

GO JOURNAL

MENTOR GUIDE



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THE GOJOURNAL SYSTEM

GOJOURNAL® is a journaling tool specifically developed for Short-Term Missions (STM) with the aim to (1) deepen reflection; and (2) lift mentoring throughout the course of a mission trip, i.e., Before, During and After.

THE GOJOURNAL SYSTEM CONSISTS OF THE FOLLOWING:

- Journey Book – Available in print
- Team Leader Guide – Printed manual for the mission trip Team Leader
- Mentor Guide – pdf guide for the Sender/Discipler

THE GOJOURNAL JOURNEY BOOK HAS 3 MAIN SECTIONS: BEFORE, DURING, AND AFTER.

- “Before” deals with preparations pre-mission trip
- “During” enables the Journey Book user to journal about his/her experiences on-field
- “After” enables debriefing and follow-through post-field

In order to facilitate journaling, the GOJOURNAL Journey Book contains articles and templates:

Before (Pre-Field) – The purpose of this section is to establish the institutional goals of the mission trip, and tie these in with the desired outcomes for the GOers. In addition, this section provides an opportunity for the GOer to define expectations and possible issues about cross-cultural engagement that they personally want to address. And lastly, this section has a template to guide the user to write out his/her personal testimony of salvation.

During (On-Field) – This is the section of GOJOURNAL used for recording experiences, memories, reflections, and lessons learned in the course of the mission trip. Each Journey Book comes with 30 days’ worth of Daily Reflection Guides.

THE DAILY REFLECTION GUIDE INCLUDES:

- Scripture passages and reflection questions
- Space to record key highlights (activities, people, new sights, etc.) during that day
- Space to write down feelings, impressions, lessons, and reflections learned in the course of the day about God, self, and others

After (Post-Field) – What happens after the mission trip is crucial for the discipling of the GOer. This section contains Debriefing and Follow-through templates. Some of the debriefing and follow-through guides can be self-administered (i.e., done by the GOer), and some would should be worked on in tandem with Senders and/or Team Leaders. In addition, the pastor and church missions committee members may also be involved.

BENEFITS OF GOJOURNAL

By using the GOJOURNAL, the STM GOer will be able to remember and unpack the experiences they have gone through and the lessons they have learned in the course of the mission trip. These can lead to a clearer understanding and discernment of God's purpose for their life. The GOJOURNAL enables the user to be more intentional and reflective about their experiences before, during, and after the mission trip.

The aim of any mission trip is to be a catalyst for discipleship, both for those who go and for those whom they go to. God can work in and through the GOer during the STM. While most mission trips aim to make a difference in the lives of people and communities, the mission trip can also lead to transformation in the GOer.

STM affect GOers in different ways. They can be stretched, challenged, excited, humbled, and perhaps even broken as they allow God's Word and the Holy Spirit to work in and through the circumstances that they find themselves in.

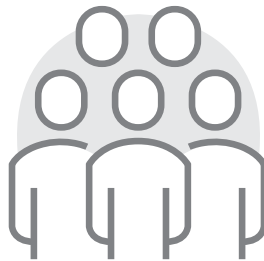
The value that the GOJOURNAL brings to a Short-Term Mission Trip GOer can be summarized as follows:

Experience missions. Reflect on God's Word and Work in the World. Discover His purpose for your life.



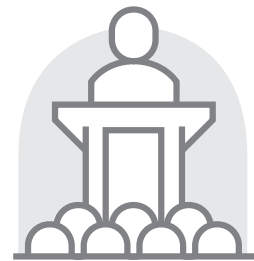
JOURNEY BOOK

A printed journal for GOers to use before, during and after the short-term mission.



LEADER GUIDE

A printed guide to help team leaders prepare and debrief their team and train them to use the Journey Book.



MENTOR GUIDE

A free PDF to help a caring member of the home church support a STM worker through hospitality and prayer.

