment, social media, and the comforts of home that you can really become free from the tendency toward self-absorption and self-sufficiency.

During this trip, learn to become a simple sojourner; traveling in joy and sorrow with others, listening to God, loving at times when it's hard to love, and dying to yourself. If you accomplish these things, you will have gained a skillset which will serve you the rest of your life.

God is good.

Scott Bessenecker, Director
InterVarsity Global Engagement & Justice

Approaching Differences



Dissonance is inevitable while approaching a new culture. It will help to understand two postures and responses to cultural dissonance - the green line and the red line - and how they produce different results.

GREEN LINE

RED LINE

Entry Postures:

- Approach cultural differences with openness assuming the best.
- Adjust your preferences or comforts for the sake of others and the new culture..
- Be honest and vulnerable to achieve deeper trust and relationship. Learn to laugh at yourself.

Entry Postures:

- Assume the worst of the new culture and close yourself off to trust.
- Believe your ways and values are better. Other ways are different and wrong.
- Form negative opinions based on that difference and rationalize why your ways are better.

Coping Skills:

- Be curious. Find cultural guides or resources that can help you grow in understanding and empathy.
- Pay attention to words, body language, and non-verbal cues.
- Take initiative to respond to and understand the dissonance you are feeling in this new culture.

Coping Skills:

- Criticise and mock the strangeness of the new culture.
- Attempt to justify dissonance in a way that passes blame on others or absolves you of responsibility.
- Withdraw physically, socially, or emotionally. Build a wall to protect yourself from vulnerability.

10 Helpful Daily Journal Questions to Consider

- 1) What was the most significant part of this day and why?
- 2) What was my most fulfilling experience today?
- 3) What was my most difficult or frustrating experience today?
- 4) Is there any story I want to remember?
- 5) What is God's invitation to me out of my experiences today?
- 6) Where am I on the Approaching Differences Diagram?
- 7) What did I learn about God or God's ways and purposes today?
- 8) Have I shown a loving spirit towards those I spent time with today?
- 9) What do I want to be mindful of tomorrow?
- 10) What am I learning about myself, the culture, my teammates, and my hosts?

7 Minute Quiet Time Guide

When your days are full due to the demands of being on mission, can you find at least 7 minutes to center yourself and listen to God?

1. Preparing Your Heart (½ minute)

Invest the first 30 seconds preparing your heart. You might pray, “Lord, cleanse my heart so You can speak to me through the Scriptures. Make my mind alert, my soul active, and my heart responsive. Surround me with Your presence during this time.”

2. Listening to God – Scripture Reading (4 minutes)

Take the next four minutes to read the Bible. Your greatest need is to hear a word from God. Allow the Word to strike fire in your heart. Meet the Author!

3. Talking to God – Prayer (2½ minutes)

After God has spoken through the Scripture, then speak to God in prayer. One method is to incorporate four areas of prayer that you can remember with the word ACTS.

- **Adoration:** This is the purest kind of prayer because it’s all about God. Tell the Lord of your love. Reflect on God’s beauty and greatness.
- **Confession:** Having seen God, you now want to be sure every sin is cleansed and forsaken. Tell God how you have messed up.
- **Thanksgiving:** Think of several specific things to thank God for: your family, your friends, the host country/culture—even thank God for hardships.
- **Supplication:** This means to “ask for, earnestly and humbly.” Ask for others, then ask for yourself.

Pre-Program Assessment

Take some time before or during orientation to answer the following questions.

- 1) What is your host country known for? What makes it unique?
- 2) What is the political/economic situation of this country?
- 3) What are the major historical events that have had an impact on today's culture?
- 4) What is this country's relationship like with the U.S.? What do its citizens tend to think about Americans?
- 5) What are the main religions of this country?
- 6) Where does Christianity fit in?
- 7) What are the greatest needs of the people of this country?
- 8) Is there an official language? Are other languages spoken?
- 9) What are the important holidays?
- 10) What foods are most popular?
- 11) What sports and other pastimes are popular?
- 12) Any other interesting facts?

Global Program Team Covenant

Our team exists for the purpose of

1. Building strong relationship with others in the country to which we travel
2. Modeling a loving, multi-ethnic community
3. Praying for the city and its people
4. _____
5. _____

In order to achieve our purpose, we commit to

1. Viewing our host friends as God's gifts
2. Being flexible
3. Being learners and servants
4. _____
5. _____

We aspire as a team to be characterized by

1. _____
2. _____
3. _____
4. _____

To become this, we agree

1. _____
2. _____
3. _____
4. _____

Signed _____

On the Plane: A Pre-Departure Assessment

1. Why did you choose this country?
2. On a scale of 1 to 10, how are you feeling about going there? (1 is dreading, 10 is thrilled) Why?
3. What are you most excited about for life in your host country?
4. What are you most nervous about?
5. What are some specific goals and expectations you have?
6. How do you hope to meet these goals and expectations?

7. What are at least 3 burning questions you cannot wait to have answered?

1.

2.

3.

8. Do you have any fears? What are they?

9. The people or things that you will miss are...

10. The people or things that you are happy to leave behind...

11. Lord, my major prayer concern is...

12. And my major thanks to God is...

ORIENTATION

Bible Study: Day 1, Luke 9:1-17

When Jesus called the Twelve to short-term ministry, he was careful to load them up with items of ultimate importance and relieve them of those things that would only weigh them down. As you read this passage, ask Jesus to give you what you need for the journey and to help you leave behind things that will only get in the way.

Read Luke 9:1-6

¹ When Jesus had called the Twelve together, he gave them power and authority to drive out all demons and to cure diseases, ² and he sent them out to proclaim the kingdom of God and to heal the sick. ³ He told them: "Take nothing for the journey—no staff, no bag, no bread, no money, no extra shirt. ⁴ Whatever house you enter, stay there until you leave that town. ⁵ If people do not welcome you, leave their town and shake the dust off your feet as a testimony against them." ⁶ So they set out and went from village to village, proclaiming the good news and healing people everywhere.

1) What are each of the ways Jesus equips and instructs the Twelve for travel? How will each of these shape their journey?

2) As a Jesus follower, you are going abroad as someone sent by God like the disciples in Luke 9. How does it feel to approach your Global Program equipped and instructed by Jesus this way?

3) How do you think Jesus' instructions might shape your journey?

Read Luke 9:7-9

⁷ Now Herod the tetrarch heard about all that was going on. And he was perplexed because some were saying that John had been raised from the dead, ⁸others that Elijah had appeared, and still others that one of the prophets of long ago had come back to life. ⁹ But Herod said, "I beheaded John. Who, then, is this I hear such things about?" And he tried to see him.

4) What three options did Herod consider to identify who Jesus was? Which of these was correct?

6) Had the disciples yet publicly identified Jesus as the Messiah when they went on their short-term mission (See 9:20-21)?

7) What did they know about Jesus?

8) Are you ready to admit what you do and don't know about Jesus and discover more of him this summer?

Spend some time in community with Jesus. Tell him that you believe he is the Messiah and ask him to show more of himself to you. Invite him to look through your backpack or suitcase. Let him examine your wallet or purse. Now let him look at what's in your heart.

Ask him if he wants you to trust him for certain items this summer. Ask him to show you the things he has placed inside you that will be of ultimate importance. Let go of those things that will get in the way while on the journey.

In Luke 9:10, the disciples return from their short-term mission trip with a wealth of new experiences of seeing God's power to provide, yet they fail to apply what they have just learned to the needs they face back in the "real world." As you read this passage, think back upon the various ways Jesus may have been preparing you for what's ahead.

Read Luke 9:10-17

¹⁰ When the apostles returned, they reported to Jesus what they had done. Then he took them with him and they withdrew by themselves to a town called Bethsaida, ¹¹but the crowds learned about it and followed him. He welcomed them and spoke to them about the kingdom of God, and healed those who needed healing. ¹² Late in the afternoon the Twelve came to him and said, "Send the crowd away so they can go to the surrounding villages and countryside and find food and lodging, because we are in a remote place here." ¹³ He replied, "You give them something to eat." They answered, "We have only five loaves of bread and two fish—unless we go and buy food for all this crowd." ¹⁴ (About five thousand men were there.) But he said to his disciples, "Have them sit down in groups of about fifty each."¹⁵ The disciples did so, and everyone sat down. ¹⁶ Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke them. Then he gave them to the disciples to distribute to the people. ¹⁷ They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.

