Helping Hands

Short Term Mission Handbook

Faith in Action

Medellín, Colombia

June 17-24, 2017

Jimmie King

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262-617-4273

date: june 17-24, 2017

## destination: Medellín, Colombia

## cost: $950 per person, plus ROUND-TRIP travel costs

## hosts: tom and jen atwater, viento fresco children’s CENTER

## leader: jimmie king

## Elmbrook project code 395CS03

## **For your calendar**

|  |  |
| --- | --- |
|  | Apr 8 50% deposit due  Apr 27 First Team Meeting MANDATORY |
|  | May 18 Second Team Meeting MANDATORY |
|  | May 20 Cross Cultural Training Class, 8:00 AM-3:00 PM (MANDATORY for first timers with Elmbrook Missions) |
|  | Jun 3 Balance of money due |
|  | Jun 8 Third Team Meeting MANDATORY |
|  | Jun 17 Day of Departure |
|  | Jun 24 Day of Return |

## **EARLY pREPARATIONS**

|  |  |
| --- | --- |
|  | Check Passport Expiration Date. Needs to be at least  6 months beyond the travel date (thru December 2017). Renew if necessary. |
|  | All students will need a Letter of Consent signed by both parent not travelling with the group. |
|  | Plan your immunizations --- see the CDC website for  specific recommendations for Medellín, Colombia.  See your physician or county health department for other recommendations. |
|  | Plan to attend a Cross Cultural Training session at Elmbrook (required for first timers only) |

Weeks before departure / date

## -16 **feb 26-mar 4**

|  |  |
| --- | --- |
|  | **Leader:** Arrange trip date with host |
|  | **Leader:** Determine team budget and  Participant cost. |
|  | **Leader:** Submit Elmbrook STM application |

## -15 **mar 5-11**

|  |  |
| --- | --- |
|  |  |

## 14 **mar 12-18**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Early Birds: Send application and deposit for early purchase of airfare | | |
|  | **Leader**: Send Spending Request to Elmbrook finance dept. for pre-approval of airline tickets |
|  | **Leader:** Purchase initial airline tickets. |

## -13 mar 19-25

|  |  |  |  |
| --- | --- | --- | --- |
|  | Confirm you trip participation with the team leader. Complete the Helping Hands Application and Covenant form attached to the packet. | | |
|  | **Leader:** Provide information package to team members |

## -12 **mar 26-apr 1**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | | |
|  | **Leader:** Schedule meeting rooms for team meeting |

## -11 **apr 2-8**

|  |  |  |  |
| --- | --- | --- | --- |
|  | $900 down payment due. Payable to Elmbrook Church (does not apply to Early Birds) | | |
|  |  | | |
|  | **Leader**: Purchase next group of airline tickets. |

## -10 **apr 9-15**

|  |  |
| --- | --- |
|  |  |

## -9 **apr 16-23**

|  |  |
| --- | --- |
|  | Return signed Mission Team Member Expectations and Mission Team Member Agreementto team leader (Required by Atwaters).. |
|  | Prepare a list of names for your support letters. See the “Support” section. |

## -8 **apr 23-29 Preparing for your trip**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Begin Daily Bible Reading (See Weekly Bible Reading Schedule) | | |
|  | Assemble a prayer team to pray for you and our team | | |
|  | Send support letters (See Sample Support Letter) | | |
|  | Make 1 copy of your passport to bring to team meeting | | |
|  | Apr 27 First Team meeting MANDATORY | | |
|  |  | | |
|  | **Leader:** Review trip information, provide team roster, travel schedule. Set up small teams. |

## -7 **apr 30-may 6**

## 

|  |  |  |  |
| --- | --- | --- | --- |
|  | Continue Daily Bible Readings | | |
|  |  | | |
|  | **Leader:** Order team t-shirts |
|  | **Leader:** Inform of final amounts due |

## -6 **may 7-1**

|  |  |
| --- | --- |
|  | Continue Daily Bible Readings |

-

## 5 **may 14-20**

|  |  |  |
| --- | --- | --- |
|  | Continue Daily Bible Readings | |
|  | Prepare your personal testimony (3 to 5 minutes) | |
|  | | May 18, Team meeting – share individual testimonies |

## -4 **may 21-27**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Continue Daily Bible Readings | | |
|  | Balance of your funds must be in | | |
|  | Establish Departure Time and Pass out Duffel Bags | | |
|  | Establish car pools for travel to Chicago | | |
|  | Share your testimony with team mates | | |
|  | **Leader**: Provide contact information for destination to team members |
|  | **Leader**: Provide team member information to Elmbrook for insurance coverage |
|  |  |

