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**REFLECTION  
JOURNAL**

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Name:

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**A DAILY CALENDAR IS INCLUDED AT THE BACK  
OF THIS JOURNAL FOR YOU TO PLAN OUT YOUR  
WEEKS AND KEEP TRACK OF IMPORTANT TASKS**

You've been preparing for months. Now, it's a matter of days before you board your plane. As a staff, our greatest desire is for your summer experience to catapult you forward in your love for God and your neighbor.

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**This booklet was designed to help you trace God's hand in & through your work this summer, and to help you process your experience.**

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Everyone processes differently. But each of us can benefit from intentional time cut out to pause and reflect. Let God shepherd you through your summer experience! It's easy to coast without pausing to let realities sink in. Reflection is a critical tool to bring things out of the theoretical and into reality.

This collection of your thoughts, reflections, and memories can also help you as you return to the States. It can be difficult to adjust back to "normal life." While we know this journal won't make those issues obsolete, we pray that it would serve as a practical way to orient you both at the start and end of your trip in a way that honors God.

We love you & want nothing more than for you to be happy and healthy in Jesus. May you look back on this and see the fingerprints of God in both your times of need and times of joy.

**THE SALT STAFF**

*with love.*

## SUMMER TRIP POLICIES

**COMMUNICATION:** You may call your parents and/or one additional person once every other week for up to one hour. Please refrain from using personal email during the entire trip, including iMessage and other forms of messaging.

**PHONE USE:** You may use your smartphone, with the exception of social media apps. Your phone must be unlocked in order to use overseas.

**ALCOHOL:** Nope.

**DRESS:** Consider the culture you are joining and how you want to communicate who you are. Please dress modestly and be open to correction in this area.

**SAFETY:** Stick with at least one other person. You'll need approval from your team leader to go anywhere alone. Also, please do not get any tattoos or piercings while overseas.

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### TIPS FOR TEAM TIME

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- 3-4x a week / schedule it (preferably mornings)
- worship together
- talk through weekly reflection pages as a team
- on a rotation, have someone discuss what they are learning in the Word
- pray together / for specific people or your day

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### TIPS FOR SABBATH

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- have time alone with God
- answer the weekly journal questions
- have fun as a team
- do not work or meet with friends
- communicate expectations or preferences for your sabbath with your team
- call home

*you* **ARE THE** *salt*

of the earth. But if the salt should lose its taste, how can it be made salty? It's no longer good for anything but to be thrown out and trampled under people's feet.

*you* **ARE THE** *light*

of the world. A city situated on a hill cannot be hidden. No one lights a lamp & puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. In the same way, let your light shine before others, so they may see your good works...

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**&  
GIVE GLORY  
TO YOUR  
FATHER  
IN HEAVEN**

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# **EXPECTATIONS**

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As you prepare to leave, what are your biggest fears?

Is there anything about the trip you feel uneasy about?

In what ways are you feeling needy?

What are your hopes and expectations for this trip?

What are you hoping God accomplishes in you personally?

What are your hopes for your team?

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## **MY PRAYER**

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Considering the expectations you're bringing into this summer, write a prayer to God. Be open to surrendering some of your expectations.



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# WEEK ONE

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What did God teach you about yourself this week?

**POSITIVE:**

**NEGATIVE:**

What did God teach you about Himself this week?

**CULTURE QUESTION:**

What has been fascinating or surprising to you about the culture so far?

Now that you've arrived & have a feel of how your summer will look, what do you anticipate being your biggest hurdle?

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## WEEK TWO

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What sin(s) did you see most present in you this week?

I'M GOING TO CONFESS THIS TO \_\_\_\_\_

What is God teaching you about people this week?

**CULTURE QUESTION:**

What have you observed to be most important to the people of the culture you're immersed in?

Who was your favorite person you met this week?

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## **WEEK THREE**

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What virtuous character trait can you thank God for revealing in you this week?

Where did you see the Holy Spirit at work this week?

**CULTURE QUESTION:**

In what ways have you been judgmental of the culture this week?

Describe your most meaningful conversation this week.