9) Before this point Luke refers to the 12 as "disciples." Now he refers to them as "apostles." What is the difference between the word "disciple" and "apostle." Can you be both at once?

10) What might be the importance of the apostles "withdrawing by themselves" with Jesus after their mission?

11) How would you feel if needy people descended on your private time of debriefing with Jesus? How does Jesus respond?

Ask Jesus to prepare you to have your agenda interrupted this summer. Plead for the kind of graciousness with which you know he wants you to respond.

12) Jesus asks the disciples to feed the masses who have come to be healed and to hear Jesus teach. Make some observations about the disciples' response.

13) The disciples are concerned for the people's ability to get food and lodging, yet God provided those things for them when they were on their mission. What are some differences between those two situations that might have thrown off the disciples?

Just to get this far in the program God has met many of your needs. God is as eager to meet the needs of seeking crowds as he is to meet the disciples on a mission. Take a look at the list you made for question #7. Ask the Lord how he might want to use you to meet similar needs in the lives of people you meet this summer. Be prepared for God to make big requests of you just as he did of his disciples in this passage. Keep in mind his power in your life in the recent past and allow him to stretch your faith to see that power manifest in different situations in the coming weeks.

ORIENTATION

Bible Study: Day 2, Luke 9:46-62

Mary Fisher, professor at Asbury Seminary says, "Don't seek to be great men and women of God, seek to be men and women of a great God." Mother Teresa said something similar. "Don't seek to do great things, seek to do small things with great love." Most of us need more time studying under Jesus to graduate from our petty desire for wide recognition. Ask God to use this study to thrust one more spear in the heart of our desire for human-defined greatness. There is no other way we can follow him into the hard places.

Read Luke 9:46-48

⁴⁶ *An argument started among the disciples as to which of them would be the greatest.*

⁴⁷ *Jesus, knowing their thoughts, took a little child and had him stand beside him.*

⁴⁸ *Then he said to them, "Whoever welcomes this little child in my name welcomes me; and whoever welcomes me welcomes the one who sent me. For it is the one who is least among you all who is the greatest."*

1) What criteria do you think the disciples may have used to compare themselves with each other in order to help them choose the greatest among them?

2) What qualities are needed to welcome a child? Another time, Jesus says we must make ourselves like children. What qualities of a child do you think Jesus may have been referring to?

Read Luke 9:49-50

⁴⁹ *"Master," said John, "we saw someone driving out demons in your name and we tried to stop him, because he is not one of us."* ⁵⁰ *"Do not stop him," Jesus said, "for whoever is not against you is for you."*

3) What are some motivations that might cause the disciples to try to stop others who are also ministering “in Jesus’ name”?

4) What are some things about other missionaries that might get on your nerves or even provoke you to attempt to stop their ministry? Ask the Lord to give you grace for those who minister in Jesus’ name but who may not be part of your theological “in” group or don’t practice ministry the way you do.

Read Luke 9:51-56

⁵¹ As the time approached for him to be taken up to heaven, Jesus resolutely set out for Jerusalem. ⁵² And he sent messengers on ahead, who went into a Samaritan village to get things ready for him; ⁵³ but the people there did not welcome him, because he was heading for Jerusalem. ⁵⁴ When the disciples James and John saw this, they asked, “Lord, do you want us to call fire down from heaven to destroy them?” ⁵⁵ But Jesus turned and rebuked them. ⁵⁶ Then he and his disciples went to another village.

5) The Samaritans were an ethnic group despised by the Jews. They were seen as Jews who had lost their true ethnic identity by assimilating with a conquering majority group and adopting their impure practices. The place of worship (Jerusalem for the Jews) was a point of contention. What can we see of Jesus’ attitude about Samaritans here? What is their attitude about him?

6) Think of a time that you were filled with what seemed to be righteous indignation at the hard-heartedness or hostility of someone to the gospel. What’s wrong with the disciples’ response?

Read Luke 9:57-62

⁵⁷ As they were walking along the road, a man said to him, "I will follow you wherever you go." ⁵⁸ Jesus replied, "Foxes have dens and birds have nests, but the Son of Man has no place to lay his head." ⁵⁹ He said to another man, "Follow me." But he replied, "Lord, first let me go and bury my father." ⁶⁰ Jesus said to him, "Let the dead bury their own dead, but you go and proclaim the kingdom of God." ⁶¹ Still another said, "I will follow you, Lord; but first let me go back and say goodbye to my family." ⁶² Jesus replied, "No one who puts a hand to the plow and looks back is fit for service in the kingdom of God."

7) Jesus was voluntarily homeless. If people say with confidence that they will follow "wherever" Jesus leads, what might they need to give up in order to make good on their promise?

8) How in your life has following Jesus meant saying "no" or "not now" to other high-ranking commitments to family, friends, school or others' expectations?

9) Make a list of things that you have had to give up (or will have to give up upon leaving orientation) as a result of your participation on this program.

10) Are there still some things that may be standing in the way of your unquestioning, whole-hearted pursuit of Jesus? Ask the Lord to remember your human frailties and help you to be more unreserved in your devotion to him.

ORIENTATION

Bible Study: Day 3, Luke 10:1-16

Take a moment to reflect on this poem, *Hast Thou No Scar?*, by Amy Carmichael.

Hast thou no scar?
No hidden scar on foot, or side, or hand?
I hear thee sung as mighty in the land;
I hear them hail thy bright, ascendant star.
Hast thou no scar?

Hast thou no wound?
Yet I was wounded by the archers; spent,
Leaned Me against a tree to die; and rent
By ravening beasts that compassed Me, I swooned.
Hast thou no wound?

No wound? No scar?
Yet, as the Master shall the servant be,
And piercèd are the feet that follow Me.
But thine are whole; can he have followed far
Who hast no wound or scar?

"I am sending you out like lambs in the midst of wolves." Those are the words Jesus spoke to his disciples directly before their short-term mission. Today you will be sent as a lamb into a wolf-infested world. And, in some places, the wolves are winning. Write a brief note to Jesus reflecting on some of the fears you have as you follow your Master out of the familiar and into the unknown.

Read Luke 10:1-16

¹ After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go. ² He told them, "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. ³ Go! I am sending you out like lambs among wolves. ⁴ Do not take a purse or bag or sandals; and do not greet anyone on the road.

⁵“When you enter a house, first say, ‘Peace to this house.’ ⁶ If someone who promotes peace is there, your peace will rest on them; if not, it will return to you. ⁷ Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house. ⁸ “When you enter a town and are welcomed, eat what is offered to you. ⁹ Heal the sick who are there and tell them, ‘The kingdom of God has come near to you.’ ¹⁰ But when you enter a town and are not welcomed, go into its streets and say, ¹¹ ‘Even the dust of your town we wipe from our feet as a warning to you. Yet be sure of this: The kingdom of God has come near.’ ¹² I tell you, it will be more bearable on that day for Sodom than for that town.

¹³“Woe to you, Chorazin! Woe to you, Bethsaida! For if the miracles that were performed in you had been performed in Tyre and Sidon, they would have repented long ago, sitting in sackcloth and ashes. ¹⁴ But it will be more bearable for Tyre and Sidon at the judgment than for you. ¹⁵ And you, Capernaum, will you be lifted to the heavens? No, you will go down to Hades. ¹⁶“Whoever listens to you listens to me; whoever rejects you rejects me; but whoever rejects me rejects him who sent me.”

1) The passage begins, “After this . . .” After what? Why is what precedes this important?

2) Why do you think Jesus didn’t send the disciples out one by one? They could have covered more ground. What might be challenging about working in pairs?

3) What is the very first instruction Luke records Jesus giving? Do it.

4) Once again we see Jesus giving his disciples a reverse packing list. Think again about what you will be packing today and make any adjustments you feel Jesus wants you to make.

5) What are some principles in verse 7 that you would like to embrace during the program?

6) How had the Kingdom of God come near? What was the vehicle through which the Kingdom had come?

7) How "near" do you want to get to the people to whom you are going? If the Lord does not give you the gift of healing, can you still bring the Kingdom of God near? How?

8) Does God judge individuals or cities? Explain your answer.

9) Who, ultimately, is rejected or listened to when the laborers bring the Kingdom near?

Spend some time in stillness before Jesus, listening to anything he may want to say to you.

DURING

One-Week Review

After one week in my host country...

1) What fears did I exaggerate before I arrived? How have these changed?

2) So far, how have your expectations met or been different from your realities abroad?