## -3 **may 28-jun 3**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Continue Daily Bible Readings | | |
|  | 100% of your funds must be in | | |
|  |  | | |
|  | **Leader:** Collect and pack donated supplies |
|  | **Leader:** Distribute insurance cards to team members |

## -2 **jun 4-10 Preparing to be Away**

|  |  |
| --- | --- |
|  | Continue Daily Bible Readings |
|  | Jun 8, Team meeting MANDATORY – Final details, assign carpools |
|  | Make arrangements for your time away.  See tips in “Preparing to be Away” section.   |  |  | | --- | --- | |  | **Leader**: Get cash advance from Elmbrook finance dept. | |

## -1 **jun 11-16 Packing for the Trip**

|  |  |
| --- | --- |
|  | Continue daily Bible readings |
|  | Pack your bags.  See tips in “Packing for Your Trip” section. |
|  | Print out your e-ticket boarding pass the day before departure (not required if traveling on group airfare. Check in as a group at the airport). |

## -0 **Saturday jun 17 – saturday jun 24 The week of your trip**

|  |  |  |
| --- | --- | --- |
|  | DAY OF DEPARTURE Saturday, Jun 17, 2017 | |
|  | Meet at Elmbrook Church for departure to O’Hare |
|  | Flight departure |
|  | Flight Arrival |
|  | Bus to Viento Fresco |
|  | Arrival at Viento Fresco |
|  | DAY OF RETURN Saturday, Jun 24, 2017 | |
|  | Bus to Medellín airport |
|  | Flight departure |
|  | Flight arrival – O’Hare |
|  | Bus to Milwaukee, Elmbrook Church |
|  | Arrival at Elmbrook Church |

## +1 **jun 25-july 1 upoN YOUR RETURN**

|  |  |
| --- | --- |
|  | Thank all of your supporters. |

## +4 **about a month after your return - TEAM DEBRIEF**

|  |  |
| --- | --- |
|  | Plan to meet with the team to share your experiences since the trip. |
|  |  |

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**Who’s Who?**

**ORGANIZATIONS INVOLVED**

# HELPING HANDS MISSIONS (HHM)



Helping Hands Missions is a tax-exempt public charity operating for the purpose of organizing and leading short term missions (STM) for those called to serve.

We are a volunteer organization, and we do not charge any fees to team participants. Our team leaders are responsible for their own support.

Mission Statement: God has bestowed upon us great blessings, further calling us to share His blessings while extending His good name throughout the world. We believe God has called us into a partnership with our brothers and sisters in Christ to build His church and further His kingdom through short term mission experiences.

*You are no longer foreigners and aliens, but fellow citizens with God’s people and members of God’s household, built on the foundation of the apostles and prophets with Christ Jesus as the chief cornerstone. -Ephesians 2:19-20*

God will use you just as you are.

*But you will receive power when the Holy Spirit comes on you, and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. -Acts 1:8*

You can register by completing the Individual Application form in the Appendix section of this document. Sign the Team Covenant statement.

Learn more about Helping Hands Missions at our website: [www.helpinghand4him.org](http://www.helpinghand4him.org) .

# ELMBROOK CHURCH



Elmbrook Church, based in Brookfield, Wisconsin, is our sending church.

Learn more about Elmbrook Church at <http://www.elmbrook.org/> .

# VIENTO FRESCO (Fresh Wind) CHILDREN’S CENTER



Our hosts are Tom and Jen Atwater, who are directors of Viento Fresco Children’s Center, in Medellín, Colombia.

Situated in the Medellín neighborhood of Niquitao, Viento Fresco currently serves approximately 180 children from 4 months through 14 years of age, offering the children and their families programs directed toward the restoration of all aspects of their families, including nutritional, medical, social, psychological and spiritual care.

Learn more about Viento Fresco at <https://fundacionvientofresco.wordpress.com/>

Review the following before your trip:

[https://ssl.gstatic.com/docs/doclist/images/icon_11_document_list.png Frequently Asked Question for Mission Teams and...](https://docs.google.com/a/colombiaschildren.org/document/d/1YUXJ2ZiJk6HHGRxiBrM2M2KrvbsGQ_TG-sKxCuj1xs8/edit?usp=drive_web)

[https://ssl.gstatic.com/docs/doclist/images/icon_11_document_list.png Mission Team Member Expectations](https://docs.google.com/a/colombiaschildren.org/document/d/1JotEOJCepAjNKKRx5VLd_bUDeRU__mF7CpeQ4GtHCwQ/edit?usp=drive_web) Print this document, sign it, and return the signed page to the Atwaters or your team leader.

