



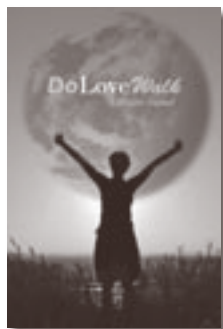
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using this journal

C *Countdown Journal Pages...*

During the days before your departure, let God prepare your heart for this trip by taking 10-15 minutes to complete the journal page for that day. If you miss a day, try to make it up the next day. Write your thoughts for every item on the page, but if nothing comes to you, skip it and come back to it later. This daily time of devotion will be a very important part of helping you prepare spiritually for the trip.

O *On-site Journal Pages...*

While at the mission site, set aside time every day to reflect on what God is teaching you through the experience. This devotional journal will help you to think it through. There are two pages to guide your reflections and a third “doodle page” that is open for anything else: notes, sketches, poetry, songs, or whatever. You may want to carry your journal with you during the day to record ideas and thoughts. Be sure to bring your journal to all group gatherings.

R *Returning Home Journal Pages...*

It's often hard to return home after having such a great experience with new and old friends. If you are like most people, you will want to live some new commitments at home. The 7 additional devotional pages at the end of the journal will help you move through the first days back home.

As a potter takes a piece of ordinary, everyday clay and shapes it into something beautiful and usable, pray that God will take your ordinary, everyday life and center, shape, fill and use you in the days ahead.

*We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.
 (2 CORINTHIANS 4:7 NIV)*



team covenant

Write or paste in the main points of your team's covenant.

ideas & suggestions

For Group Leaders



1-2 Weeks before Departure...

Gather your group for training and orientation. During the meeting, distribute the journals and ask everyone to write their names on their journals. Next, ask someone to read the "Welcome" on page 1, then review the "Table of Contents" on page 2, and read "Using this Journal" on page 3. If you have developed a team covenant, write or paste the words of the covenant on page 4; if not, take some time to list some of the promises you need to make to each other as you begin this trip. Beginning on page 9, write in the dates for the 7 Countdown Days before your departure. Urge each person on your team to take 10-15 each day to complete these journal pages.

Next, invite each team member to thumb through the pages of their journal, and as you do, point out...

- 7 pages for the days before departure;
- pages for the days of the mission trip - 2 pages that are guided and an open "doodle" page for each day of the trip;
- the pages starting on page 45 for writing the story of their experience after the mission trip is over;
- 7 "Back Home" pages after returning home from the trip;
- the pages at the back of the book for gathering the names and email addresses of new friends.

Now, invite each person to take the next few minutes to complete the first countdown page of the journal on page 9. Next, invite the members of your team to share some of their responses. Close your meeting with some of the prayers the team members have written.

Commissioning...

Ask your pastor if it would be possible on the Sunday before departure to include a brief time of team commissioning during worship.

Departure...

Invite parents, friends, youth leaders, pastors and all who might be interested, to gather on the day of departure to send the team on its way. Thank everyone for their support, form a circle for a time of prayer, and then load the vehicles to begin the journey.

(continued on page 6)



ideas & suggestions

For Group Leaders (continued)

On-site Journal Suggestions...

It's very important to gather your group during the on-site days of your trip for debriefing, journal sharing, prayer and support. Although you will have some members of your team who are self-motivated and will complete the journal pages on their own, there will usually be some who have a hard time doing it on their own. And so, you may need to take a few minutes at the beginning of your group time to allow everyone to "catch up" on the journal pages for that day.

Invite group members to share a part of what they have written, either in small groups of 2-3 or with the whole group. This "debriefing time" is extremely important, and can minimize the inevitable challenges of conflict, loneliness and homesickness that are often a part of mission trips. Debriefing brings unity to the group and provides an opportunity for the prayer and support everyone will need.

After the Trip...

Invite the members of your team to complete "The Story of My Mission Trip" on pages 45-47. You can do this either on the way home from the mission site or when you gather back home for a time of picture sharing and debriefing. When everyone has had a chance to complete the pages, invite individuals to begin talking about their experience. Some of this can be done in groups of 2-3, and some can be with the whole group.

If your group has been invited to share your stories at your church, this group meeting can help you decide how your group will want to present your story to the church.

Remind group members of the importance of completing the 7 back home pages of the journal.

notes, doodles, and drawings





in 2 days we travel

Today's Date: _____

Everyday People LOVE

C Center me...