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# WEEK FOUR

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*pause and reflect*

One word that would describe your experience so far:

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Reflecting on your time so far, do you feel like you are: (circle)

**SUCCEEDING**

**FAILING**

Why?

When you consider your physical, emotional, and spiritual health at this point, where would you place yourself? (circle)

**1      2      3      4      5      6      7      8      9      10**

What is making it that low?

What is making it that high?

Are you giving yourself space to take care of yourself and learn what you need from God?

What changes need to be made in order for this to happen?

How well are you engaging with the activities God brought you here for? Is there anything you need to correct?

Is there a relationship that has been difficult for you? Do you have any unresolved conflicts with any of your teammates?

Where have you seen the enemy at work around you?

What have you found to be most stressful for you about the culture? What has been your response / coping mechanism toward that stressor?

Who or what have you been comparing yourself to so far?

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## **WEEK FOUR**

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*pause and reflect*

What do you find most engaging about your ministry?

Whether big or small, what have you missed about home?  
What is God teaching you in response to that?

### **LOOK BACK AT TRIP EXPECTATIONS ON P.6-7:**

How have they been fulfilled?

How have they not been fulfilled?

**HEBREWS 10:23-25**

“Let us hold fast to the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”

Teammate's Name	Affirm and encourage them	Challenge them

**SUGGESTIONS:** talk through these as a whole team / in pairs, write each other notes of encouragement

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# WEEK FIVE

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What did God reveal to you about yourself this week?

**POSITIVE:**

**NEGATIVE:**

What did God teach you about Himself this week?

**CULTURE QUESTION:**

What is something America could learn or benefit from the culture you're immersed in?

Where do you see yourself thriving in the work you're doing this week?

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## **WEEK SIX**

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What sin(s) did you see most present in you this week?

**I'M GOING TO CONFESS THIS TO** \_\_\_\_\_

What is one thing God taught you through one of your teammates this week?

**CULTURE QUESTION:**

How have you changed specifically because of something inside the culture you're immersed in?

Who has become your closest national friend so far?

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## **WEEK SEVEN**

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What is something that grew your confidence in God this week?

Where did you see / feel the Holy Spirit at work this week?

**CULTURE QUESTION:**

As you reflect on all you've observed and learned from the culture, what's one thing you want to personally take away?

Of all the memories your team has experience together, what's one that best describes the dynamic of your team?

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## WEEK EIGHT

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*in-country debrief*

If you had to choose ONE word to describe your summer:

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### FINISH THE FOLLOWING SENTENCES:

I would consider the summer a (circle) **SUCCESS / FAILURE** because...

The primary way the enemy tried to attack me this summer was...

God humbled me the most this summer through...

It was the most challenging to sacrifice \_\_\_\_\_  
\_\_\_\_\_ this summer.

Reflecting back, my primary comforts back home are...

Did anything about the culture bring you anxiety or another negative response? If so, what were they?

What's one thing you've learned from the culture that you'd like to implement into your own life?

**LOOK BACK AT THE EXPECTATIONS FROM TRAINING:**

Where do you see contrast between what you were expecting and what actually happened?

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## **WEEK EIGHT**

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*in-country debrief*

### **WHAT IS GOD SAYING TO YOU?**

God didn't have to give us the Spirit to speak to us personally, but He chose to. And sometimes He chooses to speak with greater or less clarity. But because we have the Spirit of God inside of us, we can expect Him to be saying something, trying to communicate and teach us. What is God saying to you about the following things:

#### **YOURSELF**

(Your character, your discipline, your holiness, etc.)

#### **HIMSELF**

(His character, His promises, His holiness, etc.)

## **HIS HEART**

(for His people and His call for us to know Him)

## **YOUR FUTURE PLANS**

(How He wants to use you, how that aligns with your desires)

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## WEEK EIGHT

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## *in-country debrief*

When you look back on this experience in 10 years, what are the first 3 things you anticipate will come to mind?

**(IT MIGHT BE A PERSON, AN EVENT, A PLACE, A LESSON, ETC.)**

1.

2.

3.

**WRITE A LETTER TO YOURSELF HERE.**

What do you want to tell your future self regarding the things you've seen and the lessons you've learned?