[https://ssl.gstatic.com/docs/doclist/images/icon_11_document_list.png Mission Team Member Agreement](https://docs.google.com/a/colombiaschildren.org/document/d/16H9QyFFsQhV7r9Q7sBAhqIqihY-1B_X8eK630bGAKyE/edit?usp=drive_web) Print this document, sign it, and return the signed page to the Atwaters or your team leader.

COMUNIDAD CRISTIANA DE Fé (CHRISTIAN COMMUNITY OF FAITH)



Located in Medellín, Colombia, CCF is the founding church of Viento Fresco.

Learn more about CCF at <http://www.fepaisa.com/>

# ABOUT COLOMBIA

**Prayer guide for Colombia:**

Operation World

<http://www.operationworld.org/colo>

**Facts about Colombia:**

U.S. Central Intelligence Agency World Factbook (broad country-specfic information)

<https://www.cia.gov/library/publications/resources/the-world-factbook/geos/co.html>

**Currency**

The local currency is the Colombian Peso (COP).

Find the latest exchange rates at:

<http://finance.yahoo.com/currency-converter/?amt=100&from=USD&to=CAD&submit=Convert#from=USD;to=CAD;amt=100>

Locals usually abbreviate thousands with “mil.”

20,000 COP is equivalent to 20 mil.

Currency exchange is readily available in Medellín, so it’s not necessary to exchange US Dollars for Colombia Pesos ahead of time.

Major credit and debit cards are accepted at some establishments, but most are cash only.

If you plan to use your credit or debit card in Colombia, be sure to notify your bank or credit card company ahead of time, to avoid getting your card placed on hold when you use it internationally.

# HEALTH AND SECURITY

Although we all know that certain risks are intrinsic to daily living, we also recognize that participants on STM teams at times choose to enter areas where there are greater statistical occurrences of disease, acts of violence, or general difficult living conditions. In the end, it is the responsibility of the individual to prayerfully consider whether or not to participate in a particular STM trip.

Each individual must inform him/herself of the inherent risks of entering into an area for an STM team trip.

The final determination of whether or not a team will be allowed to depart for an area where there is reported high risk is determined by the pastoral staff and team leader and is highly dependent on reports from the host missionary or agency in the destination country regarding the feasibility of making the trip.

The following websites are helpful in assessing risks as participants prayerfully consider participation in an STM team. Please review these pages so that you can be fully informed of potential risks.

**U.S. Department of State** (country-specific risks)

<http://travel.state.gov/>

**U.S. Center for Disease Control**

Recommendations for Medellin, Colombia. <http://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/colombia?s_cid=ncezid-dgmq-travel-single-001>.

See your physician or county health department for other recommendations.

# PERSONAL SAFETY

Regardless of where you are travelling in the world, certain personal precautions are prudent:

DO:

* Make sure your team leader knows your whereabouts.
* Don’t go anywhere without a Colombian with you.
* Be discrete about using your personal electronics in public.
* Carry your accommodation phone number, address, and a staff phone number.
* Carry a copy of your passport. Also provide a copy to your team leader and a family member at home.
* Carry the emergency phone number of your credit card company.
* Ask the local missionary about what is acceptable if you are not sure. Your #1 priority is to be a good testimony to the people we have come to serve.

DON'T:

* Carry your original passport around with you except for going to the bank, etc.
* Carry large amounts of cash on you. Try to take only what you need for that day or that particular trip.
* Wear (seemingly) expensive jewelry.
* Travel alone, especially at night. In many cultures it is not acceptable for women to go out alone, going for a walk alone, etc.
* Give any personal information to strangers.
* Exchange money with street moneychangers.
* Accept packages/bags/cases from strangers when leaving the country.

Some teams may engage in street ministry in areas with higher risk. In those cases, we will go out in faith and humility, with no personal items (phone, jewelry, camera, purse, wallet, etc.) with us.

# HEALTH

**Immunizations** --- see the CDC website for specific recommendations for Medellin, Colombia. <http://wwwnc.cdc.gov/travel/destinations/traveler/mission_disaster/colombia?s_cid=ncezid-dgmq-travel-single-001>.