- A. teammates?
- B. staff?
- C. host friends?
- D. food?
- E. living environment?
- F. Christianity in the host culture?
- G. God's presence in my life?
- H. What I am learning:

3) How well am I adjusting?

4) How will God use me?

5) Do I need to adjust any of my goals and expectations? How?

6) Have I answered my 3 burning questions? Am I surprised?

7) What am I enjoying the most? Least?

8) How am I doing on the Approaching Differences Diagram at this point?

9) How am I doing spiritually?

10) My prayer at this point is...

DURING

Mid-Program Review

A look back and a look forward...

- 1) What things do I like about my host culture/country?

- 2) What things do I not like about it?

- 3) How are my relationships with people in this culture? Do I need to change anything?

- 4) How are my relationships with my teammates? Do I need to change anything?

- 5) What goals and expectations have been met or unmet?
MET UNMET

- 6) Do I need to change some goals and expectations?

- 7) How is my team doing? How am I contributing to it?

- 8) What else do I need to do to make the rest of the program even better for others and me?

9) How have I seen God's presence?

10) My prayer for the remaining time...

DURING

Mid-Program Assignment

Halfway through my trip...

What does my host city look like?

As you have been walking alongside the people in your city for a bit of time now, take some time to reflect on what God's justice might look like in your city.

1) What injustice and oppression have I observed first-hand since arriving?

2) In what ways have systems or culture perpetuated injustice?

3) What have you observed in those followers of Jesus who are committed to the transformation of their city?

4) How can you pray for this city?

5) How can you invite others back home to pray for this city?

DEBRIEF

Bible Study: Day 1, Jonah 2

In *Les Misérables*, by Victor Hugo, the entire life of the main character Jean Valjean turns on the hinge of a single moment of grace and deliverance. Valjean has become a hardened criminal through a cruel penal system that has imprisoned him 19 years for stealing a loaf of bread. Embittered and full of hate, Valjean is forced to ask for food and lodging from a local bishop after being released from prison. The bishop welcomes Valjean, giving him a meal and a place to stay for the night. Valjean repays the bishop's kindness by clubbing him over the head and robbing him of his silverware.

The next day Valjean is caught by the police. Certain to serve a great deal of time for his theft, the police bring him before the bishop at his home for positive identification. "Thank God you've found him!" the bishop exclaims as the police bring him through the door. "This man says you gave him the silverware," the chief tells the bishop. "Oh, but I did," the bishop replies. "But why didn't you take the silver candlestick holder?" he says, turning to Valjean, "It's worth a great deal of money." When the police leave, the bishop tells Valjean that with this silver he has redeemed him and that Valjean is no longer devoted to evil but to good.

In that single act of deliverance, Valjean becomes a new man. His life turned 180 degrees. He uses the money wisely and becomes a wealthy factory owner who extends grace to others.

1) Is there an event from this summer that stands out as one of those moments from which you experienced a profound change?

Read Jonah 2 (start from Jonah 1:17).

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. ¹ From inside the fish Jonah prayed to the Lord his God. ² He said: "In my distress I called to the Lord, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry. ³ You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. ⁴ I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' ⁵ The engulfing waters threatened me, the

deep surrounded me; seaweed was wrapped around my head. ⁶ To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, Lord my God, brought my life up from the pit. ⁷ When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. ⁸ Those who cling to worthless idols turn away from God's love for them. ⁹ But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the Lord.'" ¹⁰ And the Lord commanded the fish, and it vomited Jonah onto dry land.

2) How does Jonah respond while drowning as a result of his rebellion?

3) Verse 8 refers to "worthless idols." Jonah probably has in mind the picture of the sailors each crying out to their own gods in chapter 1 verse 5. How does Jonah experience grace and how does clinging to idols forfeit that grace?

4) What vow do you think Jonah is referring to in verse 9?

DEBRIEF

Bible Study: Day 2, Jonah 3

Read Jonah 3.

¹ Then the word of the Lord came to Jonah a second time: ² "Go to the great city of Nineveh and proclaim to it the message I give you." ³ Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it. ⁴ Jonah began by going a day's journey into the city, proclaiming, "Forty more days and Nineveh will be overthrown." ⁵ The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. ⁶ When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. ⁷ This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. ⁸ But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. ⁹ Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not ¹⁰ When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

Reflect on Jonah's mixture of emotions at this time. Imagine his joy and relief to be miraculously delivered safely on dry land. Yet he still has to face his fear and questions about preaching his message to Nineveh.

1) How is Nineveh described? How would you describe the city to which you went?

2) Do you have the faith to imagine this city in a state of revival?

3) What do people in this city believe? How is their belief backed up by action? How about your beliefs?

4) Why did Jonah turn from his disobedience? Why did the Ninevites turn from their wickedness? Why did God turn from his anger?

5) Have you felt any of the convictions you described in question 1 on Day 1 before this program? If so, have you acted on them?

Journal for a moment about the kinds of changes you would like to make as a result of your summer. What areas of sin do you need to address? What life-direction changes would you like to make? What about small ways you'd like your life to be different? As you consider the convictions God has given you, what does it mean for you to stay out of the belly of the fish?

DEBRIEF

Bible Study: Day 3, Jonah 4

Have you ever experienced profound grief, perhaps at the death of someone very close to you? At this stage in my life I have been spared such anguish, but several friends have described to me what it's like. Some said that after the initial shock wore off they began to grieve simply by weeping. However, after hours of continuous weeping the emotions are drained to the dregs and a soulful moaning begins that comes from the very depths of one's heart. Crying gives way to bitter, deep groaning.

My friend Dave in his early twenties lost his younger brother to a motorcycle accident. He describes the days that followed as dark and sleepless. He, too, experienced the mournful groaning after his tears were expended. Many years later, Dave was at a worship time in a conference. During the prayer portion of worship Dave began to experience the anguish that he had experienced when his brother died. He quickly moved from tears to deep groaning. He said that in his grief the Lord was showing him the hordes of those who were lost and had no knowledge of his love. God was sharing with Dave his intense mourning for the lost. Except for the death of his brother, Dave had never experienced grief of that sort.

Most of us completely underestimate God's passionate heart for the lost, the poor and the broken. Our perspective is distorted by our short lifespan and our obsession with our own needs. It takes a supernatural act for us to climb into God's perspective. God used a plant to help Jonah understand something of his tender heart for the lost and to uncover the painful truth about Jonah's own self-absorbed heart.

This summer you have had significant contact with the lost, the poor and the broken. Write about a moment that you felt as though you were seeing something of God's heart for the people to whom you were sent.

Read Jonah 4

¹ But to Jonah this seemed very wrong, and he became angry. ² He prayed to the Lord, "Isn't this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. ³ Now, Lord, take away my life, for it is better for me to die than to live." ⁴ But the Lord replied, "Is it right for you to be angry?" ⁵ Jonah had gone out and sat down at a place east of the

city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city. ⁶ Then the Lord God provided a leafy plant and made it grow up over Jonah to give shade for his head to ease his discomfort, and Jonah was very happy about the plant. ⁷ But at dawn the next day God provided a worm, which chewed the plant so that it withered. ⁸ When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah's head so that he grew faint. He wanted to die, and said, "It would be better for me to die than to live." ⁹ But God said to Jonah, "Is it right for you to be angry about the plant?" "It is," he said. "And I'm so angry I wish I were dead." ¹⁰ But the Lord said, "You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. ¹¹ And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?"

1) How does Jonah describe God?

2) Why does Jonah say he is angry? What else do you suppose might be behind his anger?

3) What is Jonah waiting for in verse 5?

4) In verse 6 what does God provide and for what purpose is it provided?

5) How is the worm in verse 7 and the wind in verse 8 part of God's good "provi- sion" for Jonah?

6) Has there been a time in your life where God has removed something you really like? What good came of having it removed?

7) How does Jonah's anger over the vine compare with God's heart for the Ninevites?

8) In the book of Jonah, is the mission field primarily the Ninevites or primarily Jonah? How does God show his concern for both?

9) At the beginning of the summer, what inconveniences did you expect to experience? How do these compare with what you actually experienced?

