

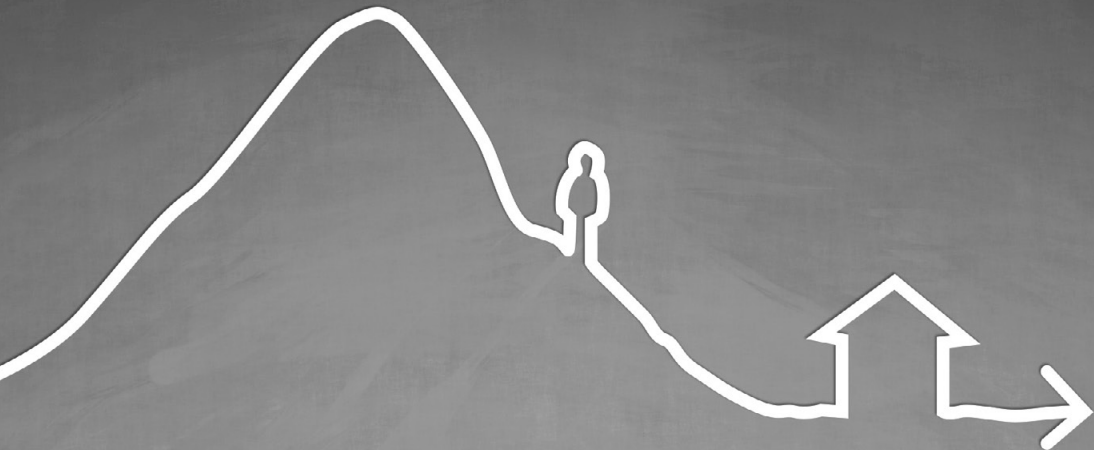


RAPPELLING

From mountain tops to life on a mission

4 WEEK MISSION TRIP FOLLOW UP JOURNAL

LeaderTreks®



RAPPELLING

From mountain tops to life on a mission

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THIS BOOK BELONGS TO:



Making Disciples...Developing Leaders

Rappelling: From mountain tops to life on a mission

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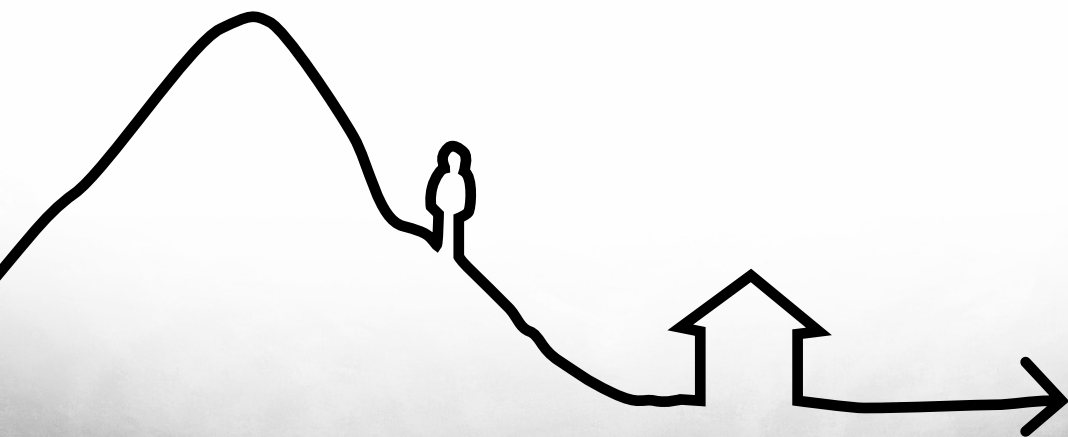
you made it! ↖

After climbing for hours, your muscles are on fire and your tongue is dry. But you put your hands on the ledge, and with a grunt, wrench yourself up the final few inches. Rising to your feet, you slowly spin in place, absorbing the awesome panoramic view. Slowly, the rest of your team joins you on the summit. Without them, you never would have gotten this far. You laugh with your friends as you catch your breath, head held high and the wind in your hair. This breathtaking view is the perfect way to commemorate the end of your climb.