You can order these GoJournal resources at
www.globalmissionstoolbox.com

For questions regarding the GoJournal and the various resources available, please contact us at:
info@globalmissionstoolbox.com

Accredited Resource Provider Standards of
Excellence in Short-Term Missions

WELCOME TO YOUR MENTOR GUIDE!

Dear Mentor,

First of all, **THANK YOU** for agreeing to bless one of your church's Short-Term Mission GOers¹ by serving as a Mentor. God is using Short-Term Missions (STM) all over the world to transform people and the world through the Gospel of Jesus Christ!

The GoJournal Team believes that mentorship is one of the elements that makes a STM a transformational experience. The primary goal is to encourage a STM GOer to intentionally reflect on God's work in their life before, during, and after the trip. It also challenges them to think about possible next steps they should take.

AS A MENTOR, YOUR ROLE IS TO:

1. pray for

2. encourage

3. provide counsel to your assigned STM GOer.

This engagement takes place before, during, and after the actual trip. The involvement and interaction that you will have with him/her in the course of their journey will contribute toward discipling them as faithful followers of Jesus.

In this Mentor Guide you will find a guide for these three primary activities. Some activities will be done together with your GOer or in tandem with the Team Leader. We do suggest that, if possible, you review the printed Journey Book with your GOer (each Team Member will have their own copy).

May God give you wisdom, grace, and joy as you mentor and disciple the Christ follower entrusted to you for the honor and glory of His Name.

Blessings in Christ,
The GoJournal Team

¹ A "GOer" is defined as the person who participates directly by taking the Good News through a Short-Term missions.

MENTORING GOERS

A primary goal of the GoJournal System is to see more long-lasting fruit from Short-Term Missions.

WHAT YOU'RE BEING ASKED TO DO

Being a Mentor does not mean you need to be an expert on every topic or some kind of spiritual giant! It does mean that you commit to serve as a trusted advisor who will strive to encourage, pray for, and provide Christ-centred counsel to someone participating in a STM. You do this because you love and care about their spiritual, physical, and emotional well-being and growth. This will involve a commitment of a few hours of your time, invested over a period of several weeks.

Growing Christians of any age benefit from the input of mature Christians who will encourage them in God's truth (especially God's Word) and help understand how to apply it to their lives. The author of Hebrews said: "Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith." (Hebrews 13:7) By coming alongside a younger Christian sister or brother as a Mentor, you will invest in their discipleship journey by encouraging her/him to walk personally with Jesus and live out His will for their lives.

WHAT DOES THE BIBLE SAY ABOUT MENTORING?

In his first letter to the Thessalonians, Paul provides an example of mentoring new followers of Christ in their faith. Here are some of the things Paul did:

1. He prayed for them (1 Thessalonians 1:2, 3; 3:10-13)
2. He spent time with them and encouraged them (1 Thessalonians 2:6-12)
3. He encouraged their relationships with each other (1 Thessalonians 1:3; 3:6; 4:9-10; 5:11-15; 5:26-27)
4. He sent another believer to mentor them when he couldn't be there (1 Thessalonians 3:1-2)

These are some of the things that Christian mentors do. As a Mentor, you will have the opportunity to contribute some of these same things into the life of a STM GOer. Through personal connections, and often hospitality, you will have the chance to ask questions and thoughtfully process responses, pray together, and also learn and celebrate with your GOer. We trust this will be a blessed growing experience for you both!

STEPS TOWARD BEING A GOOD MENTOR²

1. Fill your mind and heart with the Word of God. Being familiar with God's truth is essential for your own journey and for helping to guide someone else.
2. Pray faithfully. Readiness to spend time with the Lord, both for yourself and your STM GOer, is a foundational spiritual practice for a Mentor.
3. Be willing to be transparent. Personal authenticity invites people to step deeper into healthy relationships. The open, honest sharing of personal strengths and shortfalls may be helpful to your mentee.
4. Be ready to enter into gracious accountability. People willing to make courageous commitments will benefit from others who will remind, challenge, and sometimes ask hard questions about commitments. (Proverbs 27:17) At times this may feel uncomfortable, but proceed prayerfully and lovingly as you walk with your mentee.
5. Prepare to be generous. Consider how you might open your home, your experience, and your heart to your mentee. We have seen relationships that emerge be a great blessing in a local church!
6. Commit to loving as Jesus loved. Do and say everything in love, including pursuing humility, learning, and forgiveness. Through this example, the Body of Christ will be built up, long after the STM is finished.

