

PRE/POST TRIP RESOURCES

This faith-forming experience has intentionally emphasized the following values for your students to continue focusing on after returning home to further develop faith for life:

- The Gospel Message
- Worship
- God's Word
- Seeing a Broken World in Need
- Serving Others
- Intergenerational Relationships

Coming home from something like this can be a spiritual high, or it can be a bit disorienting. Students will have experienced much, seen much and shared much together, so coming back to real life can be a letdown.

That is why follow-up is essential. It is simply not enough to get them ready to go, raise the funds and then have a wonderful experience. Your job as a youth leader isn't finished until the follow-up is complete.

With the right planning, you can enlist the church and the adults who supported the trip to participate in the follow-up as well. You can equip them with the post-trip questions so they can help students process their experience and integrate what they've learned into their daily life.

BEFORE YOU LEAVE FOR YOUR TRIP:

Equip your church to be Sending Partners and Follow-Up Partners. Almost every youth group going on a trip asks that adults support them with prayer and finances. Prepare an announcement or bulletin insert for while you're gone that will prepare the adults in the church for post-trip follow-up.

Ask your pastor, or whoever can represent you while you're gone, to make an announcement. You might use words like: "As a church, we've made a commitment to pray for and encourage the students who are gone. Let's ask God to increase their level of thankfulness, generosity, prayer and passion for missions. Let's ask that God would grant them each an understanding of their personal strengths and gifts as well as the ability to deal with issues in their own walk with Christ.

"When these students get back, let's not ask them: 'How was your trip? Did you have fun?' or 'What did you do?' Instead, try questions like: 'What is something you will miss from your trip? What did this experience make you more thankful for? Whom did you serve, and what impact did they have on you? What is your best memory of the trip? What is one thing God did in your life this week? What was the funniest situation? Who is going to help keep you accountable for your continued growth?'"

You can even consider putting a list of suggested questions in the bulletin on Sunday morning to give people ideas of constructive questions to ask the students.

DEBRIEFING ON THE WAY HOME:

As an adult leader, you have a great opportunity to find out what the students are thinking and how they feel about the experience and their lives after the experience.

After a trip like this, it's good to ask, "What's next?"

The first step is to understand what you think and how you feel about this experience, focusing on the people you learned from, those you served with and the principles God taught you. Hopefully, you learned a lot about yourself and understand better how God is working. A good post-trip plan will include:

- **Debriefing:** what I think and how I feel about what just happened
- **Follow-up:** what I need to focus on for the next 21 days to continue what is happening
- **Follow-through:** what character traits do I want to keep so that this trip becomes a significant part of my life journey

In order to take what you've learned and work it into your everyday life, you'll have to share those thoughts with people at home and stay connected to your church. This short trip will become a great part of your life journey if you keep working on what you've learned.

By the time you get home, you'll want to be ready to share one story about how the week impacted your life. When people at home ask, "What did you do?" they often really mean, "Whom did you serve, and how did the week impact your life?" Be ready to answer those questions. Here are a few other questions to answer with your team.

You can actually write these down and cut the phrases apart. On the way home, you can put them in a hat, and ask a student to grab a piece of paper and answer the question to open up the discussion.

- **What are the top three things I will miss from my experience?**
- **What are the top three things I'm most thankful for at home?**
- **What is one thing I have to remember?**
- **What did God communicate to me?**
- **What was the funniest situation?**
- **Who will I share with when I get home so I can be held accountable for continuing this growth?**

10 ADDITIONAL QUESTIONS TO HAVE ANSWERS FOR:

1. Who helped send you on this trip, and how will you share with them the impact the experience has had on you? Specifically remember that there were:
 - People praying for you.
 - People who gave money toward your trip.
 - People who took care of your responsibilities while you were gone.

These people are called "Sending Supporters," and they will want to hear about the impact of the trip on your life and on the lives of the people you served. They might ask you, "What did you do?" But what they really want you to answer is, "How did this trip touch your life and the lives of the people you served?"

2. What did you learn from the people in the community this week?
3. What surprised you this week? What disappointed you? How did that impact your week?
4. Who/what do you specifically want to pray for when you get home?
5. When you think of this trip, what is one specific snapshot that comes to mind?
6. How do you want your youth group to be involved in service and justice at home?
7. When you think about going home, what are you anxious about? What are you excited about?
8. What do you hope will change about your life as a result of this experience? Who can help you make those changes or hold you accountable for them?
9. How could/should your church change as a result of your team's experience?
10. How are you going to talk with others about this experience? If you were going to share a sixty-second version of this week, what would you say?

NOTE: Some of these questions are adapted from Kara Powell and Brad Griffin, *Deep Justice Journeys: 50 Activities to Move from Mission Trips to Missional Living* (Grand Rapids: YS/Zondervan, 2009).

FOLLOW UP – YOUR FIRST 21 DAYS:

1. Stay Connected with People:

It can be difficult to return from a trip and say goodbye to teammates who understand exactly what you are talking about in regards to the experience. Don't let this feeling take away your energy to apply all you learned to your everyday life. Service and discipleship belong in the everyday lives of Christ-followers.

2. Share with Your Sending Supporters:

Send a letter to anyone who helped you raise money for your trip and who prayed for you. Share about the people you served and what you learned. Ask them to keep praying for you through the next three weeks as you take what you've learned into your everyday life.

3. Have a Team Meeting:

Plan a follow-up meeting once you're home. Bring anything that might help you remember the commitments you made or what impacted you (e.g. a short note, a journal or a picture to remind yourself of a story or person).