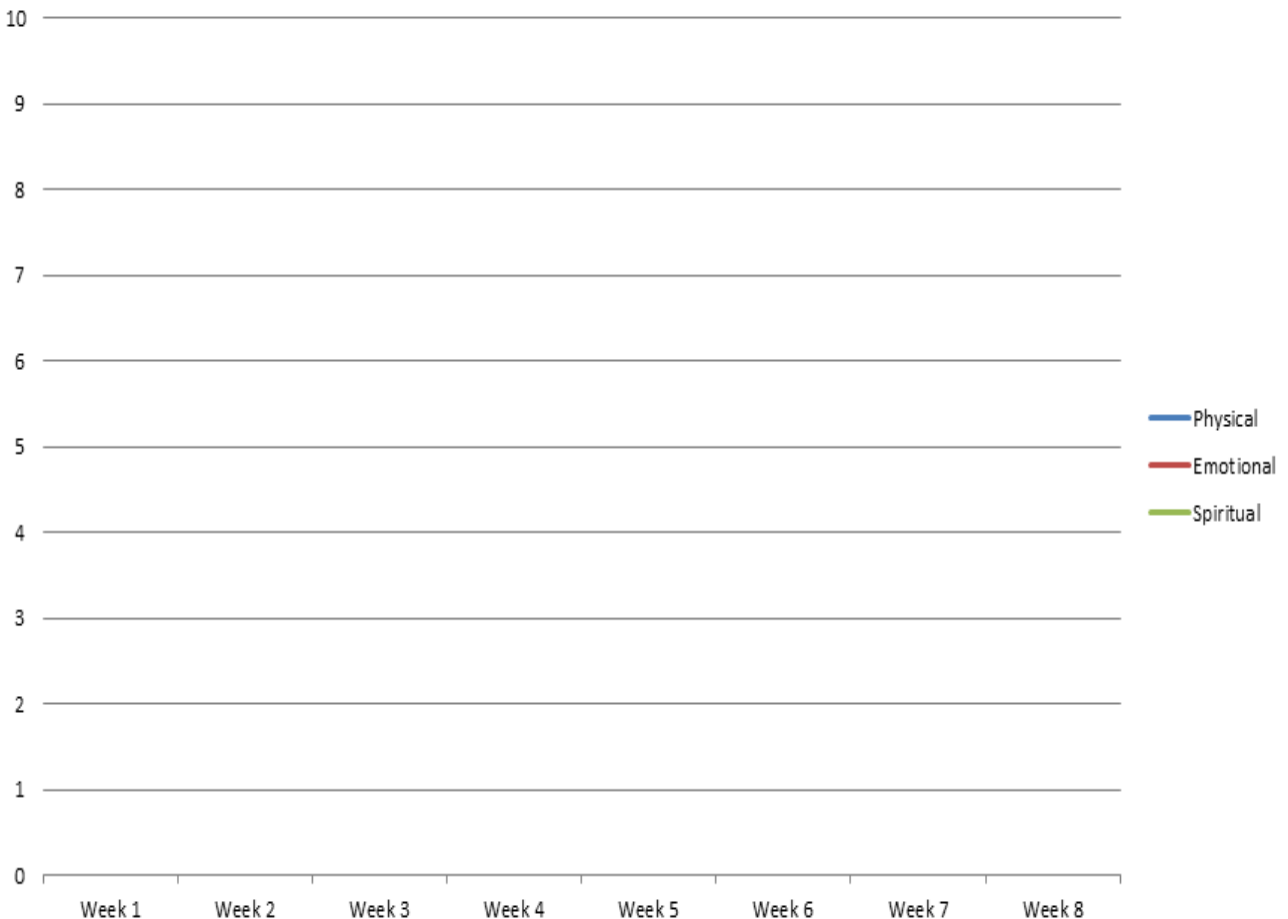
10) What might you have to give up should you go long-term? How could God use those sacrifices for His glory? What might you, and others, gain should you go long-term?

Take some time to journal regarding your willingness to be God's messenger. Ask him to clearly show you what he is calling you to and how to test the call. Take some time to journal about any insights into your life's direction as you have discerned on this trip.

DEBRIEF

My Program Life Graph

You are going to sift through your experiences during the program. Think of sifting through your many experiences to identify the most critical items. First, draw a program life graph with three lines: physical, emotional, and spiritual. The physical line would be low if you were sick, but high when you were healthy. The emotional line might be low when you experience unhealthy emotions (e.g. resentment, self-pity) and high when you experience healthy emotions (e.g. compassion, contentment). The spiritual line would be high when you are hearing and obeying God, but low when you couldn't hear Him or didn't obey Him.



DEBRIEF

Team Reflections

Another perspective is thinking about your experience as a member of a team.

- 1) What I appreciated most about my team was...

- 2) Ways in which I experienced growth through team conflict and challenge...

- 3) What I learned about myself from the team was...

- 4) Do I have any unresolved conflict with someone? What can I do about it now?

- 5) What I will really miss from the team is...

- 6) What I am thankful to the Lord for regarding my team is...

- 7) When I think about my teammates, specifically in any small group, I want to remember:

Name

What I appreciate about them

DEBRIEF

Critical Incidents

Now think about the most critical conversations, people and incidents of your time on this program. Consider how that event influenced you and how it might impact you in the months and years to come. Try to form words around these influential people and events.

Critical influencer

How it influenced me

Potential for future

1.

2.

3.

4.

5.

6.

7.

DEBRIEF

Iconic Moments

Joel Kimsey

How many of you are familiar with icons? People who paint icons are actually called writers, and they are said to write icons because icons are so complicated and can contain lots of insight into Jesus and the Kingdom of God. So when you look at an icon you are actually reading it. I think the Holy Spirit is the Great Writer and is writing icons in our lives all the time. It is up to us to look for them and to read them.

I will never forget that moment when I met Mother Teresa. It wasn't just because she spoke with me or held my hand or even that she prayed for me and blessed me. It was her feet. Yes, her feet... As she was holding my hand, I looked down at her feet. They were deformed and ugly. They truly were the feet of someone who walked in the steps of Jesus. Someone who had lived her life on behalf of the poor. Someone who had followed Jesus wherever he led. Someone who had sacrificed everything for the sake of Jesus. Her feet were an iconic moment that spoke loudly.

Iconic moments can come in many forms. From the intense to the mundane. It is our responsibility to look for them and to read them. Any incident in your life has the potential to become an iconic moment only if you are willing to read it and listen to what the Great Writer is writing.

Now you will have the opportunity to read your experience while on the program and identify the iconic moments that the Great Writer has laid out for you. Review what you've written to help bring clarity to what God showed you during the program.

For your final reflection activity, you'll identify three iconic moments from your program. Be prepared to share them.

- 1)
- 2)
- 3)

DEBRIEF

Retreat of Silence

When I step off the plane at home, who will my family and friends meet? What changes have I undergone this summer? How have I stayed the same? (Consider any shifts in habits, language, ambitions, preferences, values, priorities, etc.) Now that you've had a chance to shift through aspects of the program, you can begin to 'read' your iconic moments. Spend a couple of hours before the Lord. You can spend a short time resting, but make sure you allot yourself enough time to go through all of the questions. When answering the questions, keep your iconic moments in mind.

How I've Changed:

1) Physical

2) Social/relational

3) Emotional/Attitudinal

4) Spiritual

5) Other

How I'm the Same:

Physical

Social/relational

Emotional/Attitudinal

Spiritual

Other

1) How do I anticipate others will respond to my changes?

2) What difficulties might I go through as I return?

3) What am I most looking forward to at home?

4) Who can I look to for support as I go through re-entry adjustment?

5) How did I experience God in new ways?

6) Where did I see God at work?

7) How will I look for God back home?

DEBRIEF

Re-Entry Strategy

What other plans can I make for being proactive in my transition back home? Consider time for rest, family, and friends, reading, journal keeping, school, work commitments, etc.

- 1) The first 3 days I am home I want to make sure I . . .

- 2) The first full week I am home I want to make sure I . . .

- 3) The first month that I am home I want to make sure I . . .

- 4) The first 3 months I am home I want to make sure I . . .

- 5) What promises or commitments did I make to my hosts, friends, community, God?

- 6) Over the next year I hope to make changes or adjustments and recommitments in my life in the following areas...

- 7) I must remember that my family and friends have had a life while I've been gone too. What can I do to honor their time and life while I was gone?

- 8) Share with someone on your team the commitments you made and pray for one another

DEBRIEF

Telling My Story

The most common question short-termers hear upon return is, “How was your trip?” Some people ask this question as a formality of greeting, others really want to know. Anticipating that people have different levels of interest can help you “make friends” with that question rather than despise it! One way to anticipate a person’s interest level is to have answers of varying lengths that can be used appropriately as the question “How was your summer?” is posed. Try a few on for yourself. Consider the framework laid out in the next section, called SHARING THE BIG STORY, as a way of describing your experiences. It may be particularly useful when talking to non-Christians but can apply to anyone.

