

spiritual caffeine

a monthly shot of encouragement and equipping for student leaders



Cadre Ministries

making the most of mission trips

a deeper study on missions, Jesus-style

day 1: mission 365

Read Matthew 28:18–20

Most of us have become really good at mentally dividing our life into different segments. For example, we think that going to Mexico for a week with the youth group is doing missions, and then the other 51 weeks of the year, we don't do missions. That's not Jesus' way. He calls us to a 365-days-a-year mission trip. It's just that the majority of our mission happens at the place we call home. Your school and neighborhood are a mission fields just like the place you go for your one-week trip. Ask God to show you how you can communicate his message of love to those close to home, and how you can make this a regular part of your life. How can your one-week trip better equip you for the other 51 weeks of the year?



day 2: heart and hands

Read Psalm 78:72

Why do you think the Bible emphasizes both our heart and our hands—our attitudes and our actions? David is looked up to as a great man of God because of the purity of his heart and the way he lived his life (although of course he wasn't perfect in either area). As you look at your upcoming mission trip, which do you think is more prepared—your heart or your hands? Are you more excited about what God will teach you or what you will get to do? There's no right answer. Both are important. Ask God to help prepare you in the area you most need him to work.



day 3: hardships ahoy!

Read Acts 20:23–24

What scares you most about your mission trip: having to try weird food, working with people different from you, needing to be flexible? Paul—one of the first Christians to go on “mission trips”—faced many more difficulties than most of us will face on our journeys. It's hard to compare sleeping on hard floors with risking your life. But Paul's attitude toward the hardships he faced leaves us a great example. What was it that he considered worth his life? Why do you think he had that much passion? As you look forward to your mission trip, how does your attitude compare? Take a few minutes to pray, sharing your fears and expectations with God and asking him to give you a spirit willing to face anything in order to share his grace with others.

day 4: your family

Read Deuteronomy 5:16

How do your parents feel about the mission trip you're going on? I don't know whether they're hesitant or supportive, involved or not. But I do know that you have a responsibility in that area! No, you can't control their attitudes. But you can honor them in your trip. How do you think your trip will affect your family? What are some ways you can make it a positive experience for everyone in your family—even if they're staying at home while you go? Hint: it starts now and will continue long after you get back.



day 5: money matters

Read Philippians 4:14–20

Money. I don't know how much you have, but if you're like most of the students in my church, when you look at the cost of a mission trip, the answer is "not enough!" The beautiful thing, though, is that God is our Provider. He is always our Provider, but sometimes we need to put ourselves in situations where we know we need help in order to see his provision. Where do you need to rely on God for your trip? How are you actively doing this? Note that God's provision usually does not come in the form of money falling from the sky. He calls us to be active in both working to earn what we need and in asking others to support us in our journey. Asking for support can be a humbling thing, but it's a great reminder that our mission is shared, and others stand behind us. How can you honor God (and those who support you) in a deeper way as you get ready for your trip?

day 6: humility

Read Philippians 2:1–7

It's easy to be critical when we're in a culture different from our own. We see things that don't make sense, and we think they would be better off if they did things our way. The problem with that is that we see only a small glimpse when we're there for a week. Most systems are way more complex than we realize. And, frankly, there are a lot of things about our culture that could use some change! The point is, we need to approach others with the attitude that they are just as valuable as we are, God loves them just as much, and they have just as much potential to do great things for the Kingdom. When you go to them, go to serve and love and give, and save your advice. You may be surprised at what God teaches you through them.

day 7: serve one another

Read Galatians 5:13

A team trip can be a great time to deepen relationships... or to get on each others' nerves. You can make it more of the former by choosing to be a servant to your team members! What rights do you tend to claim rather than choosing to serve others? How does choosing to serve others in love help you overcome your desire to "indulge the sinful nature"? Stop and pray that God will work in and through you as a servant. Tell him you are making a free choice to be more of a servant to others because of his love for you. Ask God to prompt you with new ways you can serve others. Think of one person with whom you will interact today, How will you lovingly serve this person today?



Note: Day 7 was taken from Cadre's One Another Living Guide. If you want to be intentional about loving and serving others on your mission trip, consider buying this devotional (available from the Cadre online store for \$3.75) and challenging yourself each day with a different "one another" command from Scripture. You might be amazed at what it does to your team dynamics!