See your physician or county health department for other recommendations.

**Health Tips**

* Drink a lot of water to avoid dehydration. Always have some with you. Drink only bottled water or other bottled beverages.
* Avoid uncooked foods that may have been in contact with unclean water, such as fruits and vegetables.
* Brush your teeth with bottled water.
* Keep your mouth closed when you take a shower.
* Eat a balanced diet. Snack to keep your energy up.
* Enjoy the local cuisine, but avoid street food.
* Get plenty of rest. Don’t feel bad about taking an afternoon nap if you need it.
* If your location is at high altitude, expect that your body may need a day or two to adjust.
* Don’t overly exert yourself on the first day – we need you for the whole week!

# STUDENTS TRAVELING WITH GROUP

A Student Travel Consent Form signed by both parents and notorized is required for High School Students traveling with the group, even if a parent is also traveling with the group. This is to assure no delays in immigration or in the event of an emergency. See a sample form in the appendices.

# INSURANCE

The insurance that is included in your trip cost covers the following:



# FUNDING

Trips are funded solely by the participants and donations that they may receive. Each participant (including our leaders) provides his/her own support for the trip. We are eager to provide suggestions for helping fund the mission, including, but not limited to, sending out letters requesting financial and prayer support from both family and friends. Support letters are the most commonly used method to raise funds. Others find they are able to fund their trip solely by re-prioritizing their lives. Whatever method best provides the means necessary to make this life-changing mission, we believe that those who are called are also equipped by Him to do His will. See a Sample Support Letter in the Appendices.

It is the policy of Helping Hands Missions that 100% of donated funds go toward the mission expenses.

Timely submission of payments is necessary so that we can purchase airline tickets and pay for other advance expenses. Late submission may result in higher cost or exclusion from the trip.

Contributed funds are considered contributions to the receiving organizations and are not refundable.

SUPPORT

See the Appendices for a SAMPLE SUPPORT LETTER

Possible Prayer Requests —

* Team Leaders and members
* Team logistics and finances
* That the hearts of the team be prepared
* Team to adjust quickly
* Team unity
* Each one to minister according to his or her gifts
* Strength to serve and faith to see the Lord move
* Good health, safety in travel and on construction sites
* Fruitful ministry, and that many will come to know Jesus
* Good weather for outdoor events
* Team debriefing
* Our hearts and minds as we process what we've seen and learned
* The Lord's long-range purpose for each of us

# ITEMS FOR DONATION

We will have the opportunity to carry donated supplies and other items to Colombia with us.

This is an opportunity for you to engage friends and family in your mission.

List of Needs for Viento Fresco

Baby Bibs, water resistant

Pacifiers

Interactive games

Baby towels

Divided plates (with divisions for food)

Plastic containers of all sizes

Colored pencils

Colored ribbons

Diaper rash cream (we need a LOT of this)

20 Baby cups for juice

Baby lotion

Medium-sized backpacks for girls and boys

Red and black pens (we need a LOT)

Notebooks

Pencil sharpeners

Erasers

Big tracing molds for letters

Big stickers for decorating the rooms (sun, moon, stars, animals, children, means of transportation, etc...)

Modeling clay (Lots needed)

Different colored vinyl paints

Colored paper

Letter borders for classroom walls

ABC sign with pictures

Paper cutters

Puzzles

Table games for bigger kids

Plastic smocks for children

Lice-killing shampoo and combs

Hair accessories for girls

Puppets

Big laminates of animals, landscapes, Bible stories, etc...

Small craft items: buttons, pom pons, small stickers, tapes, ribbons, little decorative flowers, gift bags, etc...

THANK YOU SO MUCH FOR EVERYTHING YOU BRING FOR THE FOUNDATION. MAY FATHER GOD MULTIPLY THIS BACK TO YOU ABUNDANTLY. YOU ARE WELCOME TO BRING ANYTHING YOU WANT THAT ISN'T ON THIS LIST AS WELL.