Take three deep breaths. Relax and be open to God. Silently, repeat this prayer at least 5 times: *As you have loved me, Lord, help me to love... As you have loved me, Lord, help me to love.*

S Shape me...

Underline a word or phrase that stands out to you.

He (the lawyer) answered: *"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbor as yourself.'* "You have answered correctly," Jesus replied. *"Do this and you will live."* (LUKE 10:27-28 NIV)

This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? (1 JOHN 3:16-17 NIV)

And now these three remain: faith, hope and love. But the greatest of these is love. (1 CORINTHIANS 13:13 NIV)

To believe that God loves me completely means that...

To say that I love God means that I am willing to...

More from God's Word: 1 John 4:7-15; John 3:16-17; 1 John 3:16-18; 1 Corinthians 13

F Fill me...

Dear Lord, fill me with Your love so that I can more willingly love and befriend others. I want to be more like Jesus in the way I love the people in my life. Thank you for the many who love me, including (list some of those who love you)...

U Use me...

Use one of the doodle pages of this journal to list the names of those who are on your mission team, and write a one-sentence prayer for each person. Include one hope you have for that person.



in 1 day we travel

Today's Date: _____

Everyday People LOVE

C Center me...

Take three deep breaths and relax. Find your pulse, and count at least 60 beats of your heart. Be thankful for the life God is giving you right now. Pray this prayer over and over: *My life is in You, Lord, my strength is in You...My life is in You, Lord, my strength is in You.*

S Shape me...

Underline a word or phrase that stands out as something God wants you to notice...

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...Against such things there is no law. Since we live by the Spirit, let us keep in step with the Spirit. (GALATIANS 5:22-23;25 NIV)

...I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. (EPHESIANS 4:1-3 NIV)

Look again at the fruit-of-the-Spirit list above and write down one or two that describe your "strengths" and one or two that describe growth areas in your life.

Describe what it will mean for you to "live a life worthy of the calling" of God as you participate as a member of the mission team...

More from God's Word: Ephesians 2:1-10; 4:1-6; 1 John 2:1-6

F Fill me...

Dear God, fill me with your spirit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control during the days of our mission trip. Instead of trying harder to have these qualities in my life, help me to be open to having more of You in my life. I know You have given me a great opportunity, during the days of our mission trip, to let You teach me. Fill me with Your Holy Spirit, Lord. (Now open the palms of your hands to God and spend the next few moments receiving the Spirit of God into your life.)

U Use me...

Call or email a friend, family or church member, to invite them to pray for you during the next few days as you travel and become a part of this mission experience.



In the Potter's Hands

A Journey Day Prayer

Lord, why am I here?

C I'm here to be more centered in You, Lord.

It's not easy to be centered in You, when I am so often self-centered and preoccupied with my own agenda. Help me to relax more and trust You more than I normally do. Help me to be open to the possibilities of each new day and each new relationship. Remind me often that I'm not here just because I wanted to come on an exciting adventure. I'm here, because You invited and called me to go. Thank You for choosing me. This week I will try to let You have Your way with me.

S I'm here to be shaped by You, Lord.

Sometimes I work so hard at giving my life shape and meaning. During this mission trip help me to realize that You are always at work to shape me, if I will let You. You are always speaking to me; help me to listen. You are always at work in my life; help me to notice. May Your Word in the Bible come alive this week in the experiences and relationships You will be forming among us.

F I'm here to be filled with You, Lord.

I know there will be times this week when I feel weak and empty and in need of Your strength. Remind me often that if I will be open to You, You can fill me with the things that make life worth living, such as, love, joy, kindness, truth, wisdom, goodness, purity. Fill me with Your Holy Spirit that I might overflow with love for others.

U I'm here to be used by You, Lord.

I accept that I will discover my true purpose in life when I understand more about Your purpose for my life. And I guess that's really why I am here, Lord. It's not about ME; it's all about YOU. You have prepared me for this trip, and I want to let You do Your thing in my life during the trip. So thanks, Lord, for giving me, and all of us, this great opportunity to serve You and the people we will soon be getting to know. Here is my prayer: *Lord, You formed me out of clay, for Your glory I was made. Use this vessel as You choose, let my life, O Lord, praise You.* (© 1992 New Spring by Elizabeth Goodine)

One last word from the Apostle Paul:

So here's what I want you to do, God helping you: Take your everyday, ordinary life—you're sleeping, eating, going-to-work and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

(ROMANS 12:1 THE MESSAGE)

mission day 1: we travel & arrive

Today's Date: _____



Everyday People are CALLED

C Center me...