We hope that this GoJournal Mentor Guide will encourage your heart and facilitate your participation. Our goal is to enable your enthusiastic discipleship of a STM GOer through mentorship.

If there are other ways we can be helpful to you, please reach out to our GoJournal Team at info@globalmissiontoolbox.com.

² This list has been adapted from *Christians, Mentors and Mentoring* by Tim Challies. (<https://bit.ly/2KWb27Q>) Used with permission.

ACTIVITY GUIDE FOR MENTORS

ACTIVITIES

PARTICIPANT/RESOURCE (Suggested)

COMPLETED Check some boxes!

BEFORE

Learn about the role of Mentors	Mentor Guide	☐
Talk with Pastor and Team Leader for pairing assignment with a GOer	Team Leader Pastor	☐
Meet with assigned Mentee before departure for mentoring, prayer, and encouragement	GOer, Mentor	☐
Participate in Commissioning Service for STM Team	GOer, Team Leader, other Mentors, Pastor, Congregation	☐

DURING

Pray for your assigned GOer regularly during the STM		☐
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AFTER

Study Debriefing Guidelines and Templates	Mentor Guide	☐
Schedule debriefing time	Team Leader, GOer	☐
Debrief with your GOer	GOer	☐
Discuss with GOer the article "Six Ways to Reach God's World"	GOer	☐
Follow-through with GOer over 6 months (if requested)	GOer	☐
Challenge GOer with "Prayer of Commitment"	GOer	☐

GOER-MENTOR DISCIPLING AGREEMENT (OPTIONAL)

“You then, my son, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others. 2 Timothy 2:1-2

We are both voluntarily entering into this agreement.

We covenant to meet on a mutually-acceptable schedule.

During these meetings, we will learn from God's Word, pray for one another and for others, and share life experiences and lessons.

We agree that this relationship will cover the time **Before, During, and After** the mission trip. We are open to continuing this discipling/mentoring arrangement beyond the post-field debriefing sessions upon mutual agreement.

We agree to keep the contents of these meetings confidential, unless it could present harm to oneself, others, or is illegal.

PRINT NAME AND SIGN:

Mentor (PRINT)

GOer (PRINT)

Mentor (SIGN)

GOer (SIGN)

Date:

DAILY REFLECTION GUIDES

Overview – This is the main journaling part of the Journey Book. There are two important goals for journaling:

1. Record the experience. There are often a lot of new and exciting experiences during a mission trip. To be better able to process learnings during a trip, it will help to record what was experienced, what was felt at the time, and details that made an impact.
2. Reflect on God's Word and what He is doing in the world; reflection leads to learning and growth..

Daily Reflection Guides – There is a Daily Reflection Guide for each day of the mission trip. The Daily Reflections enables the following:

- Encourage daily meditation on God's Word
- Record experiences during the mission trip
- Reflect on what God is doing
- Learn from the mission trip experiences and reflections

The Team Leader and the Team Members use these Reflection Guides for the days that they are on the mission field.

There are 30 Reflection Guides that are composed of the following elements:

- Scripture reading
- Reflection question(s)
- Describe your day
 - What did you do?
 - Where did you go?
 - Who were you with?
- Reflect on your day
 - Any positive or negative experiences?
 - Any challenges or successes?
 - Where did you see God at work today?
 - How did God impact you or someone else today?
 - What did you learn about God?
 - What did you learn about yourself?
- Pray about your day
 - How do you need God's help?
 - What will you praise Him for?