Attentively,   
Francy Elena Burbano

# HOW TO PREPARE A PERSONAL TESTIMONY

1. Follow a three-point outline: "My Life with Christ."
   1. Life before knowing Christ
   2. How you came to know Christ (be specific).
   3. Life after you received Christ (changes He made, what He means to you now).
2. If you became a Christian as a small child, it would be best to share how you came to a point of surrender in your life. Your outline would be something like this:
   1. Your experience of becoming a Christian.
   2. Your life before you really yielded your life to Christ.
   3. How you yielded your life to Christ.
   4. Life after you yielded your life to Christ. Though this is not technically a salvation testimony, many people with religious backgrounds will identify with it. As they see the present reality of Christ in your life they will want this same reality and thus want Christ.
3. Begin with an interesting, attention-getting sentence and close with a good conclusion. Include relevant, thought-provoking, secular facts and experiences.
4. Write in such a way that others will feel associated with you in past and present experiences.
5. Give enough detail to arouse interest.
6. Use at least one, but at the most two, Scripture verses.
7. Choose something characteristic of your experience that is of general interest to non-Christians. Build your own testimony around a theme—for example: success, life's best, money as the answer, dreams of the future, God's personal plan for me, what I want most out of life, desire to help others, etc.
8. Emphasize the fact that the thing that made the difference in your life was accepting Christ as Savior and making Him Lord of your life. Explain exactly how you received Christ. The person who hears you should be able to receive Christ as a result of hearing your testimony.
9. Remember, the same Christ lives in you whether you trusted Him early or later in life. Do not be concerned that your testimony be exciting, just that it be interesting.
10. Be realistic.
11. Be positive, not negative, from start to finish.
12. Write out your testimony so that you can give it in a group situation the same as you would to an individual. Testimony should be 3 5 minutes. We’re not looking for a life story.
13. Practice with a friend.

# SALVATION STORY

Some Christians find it hard to give a clear, concise presentation of the gospel, especially when telling it with their personal testimony. It’s helpful to have the main points clear in your own mind, and be prepared when the opportunity presents itself. Remember, our role is to be a witness and to help people understand the Good News of Jesus Christ:

That God loves them and wants them to experience peace and life — abundant and eternal.

Us

God

SIN

Us

SIN

God

Religion

Morality

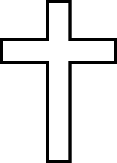
Self -improvement

Philosophy

Good Deeds

Sinful people

Holy God



Jesus Christ

SAVED

With

God

Without God

LOST

God loves us

*That God made us in His own image but also gave us free will so we could choose to love Him. We make choices to disobey and go our own way and this separates us from God.*

*For all have sinned and fall short of the glory of God. —Romans 3:23*

*For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. —Romans 6:23*

That people try their own ways to bridge the gap between themselves and God.

*There is a way that seems right to a man, but in the end it leads to death. —Proverbs 14:1 2*

*But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear. --Isaiah 59:2*

That Jesus Christ died on the cross and rose from the grave. His death paid the penalty for our sins and it's only by His blood that we can be saved.

*For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God.—1 Peter 3:18*

*But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.—Romans 5:8*

That we must believe and personally invite Jesus Christ to be our Lord and Savior.

*Yet to all who received him, to those who believed in his name, he gave the right to become children of God. —John 1:12*

*That if you confess with your mouth, "Jesus is Lord, "' and believe in your heart that God raised him from the dead, you will be saved. —Romans 10:9*

Lead the person in a prayer confessing his sin, repenting, believing that Jesus died for his sins and inviting Jesus into his heart and life.

*Everyone who calls on the name of the Lord will be saved. —Romans 10:13*

**Sample prayer:** “Lord Jesus, thank You for showing me how much I need You. Thank you for dying on the cross for me. Please forgive all my failures and the sins of my past. Make me clean and help me start fresh with You. I now receive You into my life as my Lord and Savior. Help me to love and serve You with all my heart. Amen.”

Practice

Tell your salvation story to the team. As each one speaks, the team should listen for key points — sin, the cross, sacrifice, repentance, and faith. Memorizing these key points helps you share the gospel with greater confidence and ease.

Analyze and improve your own salvation story/ testimony by asking the following questions:

* Did I explain the fall of man and our sinful nature? What are some examples from my life?
* Did I discuss why Jesus had to die for us? How did I respond when I first understood that He died for me?
* Did I discuss repentance; if so, in what way?
* How has my life been transformed by the Lord?
* Did I discuss faith? Where is faith evident in my life every day?