Take a deep breath, relax, and center your thoughts on God. Pray this prayer... *God, I praise you that the day has finally come for us to travel. Thank You for Jesus and his ability to give up everything in order to serve the world. Help me to let go of my life so that I can experience the power that is available when I make myself available to You. During the coming week help me to do justice, love mercy and walk humbly with You. Amen.*

Now continue in silent prayer as you place your life in the hands of God.

S Shape me...

Underline a word or phrase that stands out to you.

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me!"

(ISAIAH 6:8 NIV)

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

(EPHESIANS 3:20-21 NIV)

Isaiah said, "Here am I, send me!" God not only sends "Everyday People," but also gives them the power and direction they will need to accomplish their mission. You have been called to involvement in God's mission, and you have said, "Here am I, send me!" Describe in your own words "God's mission" for this mission trip, including what you will be doing, why it is important and what you think God hopes to accomplish through all of the efforts of you and your team...

More from God's Word: Isaiah 6:1-8; Ephesians 3:14-21

F Fill me...

Think about the life of Jesus and how he let God shape, fill and use his life. Close your eyes and continue to breathe deeply as you pray this prayer over and over again... "Lord, center me, shape me, fill me, use me...Center me, shape me, fill me, use me..." Let this be the guiding prayer of your mission trip.

U Use me...

Go out of your way during the next 24 hours to help someone you would not ordinarily help. At the start of each day this week, pray the prayer, *Center me, shape me, fill me, use me.*



mission day 2

Today's Date: _____

the weather today is...
(circle one)



my mood today is...
(circle one)



Everyday People SERVE

C Center me...

Breathe deeply the air of this new place. Breathe in the Spirit and love of God. Look around you and open your eyes to all that is new and unfamiliar. Relax in the newness, and let the strong, gentle hands of the Master Potter (God) shape your thoughts and attitudes. Receive the peace of God.

S Shape me...

Underline a word or phrase that stands out to you.

Whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

(MARK 10:43-45 NIV)

Then he said to them, "Whoever welcomes this little child in my name welcomes me; and whoever welcomes me welcomes the one who sent me. For he who is least among you all—he is the greatest." (LUKE 9:48 NIV)

According to Jesus, who are the truly "great" people in the world?

During the coming week what are some ways you can help the children you will meet to feel welcomed and loved?

More from God's Word: Psalm 100; Deuteronomy 30:16-20; Romans 9:20-21

F Fill me...

Dear God, I want to be "great" in Your eyes, although I confess, I spend a lot of time trying to be "great" in the eyes of others. Help me to serve You. As I meet children this week, give me the ability to talk and play with them, welcome and love them as Jesus would. And God, I especially need You to help me to serve in this situation or with this person (continue to write your own prayer)....



24 During the Past 24 Hours...

Something I saw...

Something I tasted...

Something I touched...

Something I heard...

Something I smelled...

I learned that...

I met a person named _____

_____ was kind and helpful to me.

My 24-hour "best point" was...

My 24-hour "low point" was...

I felt God's presence and help when...

I saw an example of a servant when (Who? Did what?)...

I tried to be a servant when I...

U Use me...

Find a small rock or pebble to carry with you during the week. Let it remind you of God's constant presence and God's plan for you to serve others during the week. (At the end of the trip carry the rock back home as a reminder to continue to serve God and others.)



notes, doodles, and drawings

mission day 3



Today's Date: _____

the weather today is...
(circle one)



my mood today is...
(circle one)



Everyday People BELONG

C Center me...

Breathe deeply, and as you do, remember that you belong to God. Relax in God's presence, and let the strong, gentle hands of the Master Potter center your thoughts. Pray this prayer over and over:
I belong to You, God, I belong...I belong to You, God, I belong.

S Shape me...

Underline a word or phrase that stands out to you...

But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

(1 PETER 2:9-10 NIV)

Now you are the body of Christ, and each one of you is a part of it.

(1 CORINTHIANS 12:27 NIV)

In a group of people, to say that "I belong" means that I feel...

To say that "I belong to God" means that I...

More from God's Word: Galatians 3:26-29; Romans 14:7-8; 1 Corinthians 12:1-27

F Fill me...