EXCEPT THIS ISN'T ACTUALLY THE END OF YOUR CLIMB. Every mountaintop experience must eventually end, and sometimes the descent is the most dangerous part of the climb. As you slowly make your way down the mountain, you're already tired from the journey up. Your mind may be light-headed from the altitude, and your body just wants to relax. But one lazy misstep could mean disaster.

The same is true for the "mountaintop" experience of your mission trip. You and your team exhausted yourselves serving a community in need, pouring yourselves into their lives. Your head spun as you connected with God in astonishing new ways. And now that the trip is over, you're ready to kick back, relax, and re-acclimate to your normal life.

BUT THAT'S THE VERY MOMENT WHEN YOUR SPIRITUAL LIFE IS MOST AT RISK. HARD AS YOU TRY, YOU MAY FIND THAT YOU CAN'T MAINTAIN THAT "SPIRITUAL HIGH" YOU HAD ON THE TRIP. YOUR TEAM MEMBERS WILL RETURN TO THEIR NORMAL ROUTINES, AND YOUR ATTENTION WILL BE DIVIDED BETWEEN SCHOOL, FAMILY, FRIENDS, AND GOD. AND LIFE'S DESERTS, VALLEYS, AND PITS AREN'T ON THE MOUNTAIN—THEY'RE FOUND AT HOME.



How To Use This Book

Back to Earth. That's what this book is for. It will equip you with the resources needed to safely "rappel" from your mountaintop experience back into everyday life. In it, you'll find journal questions, Bible studies, and challenge days to help build your missional muscles as you journey from the mountains to the mundane during your first four weeks back home. Each week you'll focus on a different topic for five days:

Rumors

The first week will debrief your mission trip and look at it from all the different angles. You'll learn to see the story of your trip—and your life—in the context of God's grand redemptive narrative. Then you'll find ways to tell that story to others.

Team

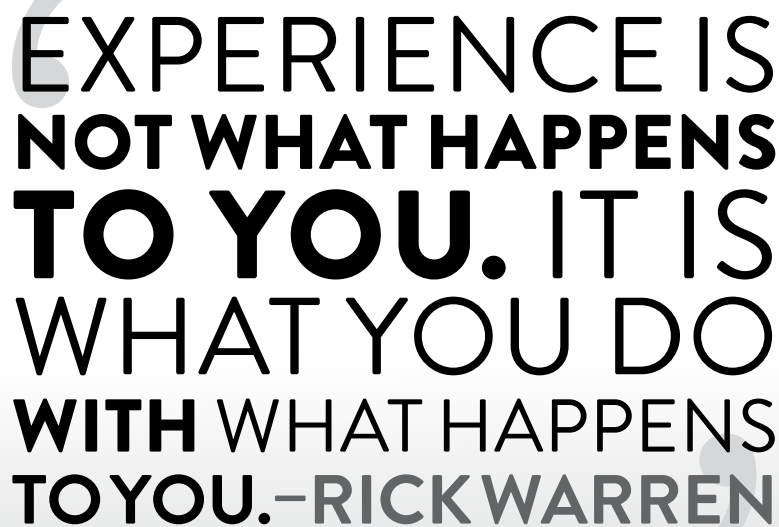
Did the camaraderie and teamwork from your trip feel fun, natural, even essential? That's not a fluke. None of us were created to function on our own. This section will help you build a "team" at home, for our own sake and for the sake of those we're called to serve.

Reach

Your mission trip was a unique opportunity to serve a community away from home. But service opportunities are all around you. On your trip, you may have felt like you were filling your tool belt with specialty tools, only good for that context. This week will help you see those tools as Swiss Army knives that can be reused again and again, even at home.

Linked

Perhaps the hardest part of leaving a mountaintop experience is feeling like you're drifting away from God's presence. He felt so close on the trip. Why not at home? This week will help you stop seeing your trip as a "once-in-a-lifetime" encounter with God and start seeing it as a "life-changing" catalyst to follow his call at all times.