# **SPIRITUAL DISCIPLINES**

“Joshua told the people, ‘Consecrate yourselves, for tomorrow the LORD will do amazing things among you.’” Joshua 3:5

# DAILY BIBLE READING SCHEDULE

(one passage per day, start 8 Weeks before trip)

|  |  |  |  |
| --- | --- | --- | --- |
| Weeks before departure | Verses | Weeks before departure | Verses |
| 8 | UNDERSTANDING GOD'S PURPOSE FOR THE WORLD Genesis 12:1-9  2 Kings 19:1-19  1 Chronicles 16:7-36  Isaiah 49:1-12  Micah 4:1-13  Acts 1:1-11  Revelation 5:1-14 | 4 | COUNTING THE COSTS Matthew 21:28-32  Corinthians 9:24-27  Luke 9:57-62  Luke 14:25-35  Daniel 6:1-28  Malachi 1:1-2:9  Philippians 2:1-18 |
| 7 | COMMUNICATING CHRIST CROSS-CULTURALLY Romans 14:1-23  1 Corinthians 8:1-9;23  1 Corinthians 10:23-11:1  Matthew 17:24-27  Acts 8:1-7, 26-40  Ruth 1:6-21  2 Kings 5:1-18 | 3 | DISCERNING GOD'S CALL 1 Samuel 3:1-21  Jeremiah 1:4-17  Ezekiel 34:1-31  Romans 10:1-21  Isaiah 6:1-13  Isaiah 30:15-22  Isaiah 43:1-13 |
| 6 | GROWING INTIMATELY WITH JESUS OVERSEAS Hebrews 11:3-16  Hebrews 12:1-17  Daniel 3:1-30  John 15:1-17  Jonah 2:1-9  1 Peter 2:1-25  2 Corinthians 1:3-14 | 2 | THE SIMPLE LIFE STYLE 1 Timothy 6:3-21  Matthew 6:19-24  Colossians 3:1-17  Luke 10:25-37  Luke 12:13-21  Mark 10:17-31  Mark 12:13-17 |
| 5 | GOD'S POWER, PROVISION, AND PRAYER 2 Corinthians 12:5-10  1 Corinthians 1:18-31  Genesis 22:1-18  Matthew 6:25-34  Luke 10:1-20  Mark 11:15-18;  1 Kings 8:54-61  Colossians 4:2-6, 12-13 | 1 | REPRODUCNG GOD'S VISION IN OTHERS Numbers 13:17-14:18  Numbers 32:1-32  1 Kings 4:29-34  Ezekiel 33:1-17  John 4:1-42  Acts 10:34-11:18  2 Timothy 2:1-13 |

# PRAYER

God reveals Himself to us in many ways. Through the Bible, He reveals His character and His plan for the world. In our life experiences, such as your short term mission, He further reveals His workings through the Holy Spirit in the world today. In prayer, He has personal conversation with us and reveals His desires for us as individuals.

In your prayers, ask Him to show you what He had in mind for you when He wrote the Book. Ask Him what He has in mind for you, after you have a moving Spiritual experience on your trip. Ask Him to show you specifically what He wants you to do. You already know that God wants you to do two things: obey His Word and share it with others. In your payer, tell God that you are ready to obey what He will show you and that you are willing to share that application with others. Invite the Holy Spirit to be you teacher and guide.

# FASTING

Is fasting new to you?

Perhaps this brief study will help answer your questions.

Some Biblical references for you to study.

* Matthew 6:16-18 (When you fast – not if.)
* Matthew 4:2 (Jesus fasted!)
* Matthew 9:15 (The disciples fasted.)
* Isaiah 58:6 (to set the captives free.)
* Psalm 35:13 (When prayers are unanswered.)
* Acts 13:2-3 (To hear from God.)
* Acts 14:23 (Committing believers to the Lord.)

Some words from *God’s Chosen Fast,* by Arthur Wallis

To fast is not simply nor necessarily to abstain from food, but from anything that hinders our communion with God.

‘Fasting’ means to do without, to practice self-denial.

It is a spiritual exercise distinct from praying.

‘Fasting,’ whether regular or occasional, is a matter between the individual and God. It should not be done habitually, thus becoming an empty practice devoid of spiritual content.

God is not merely concerned with what we do but why we do it. A right act may be robbed of all its value in the sight of God if it’s done with the wrong motive. (Read Isaiah 58:3-9; Zechariah 7:5)

A fast undertaken at God’s direction will strengthen the intercessor (you) to maintain pressure until the enemy is compelled to loosen his grasp.

**On one of our scheduled team meetings days, we will call for a day of fasting, and break bread together when we meet at the end of the day.**

# JOURNALLING

Many team members find it helpful to write their thoughts, memories, and prayers in a journal while on-field or after you return home.

