

# *Mission Trip Devotional Guide & Journal*



SOWER Work Mission  
Bethesda, Ohio

Name: \_\_\_\_\_

Work Mission Trip Dates: \_\_\_\_\_

# *Goals & expectations for the week...*

The reasons I wanted to be a part of the mission trip are:

I think the hardest part of this trip will be:

I am looking forward to:

This week I hope I can:

## *How to use this devotional guide & journal*

Here are some helpful suggestions:

Clear your mind and focus on God's loving presence. Ask God to bless you as you spend time with Him. Read the Scripture of the Day a few times and answer the questions for the day. Take time to express your Reflections for the Day.

Some things to reflect upon and journal...

What did you do and see?

What was good during the day?

What have you learned today?

What could have been improved?

Has your faith grown? How?

Close your day with prayer... Ask God for a safe night / day to come... Ask God for a successful work day... Thank God for the opportunity to serve... Ask God to watch over the person(s) you are helping.

*\* Thank you to Dublin Presbyterian Church 2008 SOWERS for the ideas for this guide and journal.*

# Day 1 - Sunday

**Scripture for the Day:**

"Do to others as you would have them do to you." - Luke 6:31

**Quote for the Day:**

"Tell me, I'll forget. Show me, I may remember. But involve me, and I'll understand."

**Questions for the Day:**

As you look toward helping others this week, how does this passage guide you?

In what way does the quote fit into this week of work?

What do you think this week will do for you personally?

*My reflections for the day...*

## Day 2 - Monday

### **Scripture for the Day:**

"There are different kinds of gifts, but the same Spirit." - 1 Corinthians 12:4

### **Quote for the Day:**

"Use your gifts faithfully, and they shall be enlarged; practice what you know, and you shall attain to higher knowledge."

### **Questions for the Day:**

What gifts do you have this week?

What gifts will you learn this week?

What did you have to "give up" in order to be a part of this trip this week?

*My reflections for the day...*

## *Day 3 - Tuesday*

### **Scripture for the Day:**

"Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven." - Matthew 18:4

### **Quote for the Day:**

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

### **Questions for the Day:**

When you work with your families and team members, how can you best relate to them?

What are some ways that you can build up those around you?

*My reflections for the day...*

## *Day 4 - Wednesday*

### **Scripture for the Day:**

"Then Peter said, "Silver or gold I do not have, but what I have I give you. In the name of Jesus Christ of Nazareth, walk."- Acts 3:6

### **Quote for the Day:**

"When I work the hardest on self-improvement, my relationships with others improve."

### **Questions for the Day:**

What do you have today to give away so that those who have contact with you will see the real you?

*My reflections for the day...*

## *Day 5 - Thursday*

**Scripture for the Day:**

"Listen, I tell you a mystery: We will not all sleep, but we will all be changed."  
- 1 Corinthians 15:51

**Quote for the Day:**

"Everything we live through leaves some mark on us."

**Questions for the Day:**

What is the mark that will be left on you after this week?

What mark will you leave on others?

*My reflections for the day...*

## *Day 6 - Friday*

**Scripture for the Day:**

"Therefore, strengthen your feeble arms and weak knees." - Hebrews 12:12

**Quote for the Day:**

"There are spaces between our fingers so that another person's fingers can fill them in."

**Questions for the Day:**

What does the scripture verse mean to you now that you're coming to the end of your work week?

Whose hands have you held this week?

*My reflections for the day...*

## *Day 7 - Saturday (optional)*

**Scripture for the Day:**

"And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone." - 1 Thessalonians 5: 14

**Quote for the Day:**

"When you help someone up a hill, you get that much closer to the top yourself."

**Questions for the Day:**

How hard a task was helping your families and team members up the hills this week?

Describe the feeling that you received.

*My reflections for the day...*

# *My Personal Missions Journal*

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