The Sound-Bite Approach: Write a 15 second response.

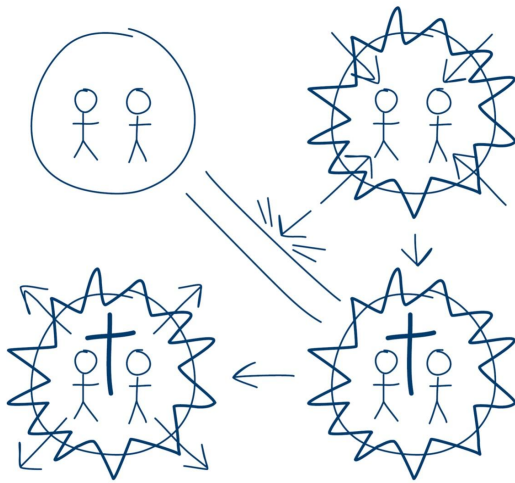
The Commercial Approach: Write a 1 minute response, inviting them to a longer conversation or event to hear more.

The Interested Conversation Approach: Write a 5 minute response. (Of course, this response needs to anticipate the fact that in normal conversation there is dialogue.)

The Invited Approach: Write an outline for a 20-minute talk and presentation that may be solicited from either your campus group or home church. What should you include? Use lots of pithy stories, principles God taught you and what you saw God doing where you were. AVOID stereotyping of the people and culture in which you stayed.

YOUR STORY & THE BIG STORY

Christians won't be the only ones who will ask you about your time abroad. Whenever someone asks, "How was [your host country]?" you're given an opportunity not only to share about your experiences, but also to give people a chance to learn more about The Big Story.



World 1: The world and all that's in it was designed for good.

World 2: We—and the world—were damaged by evil.

World 3: Jesus came to restore the world and everything in it to what God intended.

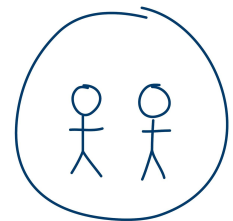
World 4: Jesus invites us to join him and his community to heal the world.

STARTING THE CONVERSATION:

You can ask a question like "Would you like to know more about why going abroad was important for me?"

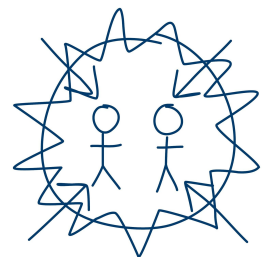
DESIGNED FOR GOOD:

Write down what you would say to finish this statement in light of your Global Program (GP) or Global Urban Trek (Trek) experience: "In the Christian worldview, God designed a world where everything was good and it worked beautifully. In my host country, I saw God's goodness through . . ."



DAMAGED BY EVIL:

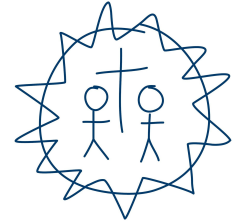
Write down what you would say to finish this statement: "But clearly the world isn't living according to its design. Instead, we rejected God's design, tried to take charge, and damaged everything: ourselves, our relationships, and the world around us. This ultimately damages our relationship with God. We all contribute to the



problem, and we all suffer because of it. In my host country, I saw a world damaged by . . .”

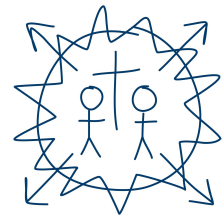
RESTORED FOR BETTER:

Write down what you would say to finish this statement: “But God loved the world too much to leave it this way. He came as Jesus. And through Jesus’ death and resurrection, all of this junk—in us and around us—dies with him so that a new life, and a new world, is possible. We can live with God, and he in us. I saw Jesus restoring me and others on my GP/Trek by . . .”



SENT TO HEAL:

Write down how you would finish this statement: “Jesus asks us to be a part of what he’s doing to heal the damage in the world. In my host country, I saw Jesus healing through . . .” “I plan on continuing to be a part of what Jesus is doing by . . .”



ONLY THROUGH JESUS:

“The restoration I saw in my host country wouldn’t have happened without Jesus. Now, you might ask why we can’t jump from knowing our world is suffering to being the cure? Why can’t we help without faith or spirituality? “We can’t move forward unless the damage we’ve done personally is repaired. We need Jesus to heal us and forgive us. Plus, the world’s problems are infinite, and we’re bound to get overwhelmed. Our anger, prejudices, and self-righteousness will compete with our service. We need resources like Christian community and God’s presence, the Holy Spirit, which we can only get through Jesus.”

ASK FOR A RESPONSE:

Every good story elicits a response, whether to clap or to cry. You have the chance to do the same with your GP/Trek testimony. “In which world would you put yourself? In the first, where everything in the world seems fine? In the second world, where you’re overwhelmed by evil? In the third, where you have some understanding of what Jesus did and that he’s calling you to follow him? Or are you in the fourth, where you’re doing good in the world, but don’t really know why Jesus has to be a part of it?”

CONTINUE THE CONVERSATION:

Depending upon the person's response, if the person is open, ask them if they would like to follow Jesus and engage in his mission to heal the world with his community. If they'd like to learn more before making a decision, you can invite them to investigate God with you through a GIG (Groups Investigating God, available at interVarsity.org/bible-studies/gigs-index).

If they say yes, lead them in a prayer response to Jesus: "Jesus, I believe that your death and resurrection broke the cycle of corruption in the world and in me. I acknowledge my responsibility in contributing to the damage in the world. I receive your forgiveness. I choose to follow you and let you be my savior and leader. I receive your Spirit."

Adapted from the The Big Story gospel outline developed by James Choung.

RETURNING WELL

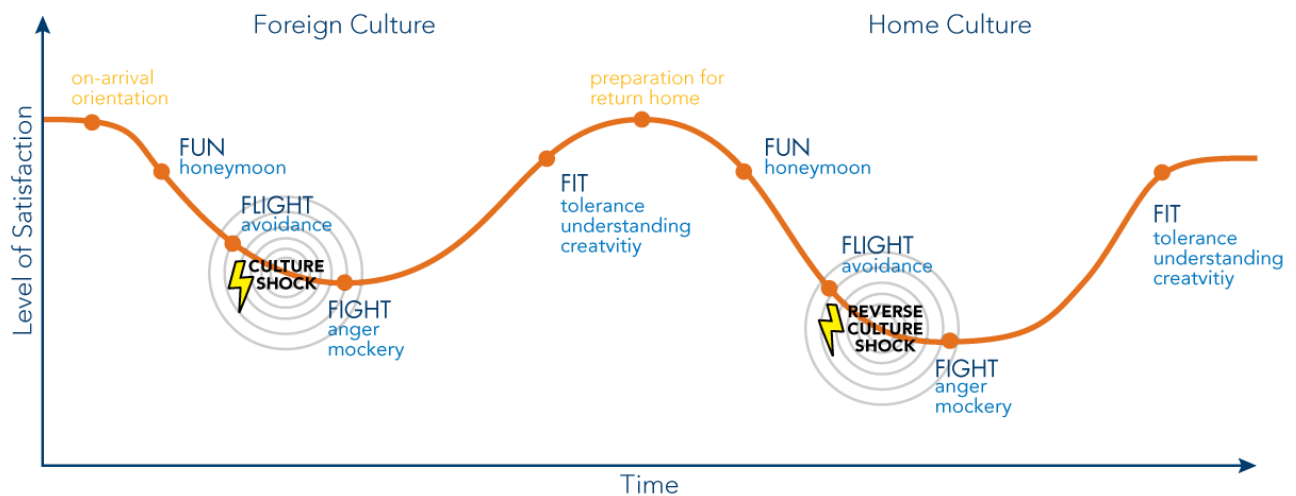
Part 1: Welcome back!

Returning from a global experience can be energizing and exciting, especially when you have so much to share about what God has done and taught you while abroad. Although there is joy in reconnecting with friends and family, it can also bring some unexpected frustrations and challenges.

Debrief and Interpret

A helpful tool is the Stages of Transition graphic, shown below. While many prepare for culture shock in their host culture, few think about how the transition process for returning home. Take a look at various stages of returning to home culture.

STAGES OF TRANSITION



One may actually experience several high and low points in each transition. Also, multiple and simultaneous "U" curves may be experienced, with academic adjustment happening at a different rate than social or emotional transition, for example.