Use the following journal topics to help you:

ON-FIELD

* The Lord wanted me to come because...
* I saw the Lord at work when...
* I know prayer works because...
* I want Him to be Lord over every area of my life. I surrender...
* Lord, show me how to change in...
* Am I really a servant? I've humbled myself and seen...
* Do I have a teachable spirit? I've learned...
* Keeping short accounts. I choose to forgive...
* Today I stepped out in evangelism and...
* Listening and speaking to God. I heard You say...
* My worldview has changed. I now believe...
* I felt Your love flowing through me when...
* Am I willing to change? Help me to see I need Your...
* Pushing through. I need Your strength to...
* What is God saying about my future? I know I'm called to...
* It's all about You, Lord. I lay down my desire to...

POST-FIELD

* You were faithful when...
* I want to thank You for...
* God is in control. I trust You with...
* What's God calling me to do?
* When I share my story, help me to...
* Putting feet to my faith. I feel you calling me to...

# **PREPARING FOR YOUR TRIP**

# PREPARING TO BE AWAY FROM HOME

* Make arrangements for your children, pets, mail, etc., for your time away.
* Leave your contact information—including the names, addresses, and phone numbers of the hotels where you are staying—with a family member, so they can reach you while you’re away.
* Note that cell phone and WiFi services may be unreliable or unavailable at your destination. Check with your cell phone carrier regarding limitations and charges for international use.
* Inform your credit or debit card issuer that you may be using your card internationally. This will alert them to your transactions that might otherwise be flagged as suspicious and result in locking out your card.

# PACKING FOR YOUR TRIP

Our airline (Copa) allows the following for each passenger:

* One carry-on bag that must fit in an overhead bin.
* One personal item (such as a purse, camera bag, laptop bag) that must fit underneath the seat in front of you.
* Two checked bags, not more than 50 pounds each.
  + - You may use one of the bags for your personal belongings.
    - HHM will provide you with the second bag for supplies and donated goods, for you to check under your name.
* All bags must be packed in accordance with TSA and airline rules.

With this in mind,

* 1) PACK LIGHT! You are responsible for carrying your own bags!
* Practice carrying your bags up and down stairs or around the house for a while. Rethink what you really need to take.
* Clothing should be appropriate for the weather, the activities planned for the team, and the cultural norms at your destination.
* Pack in your carry-on bag a change of clothes, your most valuable items, medications, and anything you would need if your luggage is lost or delayed.
* Tag all your bags with your name and address.
* Items marked with (\*\*) are required. Items marked with (\*) are strongly recommended

# PACKING LIST

Important Items and Documents

O E-ticket print out\*\* (Group bookings will check in as a group at the airport)

O Passport with visa (Visa not required for Guatemala, Colombia, or Mexico)\*\*

O Immunization record

O Travel Authorization Form (Letter of Consent) REQUIRED for High School Students. Signed by BOTH parents and notorized.\*\*

O Government-issued or photo identification\*

O One credit card \* or debit card

O Money (carried in a money belt or divided between two or three pockets)\*

O Travel Insurance card\*\*

Personal Items and toiletries

O Bible\*

O Journal\*

O Paper and pens

O One book, for light reading

O Contact list \*

O Camera and adequate storage media

O Batteries and chargers

O Medicines and prescriptions, in original containers (Aspirin, vitamins, etc.). Unlabeled items may cause complications as you go through customs.

O Personal toiletry and cosmetics items

O Eye glasses

O Contacts and solution

O Shower towel

O Facecloth

O Personal pillow

O Granola bars or other light snacks

O Some emergency toilet paper\*

O Sunscreen and lip protection\*

O Sunglasses and a hat or cap\*

O Insect repellent (that contains DEET)\*

O Rain poncho or small umbrella\*

O Comfortable shoes for walking\*

O Boots or shoes suitable for work project\*

O Work gloves\*

Bottled water will always be available. You don’t need to pack any.

# APPENDICES

# INDIVIDUAL APPLICATION TO A SHORT TERM MISSION TEAM

Elmbrook Church/Helping Hands Missions

Applicant name as it appears on your passport:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Passport Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Passport Nationality\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T-Shirt Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Men’s \_\_\_ Women’s \_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_\_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work or mobile# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Destination/Team Description Medellin, Colombia, JUNE 17-24, 2017

Team Leader \_Jimmie King\_\_

In case of emergency please notify:

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

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_\_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Work or mobile # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Church Name (If you do not attend Elmbrook Church) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pastor’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# SHORT TERM MISSION TEAM COVENANT

As a member of a mission team, I promise to do the following:

* Support my team and leader, including praying regularly for them.
* Recognize the team leader as called by God and submit to leader's authority willingly.
* Commit to doing my best in whatever is asked or assigned, keeping a positive attitude with the desire to glorify God.
* Encourage team members, verbally and non-verbally.
* Be flexible and understanding when things do not work out as planned or according to my standards.
* Work out conflicts with team members when they arise, using Matthew 18 as my guide.
* Demonstrate respect for nationals and other team members by being sensitive, honest and patient and by practicing open communication with them. (No negative talk about the host country and culture)
* Keep a sense of humor!
* Be open to God's future leading towards cross-cultural ministry.