BIBLE PASSAGES AND REFLECTION QUESTIONS

DAY:	PAGE IN JOURNEY BOOK:	BIBLE PASSAGE:	REFLECTION QUESTION:
1	18	Luke 11:1-10	As you begin your Mission Trip, what are you praying that God would enable you to do and to be during and after the mission trip?
2	20	Romans 12	What gifts has God given you and how can you use these gifts during your STM to serve others and to demonstrate God's love in action?
3	22	John 13:1-17	What do you think following Jesus means? What are you willing to do for Jesus on this STM?
4	24	Romans 15:1-13	How will you build up the people you meet during your STM?
5	26	2 Timothy 2:1-13	What have you heard about Christ, and what are you telling others about Him?
6	28	Philippians 2:1-11	What have you found very humbling so far on your STM? What have you learned from this experience about yourself?
7	30	Ephesians 4:17-32	What aspects of your "old self" do you need to put off?
8	32	Colossians 3:1-17	What can you pray to God to help you "put on"?
9	34	Jonah 1	Is there something that you are running away from or refusing to obey? What is it? What is God teaching you about yourself through this STM?
10	36	Luke 15:3-10	Describe how you feel when you lose something valuable. How did you feel when you found it? What did you realize about yourself?
11	38	Luke 15:11-32	What does this parable tell us about God? In what ways are you being a "prodigal" son/daughter to your Father in heaven?
12	40	Matthew 28:16-20	Which would be easier (or more difficult) for you to do: "be a disciple" or "make disciples"? What experiences and/or skills do you have that would support your thinking?
13	42	Mark 16:15-20	Who was Jesus talking to when He gave this command? What does this mean to you personally as a follower of Christ? How are you proclaiming the Gospel to the whole creation?
14	44	Luke 24:36-49	How will the Gospel be preached to all nations? How can you be a witness for Christ during this STM?
15	46	Acts 1:1-11	What did Jesus promise his disciples? What will the Holy Spirit enable you to do as a Christ-follower?
16	48	Isaiah 49:1-7	Who is the Servant of the Lord? What will the Servant of the Lord do? What does this mean for you? What does this mean for the "unreached"?
17	50	Ephesians 2:1-10	What has God prepared in advance for us to do? What "good works" do you think He wants you to do based on your unique gifting, skills, and experiences?
18	52	1 Peter 1:13-25	What "hope" is being referred to in this passage? What is your hope? Why do you need to be "alert and fully sober"?
19	54	2 Corinthians 4:1-18	What is the "treasure" being referred to here? How is this passage challenging you about your life and priorities today?

DAY:	PAGE IN JOURNEY BOOK:	BIBLE PASSAGE:	REFLECTION QUESTION:
20	56	1 Chronicles 16:7-36	What have you seen God is doing among the people you are with right now that is "marvellous and worthy of praise"? Similarly, what is God doing in your life?
21	58	Ephesians 6:10-20	What difficulties have you experienced during the times when you tried to share your faith with others? What piece of armor will you ask God for to make you a stronger witness?
22	60	2 Peter 1:1-11	What are the qualities that you are praying the Lord will add more to you as you live out your faith?
23	62	1 Corinthians 12:12-26	How are you serving God now? What do you think God wants you to do and how do you feel about this?
24	64	Mark 10:35-45	What are you asking Jesus to do in your life? In what way will this make serving God possible?
25	66	Acts 18:18-28	Who has God brought into your life to either mentor you or for you to mentor? What changes have you seen in your life as a result?
26	68	Ephesians 4:1-16	What aspects of "living a life worthy of the calling you have received" do you need to pray about and work on?
27	70	John 4:34-38	How are you sowing the seeds of God's Word?
28	72	Romans 5:1-5	Suffering. Perseverance. Character. Hope. Which do you think were particularly impressed upon you during this STM? Explain why.
29	74	1 Corinthians 1:26-31	Because of this STM, what would you say is different about you now?
30	76	Matthew 9:35-10:20	There are so few workers for God's harvest fields. What can you do about this?
Basic		Use passage from your daily devotion or Quiet Time guide.	How would you apply what this passage is teaching to your life today?