This diagram is available as a bookmark through the InterVarsity Store at tiny.cc/bkmmk

Lisa Espineli Chinn & David Pollock © 2011 InterVarsity Christian Fellowship/USA

Where do you find yourself on this curve? What have you noticed about your posture – have you been open and adaptable, or suspicious and fearful?

What about your home culture has been refreshing or comforting? What has been hard to adjust back to?

Hear the Word

Mark 6:7-13, 30-37

⁷ Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits. ⁸ These were his instructions: "Take nothing for the journey except a staff—no bread, no bag, no money in your belts. ⁹ Wear sandals but not an extra shirt. ¹⁰ Whenever you enter a house, stay there until you leave that town. ¹¹ And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them." ¹² They went out and preached that people should repent. ¹³ They drove out many demons and anointed many sick people with oil and healed them.

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." ³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. ³⁴ When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things. ³⁵ By this time it was late in the day, so his disciples came to him. "This is a remote place," they said, "and it's already very late. ³⁶ Send the people away so that they can go to the surrounding countryside and villages and buy themselves something to eat." ³⁷ But he answered, "You give them something to eat." They said to him, "That would take more than half a year's wages! Are we to go and spend that much on bread and give it to them to eat?"

In verses 7-13, what do you notice about Jesus' instructions and the disciples' response?

What do they get to experience by obeying Jesus' instructions?

Imagine what the disciples were feeling and thinking in verse 30 as they reported back to Jesus. Can you think of a time during your GP or Trek that you saw God show up in an exciting way? What did it feel like to share that story with others?

How do you think it felt for the disciples to hear Jesus' invitation to get some rest in a quiet place with him after a busy season of ministry?

What do you think about the disciples' response to the crowds? What changed for them between their enthusiastic return from their journey among these villagers in verse 30 and their eagerness to get rid of them in verses 35-37?

Respond Actively

Make a list of the things you are coming back to – a significant other, a family situation, a challenging academic semester, financial stress, etc. Pray about each situation, consciously giving each to God. Carve out time to rest in God during this transition time.

Communicate to your friends and family one thing you miss about the culture you experienced and one thing you appreciate about being back in your home culture. Let them know you're glad to see them, even while you miss others whom you've just left.

RETURNING WELL

Part 2: Celebrate and Mourn

No culture is better than another; all cultures have characteristics that are worthy of celebrating and mourning. Take a moment and ask yourself how you feel about the culture you experienced overseas and about U.S. culture – for each, what are you celebrating and mourning?

This week be honest with yourself and with God. Move into the complexity of crossing cultures rather than avoiding it. Celebrate the wonderful things about your experience. Mourn the things you miss or the brokenness you see in the world. Tell God what you think and feel.

Debrief and Interpret

What are your current areas of mourning or grieving? Tell God what you are sad about.

What are some areas of celebration? Thank God for the good things he has done and is doing.

What are some areas of dissonance and frustration? Be honest with him and ask him your questions; express your frustration. He wants to hear you.

Hear the Word

Psalm 100

- ¹ *Shout for joy to Yahweh, all the earth.*
² *Worship Yahweh with gladness;
 come before him with joyful songs.*
³ *Know that Yahweh is God.
 It is he who made us, and we are his;
 we are his people, the sheep of his
pasture.*
⁴ *Enter his gates with thanksgiving
 and his courts with praise;
 give thanks to him and praise his name.*
⁵ *For Yahweh is good and his love endures
forever;
 his faithfulness continues through all
generations.*

Psalm 130

- ¹ *Out of the depths I cry to you, Lord;*
² *Lord, hear my voice.
Let your ears be attentive
 to my cry for mercy.*
³ *If you, Lord, kept a record of sins,
 Lord, who could stand?*
⁴ *But with you there is forgiveness,
 so that we can, with reverence, serve
you.*
⁵ *I wait for Yahweh, my whole being waits,
 and in his word I put my hope.*
⁶ *I wait for the Lord
 more than watchmen wait for the
morning,
 more than watchmen wait for the
morning.*
⁷ *Israel, put your hope in Yahweh,
 for with Yahweh is unfailing love
 and with him is full redemption.*
⁸ *He himself will redeem Israel
 from all their sins.*

How does each Psalm make you feel? What do they make you think of?

What do you notice about Psalm 100 that evokes celebration?

What do you notice about Psalm 130 that might help someone mourn?

Respond Actively

1. Write your own psalm of celebration or mourning. Share it with a friend or mentor.
2. When you are mourning, express how you feel – write, draw, make a memorial using rocks, pictures, or candles. Go for a walk or run, cry or yell, talk to a friend.
3. Celebrate your experience in a tangible way. Host a party to celebrate your experience. Play a favorite song that reminds you of your experience. List some highlights from the trip and post them where you will see them.
4. Ask a safe person to spend time with you wrestling with your questions and dissonance. Ask them to just listen and pray together.
5. Practice praying Psalms which express your feelings.
 - **Psalms of Praise and Celebration**
 - Psalm 8, 33, 46, 85, 95, 100, 107, 126, and 150 are all psalms of praise of God’s creation, God’s word, and what God has done for his people. Join with the psalmists in thanking God!
 - **Psalms of Wrestling and Mourning**
 - Psalms 69 and 109 can be prayed in especially difficult circumstances, and Psalms 5, 6, 10, 52, 83, and 137 describe situations of difficulty or frustration. God wants to hear when you are frustrated and angry! God can handle it.

RETURNING WELL

Part 3: Be Present

There is something wonderfully familiar about school starting again. A new semester or quarter means the familiar rhythms of going to new classes, meeting people, and settling into academic and social routines. While familiar routines can be great, it can be easy to let routine crowd out reflection on your GP or Trek.

One way people respond to returning home after an important cross-cultural experience is to assimilate quickly back to normal life. This can express itself in small ways – like eating only American fast food right after returning – or in big ways – like jumping right back into classes and a busy semester without applying what you learned while away.

Debrief and Interpret

What are some ways that you have fit right back into U.S. culture without skipping a beat?

What are some ways that God may be calling you to hold yourself back a bit and remember how God moved during your time away?

What rhythms and routines do you especially like about returning to campus? How can you be mindful of enjoying these as you adjust back to campus culture?

Hear the Word

After Jesus was crucified and raised from the dead, Jesus' disciples struggled to figure out what was next. After a life-changing couple of years with Jesus, they were unsure how to move forward. One response was to jump right back into their life as it had been before. The passage below tells the story of a time when they tried to go back to their old lives, and how Jesus called one of them – Peter – to a new and different life after his experience.

John 21:1-19

¹ Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way: ² Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. ³ "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

⁴ Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus.⁵ He called out to them, "Friends, haven't you any fish?" "No," they answered.⁶ He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.

⁷ Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. ⁸ The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. ⁹ When they landed, they saw a fire of burning coals there with fish on it, and some bread.

¹⁰ Jesus said to them, "Bring some of the fish you have just caught." ¹¹ So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. ¹² Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³ Jesus came, took the bread and gave it to them, and did the same with the fish. ¹⁴ This was now the third time Jesus appeared to his disciples after he was raised from the dead.

¹⁵ When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus

said, "Feed my lambs."¹⁶ Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep."¹⁷ The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."

Jesus said, "Feed my sheep."¹⁸ Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go."¹⁹ Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"

Early in chapter 21, it says that Jesus stood nearby, but the disciples didn't recognize him. Have there been times recently that God has been at work but you have not recognized it?

Why do you think Peter jumps out of the boat instead of continuing to ride in the boat? What is it about Jesus that he is responding to?

Jesus and Peter have the same interaction three times in this passage, linking love for Jesus with feeding and caring for Jesus' sheep. How might you be called out of your comfort zone to care for God's sheep?

Respond Actively

Are there ways you, like Peter, have returned to normal life after a significant experience? There were ways your GP or Trek experience pushed you out of your comfort zone. Find a way to continue stepping out of your comfort zone by joining a cultural club or implementing a spiritual discipline you learned on your trip.

Get together with other students from your GP or Trek, either in person or by video chat. Brainstorm ways that you can integrate your cross-cultural experience into your daily life, rather than leaving it behind. Maybe you feel challenged to remember to pray for people you met or to speak out against injustice. Act on it!

Sit down with your staff worker or a chapter leader and talk about the vision for the chapter this semester. Ask about the plans for outreach and discipleship. What are some ways you can leave your comfort zone and support your chapter?

Check out your chapter's plans for New Student Outreach (NSO). What are some ways you can be present during NSO that can help you leave your comfort zone and be present on campus?