A PRAYER FOR THE MISSION TEAM

Father, I know that no group of people is perfect, so help me not to be surprised when problems arise on my team. Keep me from pointing a finger of blame at others; guard my tongue from shameful remarks. Grant me the courage to do my part to make our team pleasing to You and thank You for graciously allowing me to be a member of Your wonderful family. Amen.

COVENANT COMMITMENT

As a responsible Christian who has felt God's call to short-term missions, I pledge to fulfill my individual responsibilities to the team as follows:

* I agree to attend all team preparation meetings.
* I agree to raise 100% of my total costs through fund raising events, prayer letters, and personal contributions by departure date.
* I understand that fundraising for my trip is a personal matter of accountability before God and my teammates, and that individual shortfalls in fundraising may affect my future ability to participate in missions trips through Helping Hands Missions.

I have read the above covenant statements and prayerfully agree to abide by them.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# CONTRIBUTION FORM – PARTICIPANT SUPPORT

Thank you for supporting the JUNE 2017 Mission to Medellin, Colombia.

I pledge to support (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supporters name(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_With my/our prayers

\_\_\_\_\_With my/our financial gift of $\_\_\_\_\_\_\_\_\_\_\_\_

Send to:

Finance Department

SEND Team Support

Project Code No. 395 CS 03

C/O Elmbrook Church

777 Barker Road

Brookfield, WI 53045

Note:

Please make checks payable to Elmbrook Church.

Do not write the team member's name anywhere on your check.

Write the project code number only on the memo line.

Project Code No. 395 CS 03

Contributions are non-re fundable.

Elmbrook Church member contributions should be over and above faith promise support.

This is a tax-deductible contribution.

If your contribution is under $250, your canceled check is your receipt. If your contribution is $250 or more, you will automatically receive a contribution statement from Elmbrook Church.

# PARENTAL LETTER OF CONSENT

To Whom It May Concern:

I/We, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Full Name(s) of Custodial and/or Non-Custodial Parent(s)/Legal Guardian(s))

am/are the lawful custodial parent and/or non-custodial parent(s) or legal guardian(s) of:

Child’s full name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Place of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

U.S. Passport Number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date and Place of Issuance of U.S. Passport:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,(Child’s Full Name) has my/our consent to travel with:

Full name of accompanying person:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

U.S. or foreign passport number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date and Place of issuance of this passport:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

to travel to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during the period of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

During that period, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Child’s Name) will be residing with

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at the following address:

Number/street address and apartment number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State/Province, Country:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone and fax numbers (work, cell phone and residence)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent(s) or Legal Guardian(s):

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

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witnesses:

Signed before me, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

this\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Date)

at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Name of Location)

Signed before me, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

this\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Date)

at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Name of Location)

# SAMPLE SUPPORT LETTER

<Date>

Dear <Person's Name>,

As you may know, I'm going on a mission outreach to <location>. I'm excited to serve on this team, and I need your help to make it happen.

It is each team member’s responsibility to raise his/her own prayer and financial support. I am asking you to consider being part of my prayer and financial support team. Please pray for our families while we are away, for safety while traveling, and that our love for Jesus would be evident by our actions and that He would be glorified by all we do.

I realize that I need God's grace and help at every point while I'm preparing, when I'm on the outreach, and after I come home. I would love to have a team of supporters here at home praying for me as Paul prayed for the Ephesians.

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has*

*called you, the riches of his glorious inheritance in the saints. — Ephesians 1:16-18*

Will you commit to pray for my team and me while we are gone? Please let me know if you are able to join my prayer support team! <Insert your specific prayer requests>

Will you commit to supporting me financially? You can send your financial donations to Elmbrook Church, along with the attached contribution slip.

The dates of the mission are <dates>

Thank you for taking the time to consider my request,

<Your Name>

<Add photos if available>