ADDITIONAL BIBLE PASSAGES AND REFLECTION QUESTIONS

1 Peter 5:8-11	What temptations are you asking God to help you resist?
1 Corinthians 12:12-26	Where do you think God is calling you to serve, and why?
Acts 18:18-23	Who has God brought into your life to disciple? How is he/she doing?
Hebrews 13:5-6	There is 'holy' discontent. What are you "discontented" with?
Psalms 90	What work are you asking the Lord to establish?
2 Corinthians 5:18-20	In what ways have you lived as Christ's ambassador?
2 Corinthians 5:14-15	Believing that Christ died for you, how then should you live?

FOR MENTORS:

As you may note from the Bible passages and Reflection questions listed above, we hope to encourage the STM GOer using the Journey Book to:

1. Engage in a deeper way with God's Word; and
2. Connect and process Bible truths with their experiences during the STM

We believe deeper reflection will have a more significant and longer-lasting impact on the STM GOer. As you mentor them throughout the STM, help them to process their experiences in the light of God's Word and disciple them to a greater understanding of God's Call on their life.

NOTES:

DEBRIEFING & FOLLOW-THROUGH

The final debriefings are the culmination of the GOer's mission trip experience. As a Mentor, it will be helpful for you to be aware of the process and some important underlying assumptions regarding debriefing.

1. The STM experience is not an end in itself but leads to the advance of discipleship: the life changing experience of walking with Jesus. Through this experience, participants have the opportunity to be transformed.
2. As the STM experience produces various changes in the participant, they are often somewhat "out of sync" with the world when they return home. As a result, they may struggle to relate and integrate and may experience tension or dissonance that needs thoughtful resolution.
3. These "tensions" initiated by the ongoing changes in the participant's life and thinking can be resolved with the Lord's help! This resolution can be helped through the caring, prayerful support of the Team Leader, Mentor, family, and friends..

Unfortunately, very often, mission trip debrief is too brief, and follow-through doesn't always happen.

Good debrief does not happen on its own. Without adequate follow-through, the momentum of growth and change begins to die, and the potential benefits that could have been produced in the lives of the participants are soon lost.

The process of debriefing and follow-through will help make a transformational mission trip outcome more likely.

As the Mentor, we encourage you to encourage your assigned GOer to thoughtfully and prayerfully answer the questions in the "Debrief with Mentor" section and to discuss them with you.

Experience missions.
Reflect on God's Word and Work in the World.
Discover God's purpose for your life.

DEBRIEF WITH MENTOR - SESSION 1

WHAT WAS YOUR FAVORITE PART OF YOUR HOST COUNTRY?

WHAT WAS THE TEAM YOU WORKED WITH LIKE?

DESCRIBE SOME OF THE PEOPLE YOU MET DURING YOUR STM.

WHAT WAS SURPRISING ABOUT THE CULTURE?

WHAT WAS DIFFICULT?

Adapted from TEAM Missions Resources: <http://tinyurl.com/ybm7ztzm>

DEBRIEF WITH MENTOR - SESSION 2

WHAT DO YOU MISS MOST ABOUT YOUR HOST COUNTRY?

HOW CAN YOUR MENTOR BE PRAYING NOW THAT YOU ARE BACK?

HOW CAN YOUR MENTOR PRAY FOR YOUR HOST COUNTRY AND YOUR NEW FRIENDS?

WHAT DID YOU MISS MOST ABOUT YOUR HOME COUNTRY WHILE YOU WERE ON THE STM?

WHAT IS DIFFICULT ABOUT BEING BACK HOME?