RETURNING WELL

Part 4: Engaging Your Campus

In Part 3, we focused on how returning to your normal life can lead you to forget how God moved on your GP or Trek. Other times, returning to your campus after a time of new experiences and learning can be a letdown. You heard and saw so many new things, and your perspective on life has likely changed. It can be disheartening to return to campus where everything seems the same as when you left.

Debrief and Interpret

In what ways do you feel dissonance or distant from what is going on around you?

What has changed in you that doesn't seem to fit into "normal life" back on campus?

Hear the Word

When God called Moses to build the tabernacle in the wilderness, he also called the Israelites to give of themselves to help build it. In Exodus 35 and 36 we get a window into the diversity of gifts they gave toward this cause.

Exodus 35:20-36:7

²⁰ Then the whole Israelite community withdrew from Moses' presence, ²¹ and everyone who was willing and whose heart moved them came and brought an offering to Yahweh for the work on the tent of meeting, for all its service, and for the sacred garments.²² All who were willing, men and women alike, came and brought gold jewelry of all kinds: brooches, earrings, rings and ornaments. They all presented their gold as a wave offering to Yahweh. ²³ Everyone who had blue, purple or scarlet yarn or fine linen, or goat hair, ram skins dyed red or the other durable leather brought them. ²⁴ Those presenting an offering of silver or bronze brought it as an offering to Yahweh, and everyone who had acacia wood for any part of the work brought it. ²⁵ Every skilled woman spun with her hands and brought what she had spun—blue, purple or scarlet yarn or fine linen. ²⁶ And all the women who were willing and had the skill spun the goat hair. ²⁷ The leaders brought onyx stones and other gems to be mounted on the ephod and breastpiece. ²⁸ They also brought spices and olive oil for the light and for the anointing oil and for the fragrant incense. ²⁹ All the Israelite men and women who were willing brought to Yahweh freewill offerings for all the work Yahweh through Moses had commanded them to do.

³⁰ Then Moses said to the Israelites, "See, Yahweh has chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, ³¹ and he has filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills— ³² to make artistic designs for work in gold, silver and bronze, ³³ to cut and set stones, to work in wood and to engage in all kinds of artistic crafts. ³⁴ And he has given both him and Oholiab son of Ahisamak, of the tribe of Dan, the ability to teach others. ³⁵ He has filled them with skill to do all kinds of work as engravers, designers, embroiderers in blue, purple and scarlet yarn and fine linen, and weavers—all of them skilled workers and designers.

¹ So Bezalel, Oholiab and every skilled person to whom Yahweh has given skill and ability to know how to carry out all the work of constructing the sanctuary are to do the work just as Yahweh has commanded." ² Then Moses summoned Bezalel and Oholiab and every skilled person to whom Yahweh had given ability and who was willing to come and do the work. ³ They received from Moses all the offerings the Israelites had brought to carry out the work of constructing the sanctuary. And the people continued to bring freewill offerings morning after morning. ⁴ So all the skilled workers who were doing all the work on the sanctuary left what they were doing ⁵ and said to Moses, "The people are bringing more than enough for doing the work Yahweh commanded to be done."

⁶ Then Moses gave an order and they sent this word throughout the camp: "No man or woman is to make anything else as an offering for the sanctuary." And so the people were restrained from bringing more, ⁷ because what they already had was more than enough to do all the work.

What did the Israelite community bring to God? List physical gifts as well as talents and skills.

This community was wandering with limited resources in the desert. Given this reality, what is significant about vv. 36:6-7?

The Israelite community gave out of their diversity to support a united vision of the tabernacle. What about your chapter's vision for the campus would compel you to offer your gifts to this work?

Respond Actively

What activities on campus might you commit yourself to as evidence of your investment in the place God has you right now? Perhaps it is a club, a particular class, a small group, a service project, or a relationship. Take one step to deepen your commitment to this particular thing.

RETURNING WELL

Part 5: Where Your Passions and the Chapter's Goals Meet

Most likely, there were parts of your GP or Trek that were transformative. Perhaps you met women who worked in sweatshops or shared about Jesus for the first time with Chinese university students. Perhaps you learned about the injustices of human trafficking or served with local pastors in their ministry. These, and the variety of others that aren't listed, are amazing experiences!

Sharing these new passions with your InterVarsity chapter is probably a high priority for you. But it might feel like there isn't any room for your new passion. However, with a little creativity your new passion could become part of the vision and goals for the chapter.

Debrief and Interpret

As you see what your chapter is planning and doing this semester, what seems most exciting to you? What seems least exciting?

As you continue to process your GP or Trek, what are some ways that your experiences match up with what the chapter is doing?

Hear the Word

The recipients of Jeremiah's letter were exiled from Judah to Babylon in 597 BC. Jeremiah was preaching that this exile was God's will, while other prophets claimed that it was not and that those exiled would promptly be returned to Judah. This letter outlines Jeremiah's word from God for those in exile.

Jeremiah 29:1-14

This is the text of the letter that the prophet Jeremiah sent from Jerusalem to the surviving elders among the exiles and to the priests, the prophets and all the other people Nebuchadnezzar had carried into exile from Jerusalem to Babylon. ² (This was after King Jehoiachin and the queen mother, the court officials and the leaders of Judah and Jerusalem, the skilled workers and the artisans had gone into exile from Jerusalem.) ³ He entrusted the letter to Elasah son of Shaphan and to Gemariah son of Hilkiah, whom Zedekiah king of Judah sent to King Nebuchadnezzar in Babylon. It said:

⁴ This is what the Lord Almighty, the God of Israel, says to all those I carried into exile from Jerusalem to Babylon: ⁵ "Build houses and settle down; plant gardens and eat what they produce. ⁶ Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. ⁷ Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." ⁸ Yes, this is what the Lord Almighty, the God of Israel, says: "Do not let the prophets and diviners among you deceive you. Do not listen to the dreams you encourage them to have. ⁹ They are prophesying lies to you in my name. I have not sent them," declares the Lord.

¹⁰ This is what the Lord says: "When seventy years are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place. ¹¹ For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. ¹² Then you will call on me and come and pray to me, and I will listen to you. ¹³ You will seek me and find me when you seek me with all your heart. ¹⁴ I will be found by you," declares the Lord, "and will bring you back from captivity. I will gather you from all the nations and places where I have banished you," declares the Lord, "and will bring you back to the place from which I carried you into exile."

What do you notice about Jeremiah's instruction for the exiles? What might have been surprising about these instructions?

Jeremiah 29:11 is often quoted out of context on products such as Christian graduation cards. How does its meaning change when it is part of the entire chapter?

Some of the exiles were tempted to believe false prophets, who said the exiles would be going home soon. Like these exiles, have you been rejecting your current place in favor of your GP or Trek experience? If so, how?

Respond Actively

How might you take Jeremiah’s words to heart in the midst of your campus experience? What might it mean on campus to “build houses and settle down; plant gardens and eat what they produce?” Brainstorm ways your passions and campus goals intersect. How could your new passion be part of your chapter? (Use chart below)

Propose a plan to your campus staff or chapter leaders about how you see your passion fitting in with chapter goals.

My Passion	Chapter Goals	Intersection
<i>Heart for Host Country</i>	<i>More chapter involvement for International students</i>	<i>Host a weekly meal or Bible study with internationals</i>
<i>Anti-human trafficking</i>	<i>Build connections with clubs on campus</i>	<i>Join a club raising awareness about human trafficking</i>
<i>Multi-cultural forms of worship</i>	<i>Increasing chapter diversity</i>	<i>Get to know chapter members with different worship styles and introduce new types of worship</i>
<i>Issues of global poverty</i>	<i>Developing global citizens</i>	<i>Share about your experience at large group and call to action</i>

RETURNING WELL

Continue the Journey

Returning to life on campus can be difficult after having a transformative experience off campus. Continue to be in conversation with trusted friends, family, and mentors as you reflect on your experiences. Meaningful experiences, like the one you've had, take time to process – often months and sometimes years. Have patience with yourself! God is at work in you.

We'd like to say thank you for saying yes to Jesus and your global experience. May God continue to use it to bubble kingdom transformation in and through you, wherever you go.

"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen." Ephesians 3:20-21

Blessings,
The Global Program Team

RESOURCES

Towards Growthful Re-entry

Linda Olson

What is re-entry culture adjustment? It is simply the transition back into one's home culture after living for a time in another. It can be characterized by an accentuation of confrontation with one's own personal identity and the impact upon that identity of both one's home and foreign cultures.