Here are Some Things to Emphasize at Such a Meeting:

- Remembering what God has done. Focus on changed lives and not merely on the tasks accomplished. How did the work actually help the Host Church and the people/organizations receiving the work?
- What are you thankful for now that you're home?
- Praying for your team, those that hosted you and those you worked with/for.
- Sharing photos that were taken by different people on the trip.
- Journaling. If you kept a journal, refer to it so you remember all you did and learned. You could even share some of your entries in an email to your teammates and encourage them to share what they learned on the trip as well. Keep journaling.

4. Plan Some Next Steps as a Group:

- Continue to pray for those people who impacted your life: hosts, community members or church members.
- Create future goals based on what you learned about yourself and ask a leader or a friend to keep you accountable.
- Determine how to use your specific skills/gifts to serve in your church and community.
- Decide how you will increase prayer in your church for the community.
- Look for specific ministry opportunities similar to those you were involved with. Are there similar opportunities you can be involved with at home? Don't just assume that there is or isn't; do some research. If not, can your church start something to meet the need in your community?

5. Plan Some Next Steps Individually:

- What situation in my home life do I need to give up to God? Were things revealed during my trip that I can act on now?
- How can this experience enhance my service at church?
- What did I learn about the spiritual gifts I have been given, and how can I put these into action at home?
- What spiritual commitments or goals do I want to set for myself in the next month? In the next year?
- How will I do some research on local needs that I can help to meet?
- Remember: if you are setting goals, ask God for direction and for wisdom. Don't set goals first and then ask him to bless them later. Goals should be **SMART**:

Specific **M**easurable **A**ttainable **R**ealistic **T**imely

IF YOU/YOUR GROUP IS GOING TO CONSIDER ANOTHER EXPERIENCE LIKE THIS:

Evaluate the Specific Experience:

- Are you interested in doing something similar again next year?
- What fundraisers, in addition to those done this year, would you suggest?
- List anything you would change.

PRE-TRIP SMALL GROUP CONVERSATIONS

LESSON: WHAT IS IN YOUR CUP?

Most of us have attended some type of event with a food menu. Menus are designed in many ways to draw customers to a great experience. However, have you ever noticed the healthy foods are towards the back of the menu? And the fruit is, particularly, on the very last page.

During our life journey we will experience all types and kinds of trials and tribulations. Often, the last thing on our minds in the heat of battle are fruit of the spirit. I want to remind you that God is watching how you respond to every situation. You're not responsible for the way others respond. You are only responsible for the way you respond. So, what are you serving during your daily walk? Is it selfishness, anger, lust, or lies about others? Or is it the kind of fruit God calls us to grow and share with others?

In our foundational scripture that we will use during our SERVE week, Galatians 5:22-23, we are told about nine fruits that we should spiritually fill up on each day.

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”

-Galatians 5:22-23 [New Living Translation]

In this verse, Paul shares with us a list of the characteristics, the good fruit, that come to fruition in the lives of Christians when we are full of the Holy Spirit. These fruits prepare us to handle whatever comes at us in ways that are pleasing to God.

We might not all be at the point in our lives where we're using the fruit of the spirit. Some might be stronger or weaker in certain areas of the fruit of the spirits. Some of us may be broken. But broken trees can bear good fruit as well. Be patient with yourself. Forgive yourself. Repent. Each day, try to get 1% better, serving what's on Jesus's menu.

Keep in mind, the last thing to grow on a fruit tree is the fruit. As long as you and I are on this earth, this is something that we all will be working on (using the fruit of the spirit in all aspects of our lives) until God calls us home. What you are working on and towards will manifest, but be encouraged, because nothing blooms year-round.

Our prime purpose in this life is to help others. If you can't help them, at least don't hurt them.

Pre-Lesson Discussion questions:

Which fruit of the Spirit are you most familiar with?

Which fruit of the Spirit do you have the least experience with?

Why is it important to remember that broken trees can still bear good fruit?

Which fruit do you think will be most important during a service trip?

What fruit do you most want to incorporate into your life?

POST-TRIP SMALL GROUP CONVERSATIONS

LESSON: REFILL YOUR CUP!

We have all chosen to be angry, mad, envious, or jealous at some point. All choices have consequences. Bad choices are unhealthy and contaminate the spirit. Good choices are of the spirit. It is important not to make emotional choices, but to make eternal choices.

If you have made bad choices in situations, forgive yourself and repent. Make better choices the next time you are faced with that situation. Challenge yourself to be the best version of yourself. Get past the low hanging fruit, because that takes no effort. The fruit of the Spirit proves the transformation of character, because the fruit of the Spirit are the description of the character of God. You're one conversation away from making the world a better place. Bring a fruit tray to everyone you meet.

Just because we are home again doesn't mean we leave behind those good fruit of the Spirit. When something is good to us, whether it's food, drink, or even vacation, we feel the need to go back for seconds. Jesus loves us so much that he is coming back for us (his second coming). The first time Jesus came to this world, he came unnoticed. The second time he comes, every eye will see him. Now that you know and have learned about the fruit of the spirit, allow every eye to notice you.

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

Galatians 5:22-23 [New Living Translation]

Pre-Lesson Discussion questions:

Which fruit of the Spirit did you use the most while on the SERVE trip? (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control).

Now that you are home again, which fruit do you most want to incorporate into your ordinary, day-to-day life?

Which fruit of the spirit comes easy? And which fruit of the spirit is difficult for you? Why?

Which fruit of the spirit do you believe the world is missing?