**EXPERIENCE IS
NOT WHAT HAPPENS
TO YOU. IT IS
WHAT YOU DO
WITH WHAT HAPPENS
TO YOU. —RICK WARREN**

WEEK 1

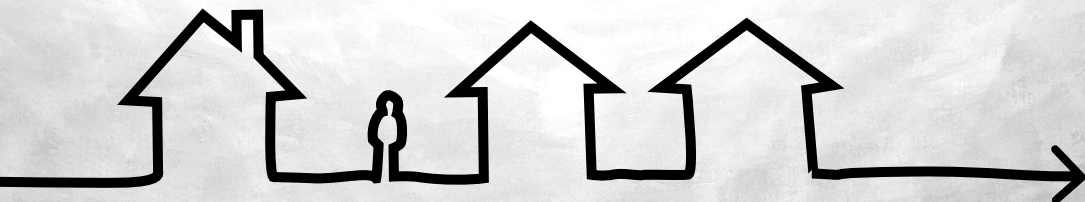
- Rumors -

Return to your home, and declare how much God has done for you.” And he went away, proclaiming throughout the whole city how much Jesus had done for him. – Luke 8:39

JESUS TEACHES US ANOTHER WAY:

GO OUT. GO OUT AND SHARE
YOUR TESTIMONY,
GO OUT AND INTERACT
WITH YOUR BROTHERS,
GO OUT AND SHARE, GO OUT AND ASK.
**BECOME THE WORD IN BODY
AS WELL AS SPIRIT.**

— POPE FRANCIS



DAY 1: Rumors

Imagine you lose your iPod in a restaurant, and a stranger finds it. She turns it over in her hand but can't find a name on it. Hoping to learn about the iPod's previous owner, she plugs in some headphones, scrolls to a random song, and presses play. How much would that one song tell her about your taste in music?

Perhaps she hears the pop song you downloaded four years ago—the one you stopped listening to because it was overplayed on the radio. Or maybe she hears one of the oldies your dad downloaded to your iPod because he didn't want to buy his own. She might hear the song you bought as a joke, just to make your friends laugh. But even if she gets lucky and listens to your favorite song, would she really learn everything there is to know about your musical tastes? Of course not! If she really wants to learn about you, she needs to listen to as many songs as possible and know why you picked them.

Rumors start in much the same way—a person hears one part of a complicated story and thinks that's all there is. Partial truths are unhelpful, especially when it comes to sharing about your trip. It's tempting to answer the question “so how was your trip?” by talking about weird food or lost luggage, but what if that's all someone hears? Wouldn't that be missing the point of God's work in and through your team?

What you learned and experienced on your mission trip is important, but it's only part of the story. By reflecting on the trip from a few other perspectives, you'll start to see the bigger picture. Take some time to answer the following questions:

What were some of the highlights of your mission trip? Why do these memories stand out?



Why did the church send your team on this mission trip in the first place? Do you think your team met those goals?



Why do you think your parents let you go on the trip? What were they hoping you would get out of it?



WEEK 1 - Rumors

Choose one of your team members. How was the trip different for him or her than it was for you?

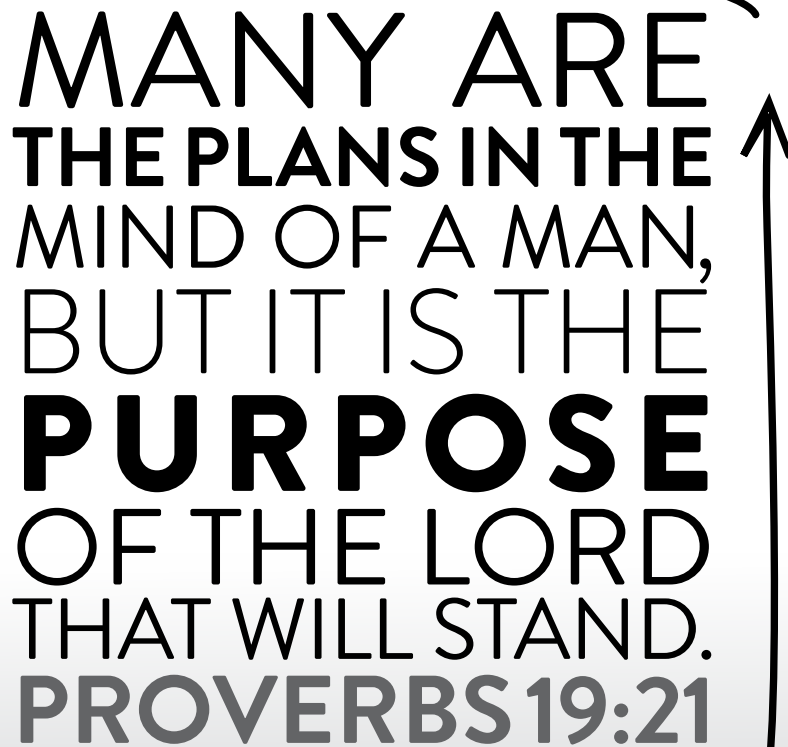


Place yourself in the shoes of your team leader. What were some of their priorities on the mission trip?



