

# Maintain Spiritual Freshness

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*Maintain your daily devotional time while you are on this journey. You need to hear from God daily as much on a mission trip or more than you do at home. Don't neglect this vital part of your Christian life.*

You must be spiritually prepared for the experience ahead of you. Do you talk with the Lord daily and spend time listening to Him? Have you thought about His desires for your trip ... or are you focusing only on what you want? You cannot know what He wants unless you spend quality time with Him.

Commit yourself to the spiritual disciplines of church attendance, Bible study and prayer. Spend time with the Lord daily if you are not already doing so. This process should begin at least one month before you go overseas and should include prayer, reading God's Word and then listening to Him. You may want to purchase a daily devotional guide to help you with this discipline. Devotional guides usually deal with a particular Scripture each day.

As you pray, remember to praise the Lord. Then confess your sins, repent and ask His forgiveness. Thank Him for His blessings and the way He is working in your life. Then express your needs to Him, asking Him to prepare you for this mission experience. He will reveal to you His desires for your trip. He also will help you see through His eyes and understand through His heart.

And finally, remember to listen to Him. Focus on that still, small voice inside you, realizing that your desires may not be His desires.

You also may want to keep a journal to record your thoughts and experiences. A journal can help you keep track of your spiritual growth.

Spiritual preparation takes time. Don't wait until the last minute. Once you arrive on the field, you will begin feeling the shock of strange food and smells, different customs and languages, limited bathroom facilities, lack of privacy, varying worship styles and ways of ministry. In some countries you will have to deal with extreme heat, insects, unpredictable weather, lack of pure drinking water, poor roads and undesirable accommodations. If you are spiritually prepared, you will handle these situations with His joy and His peace.

“Not by might nor by power, but by my Spirit,” says the Lord Almighty” (Zech 4:6, NIV). Depend on God and work in His Spirit as you go overseas. Don't trust in your own strength and abilities. It is only through the Holy Spirit that anything of lasting value can be accomplished.

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**And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. ~Colossians 1:9-10**