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**Be Still… Consider… Ponder… Meditate…Reflect**

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” Psalm 46:10 (New International Version)

There will be many demands upon your time as soon as you return from your short-term mission, but reflection is important for long-term impact. So often we bounce from one event in our lives to another without taking time to process. We allow experiences to rush over us, but remain unchanged. We must first be still before God and acknowledge Him. We should also intentionally set aside time to be still and reflect about the short-term mission experience. This may not appear to be urgent compared to immediate responsibilities facing you upon return, but it most definitely is important if your life is going to be transformed as a result of the experience.

In order to continue to grow spiritually, it is critical to faithfully maintain personal devotional times of Bible reading and prayer when you return home. Expect a spiritual battle at home, especially if this experience has changed you profoundly. If Satan can render you ineffective at home, even though he's lost battles overseas, he's still gaining in your life and in the lives of those around you. If he can derail you now he might be able to turn many people off to future involvement in missions. So please, please be on your guard. And remember to *PRAY and lean hard on God*. Continue to live in His strength - not your own (2 Cor. 3:4, 5). Hold tight to the faith you have developed. This is your single best defense against the devil's schemes.

If you used a journal while on your trip, you may have captured in writing what God was teaching you along the way, or you may have simply maintained a chronological listing of people, places, and events. Your journal can serve as an activator for your reflections. If you did not maintain a journal you may find the following questions helpful in stimulating thought. Consider writing down your responses. Writing will force you to slow down and think about what you are writing.

* What have you learned about God as a result of the short-term mission?
* How will your new knowledge and understanding impact your life?
* What did you learn that you would like to share with others to build them up?
* How has the short-term mission experience changed your thinking/attitudes/beliefs?
* How would you like the experience to change what you do on a daily basis? What will that look like?
* What priorities need to be rearranged as a result of your short-term experience?
* How do you hope to keep your vision for God and the world alive?
* Which do you think is easiest, adjusting to a new culture or readjusting to your home culture? Why?
* How are you going to use this experience to continue to grow?

**Resources for Post Ministry Devotions and Reflection**

If you do not have a system for devotions and reflection and would like a structure for reflecting about your short-term mission, you might consider the following resources:  
  
Liech, H. & Liech, B. (1995).  Abide in the Vine. Orlando, FL: Deeper Roots Publications  
Liech, H. & Liech, B. (2003). Coming Home Reentry Devotions for a Successful Return. Orlando, FL: Deeper Roots Publications.

And my God will meet all your needs according to his glorious riches in Christ Jesus. To our God and Father be glory forever and ever.  Amen. (Philippians 4:19, 20 (NIV))