What causes this re-entry time to be difficult for some? Generally, it is because the individual has changed or is changing in attitudes and values and is coming back to an environment that has not changed in the same way. (For long-termers, the home culture may have changed drastically since the time they originally left. For the short-termers, it is the person who has done most of the changing over such a short period, while the home culture has changed less dramatically.) The deeper these attitude and value changes are in the individual, the more likely that the transition period will be unsettling.

Points of dissonance that a returnee may experience are

- A. unexpected tiredness, confusion, and sometimes discouragement
- B. an awareness of habits or behaviors that were second nature before leaving but seem meaningless or disturbing once home
- C. adjustment to role changes, either defined or undefined that lead to an unsettled feeling
- D. a change in responsibilities, a change of pace
- E. unexpected adjustment period leading to frustration or anxiety
- F. a sense of loneliness and a need for a close friend to listen
- G. an inability to express or share the experience and resulting changes
- H. reaction to North American affluence
- I. reaction to values presented in the media
- J. disillusionment with the abundance in the North American church and its seeming lack of concern for the world.

How do people handle this re-entry time? There are three basic reactions. One may experience a little of each in the process.

A. **The Assimilators** seem to slide right back into the home culture with little to no problem and appear almost to have forgotten their short-term. These persons may seem to have adjusted well but may have missed out on the greatest growth opportunity, for they do not seem to integrate the things they saw, learned, and questioned into a new view of life and the world.

B. **The Alienators** seem to reject the home culture, although for the very short term. This may not last long. They may be very pessimistic and critical of the home culture, realizing that they too were a part of it. They seem limited in their ability to see the range of social structures and their appropriateness for creating personal alternatives for life values. They may finally succumb to the home culture out of a need to belong somewhere. Again this reaction does not eventually afford a growthful re-entry.

C. **The Integrator** is the one who expects the dissonance he or she is experiencing although maybe not in each form it appears. They are able to identify the changes they have undergone or are still experiencing and do not demand immediate closure on them. They desire to see their short term have a lasting impact on their life and the lives of others. This means that they will grapple with how to integrate the things they saw, learned and questioned into creative alternative choices.

How can I become an Integrator and experience growthful re-entry?

The first step is realizing what can happen on re-entry. Most people spend all of their time training for the new culture they will enter, but little time and attention to their return. Expectations play a key role in this transition time. If one is expecting there to be an adjustment time, one will create the space and time for it and will be less likely to get discouraged while it is happening. Here are a few other helpful hints:

A. Upon initial entry, get balanced sleep, meals and exercise. These will help to combat initial jet lag, tiredness, and apathy that can set in the first few days upon return.

B. Spend some time thinking through expectations. Think about the expectations you had going, during and returning from the short-term. Notice any dissonance you may feel now as you return and journal. Notice what values and attitudes are changing.

C. Remember to apply the training you received before leaving. The Approaching Differences Diagram (p.3) is just as helpful for the returning person.

D. Debrief with others. Find one other person or a group and ask each other questions: What did you do? Whom did you meet? How did you live? What was the easiest? Most difficult? What was funny? What was sad? What did you learn about God? About yourself? About the culture and the people? Where do we go from here?

E. Reread your journal. Read one entry every day for several weeks and ask God to remind you of the things He was teaching you then.

F. Pray- alone, with others, with a prayer partner. Pray for the people you met, the church, each other, the people to whom you want to tell your story.

G. Give yourself a spiritual checkup: Do I feel closer or more distant from God? What will help my love for Christ grow? Do I need to try something new in my devotions? Take a few long walks for my Quiet Time? Spend a day in a personal retreat? Be creative and disciplined. Remember that our spirituality is not limited only to a "productive quiet time." God is present with you throughout the day.

H. Recall the success and accomplishments of the short-term and develop a list of gifts and strengths that God gave you and affirmed. Likewise, make a list of weaknesses and areas where God moved in spite of you.

I. Learn how to answer, not despise, the question, "How was your summer?" Use a few descriptive words and ask if you can spend more time together sharing from both of your summers.

J. Become a storyteller and learn to tell your story well.

Is there life after a short-term program? There most certainly is! And the ones who have the greatest impact upon others are those who take the time to process and integrate their experience with their plans for the future. Have a blessed reentry!

RESOURCES

Guide to Prayer and Spiritual Warfare

1. Pray Scripture.
 - a. Read a passage.
 - b. Restate the truth in your own words.
 - c. Base your petition/praise on it
2. Walk & listen to the Spirit of God.
 - a. Learn from God & one another.
 - b. God gives us clues from our physical surroundings.
 - c. Be open to what God may lead you to do, like telling someone about Jesus or praying for someone.
3. Worship/Bless.
 - a. Extend and claim God's presence.
4. Pray for God's glory.
 - a. "Hallowed be Thy name."
5. Pray for God's Kingdom.
 - a. "Thy Kingdom come."
6. Pray for reconciliation.
 - a. "Forgive us as we forgive our debtors."
7. Pray for guidance/protection.
 - a. "Lead us not into temptation but deliver us from evil."
8. Pray for victory in spiritual warfare with the armor of God. (Ephesians 6)
 - a. Pray within your authority.
 - b. Appeal directly to God.
 - c. Proclaim truth.
9. Push beyond your comfort zone.
 - a. Ask God to increase your faith and your prayers!

Spiritual warfare is all around us, but we become acutely aware of it when we step into another context, particularly if this other context is a culture of people who have devoted themselves to other gods. The New Testament stories begin to come alive in ways we haven't seen, and we need to be equipped to know what to do.

Here is an excerpt from the booklet *Spiritual Warfare in Mission* by Jack and Mary Anne Voelkel:

Few of us grasp a fraction of the magnitude of what Jesus actually accomplished on the cross:

- He destroyed the work of the devil. (1 John 3:8)
- He disarmed the powers and authorities. (Colossians 2:15)
- He overcame death and brought life. (Romans 6:23)
- He took our judgment and brought reconciliation. (2 Corinthians 5:19)
- He became our sin and made us righteousness. (2 Corinthians 5:21)
- He crucifies the power of the flesh; now we can obey God. (Romans 8:10)

Most importantly, Jesus won back all the authority the enemy stole from humans as a result of the Fall. After his resurrection his last words to his followers were, "All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations" (Matthew 28:18-19).

Jesus now sits at God's right hand, "far above all rule and authority, power and dominion" (Ephesians 1:21). In his name and authority we can stand against the wiles of the devil and resist him, firm in the faith (James 4:7; 1 Peter 5:9).

The key: Remember that any spiritual oppression or attack is ultimately not about you, but about God. The easiest way to attack the heart of the Father is by attacking the children. Since the attack isn't about you, then it's not up to your power to fight it, it's up to the power and authority that you have access to through Jesus.

Bondage: a part of our life dominated by the world, the sinful nature or the devil (see Eph. 2:1-2). Bondages in the first two may give Satan an opportunity to oppress us (see Eph. 4:26-27; 6:11). Examples: bitterness, fears, worry, and workaholism. Bondages affect our behavior and keep us from the abundant life God intends for us.

Sources of bondage:

1. Sins and Curses: our own sins, including sins our family has committed and we have continued in, inherited physical weaknesses, and curses: harsh words spoken against, to or by us.

2. Lies and Strongholds: Lies we believe and the strongholds formed by those lies.

3. Unhealed hurts: Emotional wounds we have received, often from sin committed against us.

4. Demonic Oppression: pressure exerted by demons to get us to sin or keep us bound in limitations.

The three open doors (sins, lies and hurts) are like garbage that attract the demonic. To get and stay rid of the rats, the garbage must be eliminated (thanks to Charles Kraft for the analogy).

Believers can do this work for themselves, but in the beginning of the healing journey, it is wiser to seek help from other Christians to pray through various areas of bondage as described below (James. 5:16; 1 Jn. 1:5-7). Don't let shame or fear hold you back!

RESOURCES

Working Towards Reconciliation

1. Identify your feelings about a specific behavior or attitudes (e.g., "I feel angry that he used my toothbrush!")
2. Negotiate a time when you both can focus & listen to each other.
3. Communicate:
 - A. When you do/did this...
 - B. I feel this...
 - C. And the result is this...
 - D. I would like you to do this...
4. Listen for feelings. Watch for feelings in body language.
5. Pay attention to the process of the conflict as well as to the content of the disagreement.
6. Finish by asking and giving forgiveness.