Finally, think about the community you went on the trip to serve. What did the trip mean to them?





MANY ARE
THE PLANS IN THE
MIND OF A MAN,
BUT IT IS THE
PURPOSE
OF THE LORD
THAT WILL STAND.
PROVERBS 19:21

DAY 2: A Higher Perspective

Yesterday you spent some time looking back on your mission trip from other “ground-level” perspectives. Each of these viewpoints helps flesh out the story of your trip. But there’s still one more perspective that needs to be considered—a bird’s eye view. God’s perspective is greater than our own. We can only see one piece of the puzzle at a time, but he sees the whole thing.

In the passage you’re about to read, God’s prophet Isaiah is living at a terrifying time. Larger countries had attacked his homeland, and they might invade again at any moment. Many of his nation’s rulers had disobeyed God, and their people are paying the price. Things seem dire from his perspective. But here, God encourages his people, reminding them that he sees things from a higher viewpoint, and his purposes are always fulfilled—even if it doesn’t seem like it at the time.

Read Isaiah 55:8–11, and use the 5P method to study this passage.

✓ PURPOSE

Why do you think the author wrote this? Why is it important enough to be in the Bible? In a sentence or two, write what you think the overall theme or topic is.



PRIMARY VERSE

Which verse seems to contain the most important thought in the passage? Which one stands out most to you? Write out the verse completely and the corresponding reference.



PROMISES

Make a list of any promises you find. Sometimes you need to infer promises from a passage. For example, John 3:16 does not come right out and promise you heaven. But it implies a promise: “if you believe, you will have eternal life.”





PROBLEMS

If you find anything you don't understand—even if it's just a word—write it down as a question. Then ask someone for the answer or look it up yourself. One way to know if you have any “problems” is to ask yourself “is there anything in this passage that I could not explain to a friend?”



PRACTICAL APPLICATION

Think about what the passage means to you. What action should you take? What do you need to change or work on so that what you have read is real in your life? Be specific—your application should tell who, what, and when.

**GOD MADE YOU TO
LOVE HIM SUPREME-
LY, BUT HE LOST YOU.
HE RETURNED TO GET YOU
BACK, BUT IT TOOK THE
CROSS TO DO IT.
HE ABSORBED YOUR DARKNESS
SO THAT ONE DAY YOU CAN
FINALLY AND DAZZLINGLY
BECOME YOUR TRUE SELF
AND TAKE YOUR SEAT AT
HIS ETERNAL FEAST.**

—TIMOTHY KELLER

RAPPELLING: From Mountain Tops to Life On a Mission

4 Week Mission Trip Follow Up Journal

Climbing any mountain requires grit, commitment, and intense focus. But the view at the summit is always worth it. The thing is, after seeing the world from that perspective, it's hard to rappel down to ground level and keep living with that same kind of grit. It's hard to carry that intensity through the ins and outs of life on paved streets and smooth sidewalks.

The same is true for mission trips. The mountain top experience on a mission trip is exhilarating, but rappelling back to daily life may be harder than the climb up. So how do you come home after a mission trip? How do you stay connected with God? How do you keep the intensity and focus going? And how do you keep living on a mission?

**USE THIS JOURNAL AS YOU RAPPEL DOWN TO DAILY LIFE.
IT WILL HELP YOU TO CONNECT WITH GOD AND TRANSFER
YOUR MISSION TRIP INTO A MISSION LIFE.**

Rappelling contains 4 weeks of:

- Bible studies
- Challenges
- Thought Provoking Experiences
- Hard Questions
- Debriefing
- Insights into service, community, God's story,
and connecting with God in your everyday life