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## WEEK EIGHT

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*in-country debrief*

### SO, HOW WAS YOUR TRIP?

You will get this question a lot. Some people ask because they are genuinely interested in hearing about it. Others just feel awkward in small talk & know you went on a trip, but don't care too much for the details. You need to prepare to answer this question appropriately for your audience. This will help you with the frustration of feeling that "nobody cares or wants to hear about my experience." That's simply not true. People may just want to hear in different depths.

### 30 SECOND ANSWER

Quick summary, major highlights only

### 5 MINUTE ANSWER

More depth, more reflective moments

What did God do in your life this summer?

**BE SPECIFIC — TRY FOR 2-3 EXAMPLES.**

1.

2.

3.

**“DO YOU HAVE TIME FOR ME TO TELL YOU A STORY?”**

Is there a story you could share to help illustrate your experience? Perhaps something God did or a friend you met?

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# TEAM DEBRIEF

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Use this section as a guide for your team to debrief together.

## YOUR HOSTS

How did your hosts set you up to succeed in the work they set out for you?

What have you observed as most effective in how they minister to people?

How did your team feel loved and cared for by your hosts? Think personally & specifically. (Make sure you thank them for the things you recall — Consider sharing a list with them!)

If your hosts were to host a group next year, what's one suggestion your team would give to help them?

## YOUR TEAM

What were some strengths of your team? What strengths have you seen in individual members?

What were some weaknesses of your team?

What have you learned about working through struggles together?

What have you learned about celebrating the successes of others?

What have you learned about the relationship between work and rest?

**DISCUSS YOUR EXPECTATIONS OF EACH OTHER AND YOUR TEAM AS A WHOLE UPON ARRIVAL HOME AND THROUGHOUT THE FALL.**

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## POST-TRIP

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*readjusting*

Each year, students often experience one of two extremes upon their return home: they do absolutely nothing or they don't stop sprinting.

It can be disorienting, and it's possible you will feel directionless. Show yourself grace, as this is understandable. You've just spent a unique summer with very few distractions and are now dropped back into your familiar routines.

**You have several weeks before the re-entry retreat. Here's some ideas on how to spend that time well:**

- Take interest in others' summers as much as you'd like them to take interest in yours
- Talk to someone about how you feel (and be honest!)
- Call one of your teammates to talk & catch up
- Get outside & enjoy the summer activities you love and missed over the summer
- Don't waste your time – continue to live on mission and make space for extended time with God

Be intentional about engaging with family and friends. People will not fully understand what you've experienced, and that's ok. Choose to let people in and enjoy this time of rest!

**FOLLOWING YOUR TRIP, WRITE A PERSONAL UPDATE TO SHARE WITH THE PEOPLE WHO SUPPORTED YOU FINANCIALLY AND PRAYERFULLY THIS SUMMER.**

Complete the following sections before the Re-Entry Retreat in August.

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## **GIFTS & PASSIONS**

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What moved you most deeply this summer?

What part of the work you did this summer felt like your sweet spot?

In what contexts moving forward could you keep growing in that sweet spot?

Complete the following sections before the Re-Entry Retreat in August.

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## **TEAM RELATIONSHIPS**

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How would you describe your role on the team?

What did God show you about yourself and through your team?

Is there anything left unresolved with teammates?  
(tension, bitterness, etc.)

Complete the following sections before the Re-Entry Retreat in August.

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## **DISORIENTATION**

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What are the primary emotions you've been feeling since returning to America?

**(LONELINESS, PASSION, CONFUSION, DOUBT, JOY, STRESS, ETC.)**

In the midst of your disorientation, how has God been present and near to you?

Complete the following sections before the Re-Entry Retreat in August.

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## **THE BIG PICTURE**

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What did God show you about His work in the world?

What is one thing you can change in your life & ministry as a result of what you've learned this summer?

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## **FRIENDS TO REMEMBER**

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Use this space to write down the names of friends you met this summer who've made a lasting impact on you. Be sure to be specific about what you want to remember about each friend — you'll be surprised at how quickly we forget details!



