Adapted from TEAM Missions Resources: <http://tinyurl.com/ybm7ztzm>

DEBRIEF WITH MENTOR - SESSION 3

WHAT IS GOD TEACHING YOU ABOUT YOUR LIFE BACK HOME?

HOW DO YOU WANT TO REMEMBER THIS EXPERIENCE GOING FORWARD?

HOW DID GOD CHANGE YOUR VIEW OF THE WORLD?

WHAT DID GOD TEACH YOU ABOUT HIMSELF? HOW WILL YOU RESPOND TO THIS REVELATION ABOUT GOD?

Adapted from TEAM Missions Resources: <http://tinyurl.com/ybm7ztzm>

SIX WAYS TO REACH GOD'S WORLD

Learn. Pray. Go. Send. Welcome. Mobilize.

[Optional] The following material can be used as a discussion guide as a "follow-through" to the Mentor-Goer Debriefings.

LEARN

- Read a missionary biography.
- Pray for people you see in world news reports.
- Take a course like Perspectives on the World Christ Movement or KAIROS.
- Visit joshuaproject.net to explore different areas and people groups of the world.
- Go to the library and check out books about countries or people groups that interest you.
- Serve on your church's missions committee.
- Volunteer with a mission agency near your home.
- If you are a student, consider doing an internship or work placement in a location to learn about/serve unreached people.
- Be intentional about balancing the media you consume from your own culture with creators from around the world.

PRAY

- Ask God to show you for whom you should pray.
- Sign up to receive prayer letters or email updates from workers and pray regularly for them.
- Request county or people-specific prayer points for your computer or mobile phone.
- Join or start a prayer group through your church or among friends.
- Pray for people in a different country each day (using Operation World as a guide).
- Check out prayer resources on the websites of missions agencies.
- Go on a short-term "prayer journey" trip to another country.
- Sign up for prayer bulletins and electronic newsletters.

GO

- Go on a short-term cross-culture trip with your church or college group.
- Use your profession to share the good news and Christ's love among the nations.
- Students can go on Short-Term Missions with their church or on internships for their school.

- Contact a few mission agencies to see how they might utilize your skills (short-term or long-term).
- Use your skills in overseas opportunities.

SEND

- Pray about a missions worker God might want you to encourage.
- Encourage a mission worker by email or video/phone call.
- Share a meal, your professional skills, a car, or guest room with a missions worker.
- Financially support a missionary or project.
- Plan a trip with your life group to visit missionaries where they serve.
- Start or join a home ministry team to encourage or support a missionary.
- Welcome missionaries home in practical ways.
- Help retire debt of recent grads who want to be missionaries.

WELCOME

- Become a friendship partner with an international student through organizations like International Students Inc.
- Introduce yourself to internationals in your neighborhood or while shopping.
- Start an English class for internationals.
- Volunteer at a food bank or refugee outreach.
- Connect with a local welcome ministry to a specific people group.
- Go to a seminar on reaching your neighbor.

MOBILIZE

- Advocate for a people group or a cause.
- Invite friends to an internationally focused class or event.
- Volunteer with a mission organization.
- Invite a friend to join you on a short-term trip.
- Help bring a global vision course like Perspectives on the World Christian Movement to your church.
- Serve as a short-term mission mentor.

WHICH OF THE 6 WAYS DO YOU BELIEVE GOD IS CALLING YOU TO DO? EXPLAIN.

Learn

Pray

Go

Send

Welcome

Mobilize

REFLECTION

Read John 17:1-8 What is this passage teaching?

In what ways are you making Christ known after your return from the STM?

Which of the 6 ways are you considering to engage more deeply into?
What experience and/or skills would enable you to do this well?

PRAYER OF COMMITMENT

"Dear Jesus. I want You in the center of my life and commit through Your power to do Your will to obey and serve You anywhere, anytime, at any cost. Amen.

Are you willing to make this commitment? What will it take for you to be able to do this?



GoJournal is brought to you by
the Global Missions Toolbox.

Find more great resources online
at globalmissionstoolbox.com