Dear God, I know that I belong to You because You created me and have loved me every day of my life. Thank You for accepting me. And now help me to accept and welcome other people, so that they know that they belong, too. I have a special concern about my relationship with _____ and pray that you will help me to know how to love him/her so that we will honor You with our love. God, I especially need Your help in the following situation (continue to write your own prayer)...



24 During the Past 24 Hours...

Something I saw...

Something I tasted...

Something I touched...

Something I heard...

Something I smelled...

I learned that...

I met a person named _____

_____ helped me to feel that I belong here.

My 24-hour "best point" was...

My 24-hour "worst point" was...

I felt that I belonged to God when...

I tried something new when I...

I tried to serve God when I...

U Use me...

There is often loneliness in a new place. Go out of your way to get better acquainted with someone who is feeling a little sad or lonely. During the next meal, why not sit next to someone you don't know very well and help them to belong.





mission day 4

Today's Date: _____

the weather today is...
(circle one)



my mood today is...
(circle one)



Everyday People FEEL

C Center me...

Breathe deeply, and as you do, name some of the feelings you have had in the past few days, such as, joy, anger, frustration, hurt, laughter, love, loneliness... Express all of your feelings to God, both positive and negative. Let the strong, gentle hands of the Master Potter center your thoughts and feelings. Pray this prayer over and over... *“When I’m angry, Lord, teach me to love...When I’m angry, Lord, teach me to love.”*

S Shape me...

Underline a word or phrase that stands out to you...

Go ahead and be angry. You do well to be angry—but don’t use your anger as fuel for revenge. And don’t stay angry. Don’t go to bed angry. Don’t give the Devil that kind of foothold in your life. (EPHESIANS 4:26-27 THE MESSAGE)

Back at home I sometimes get upset or angry when...

When I’m angry or frustrated, I will often...

I sometimes get angry with myself when I...

According to the Bible, when we find ourselves angry, God wants us to...

More from God’s Word: 1 Timothy 2:4-10; James 1:19-20

F Fill me...

Dear Lord, when I’m feeling tired and impatient with myself or others, please give me the patience and love that I need. Turn my anger into an opportunity to love. Forgive me if I use my anger to hurt others. God, I want to make this commitment to you (write a promise to God about your anger)...



24 During the Past 24 Hours...

Something I saw...

Something I tasted...

Something I touched...

Something I heard...

Something I smelled...

I learned or noticed that...

_____ encouraged me.

I tried to encourage _____ when I...

My 24-hour “best point” came when...

My 24-hour “worst point” came when...

I saw an example of anger when (Who? Did what?)...

I felt myself becoming impatient, upset or angry when...

I felt God’s help and presence when...

U Use me...

When you notice someone who is angry, be gentle with him/her. And if someone needs help or encouragement, offer to spend time with him/her. Remember to pray this prayer whenever you feel yourself getting frustrated, impatient or angry: *“When I’m angry, Lord, teach me to love.”*



notes, doodles, and drawings

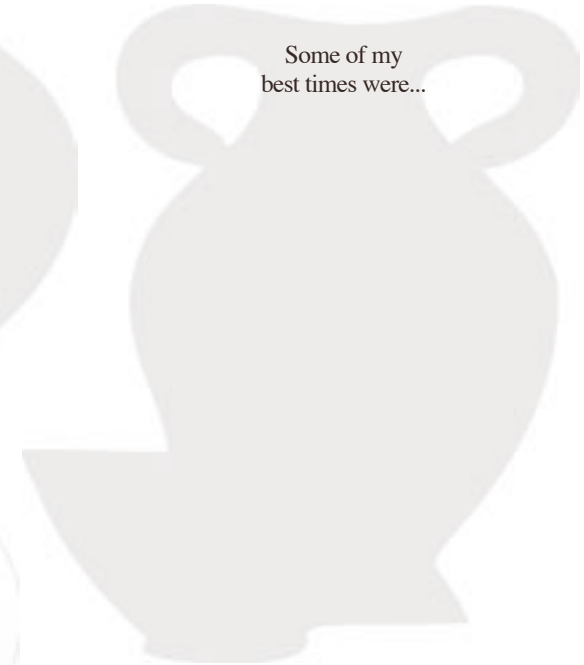
the story of my mission trip



During the trip,
I enjoyed meeting...



Some of my
best times were...



I felt really challenged when...



Some of my
worst times were...



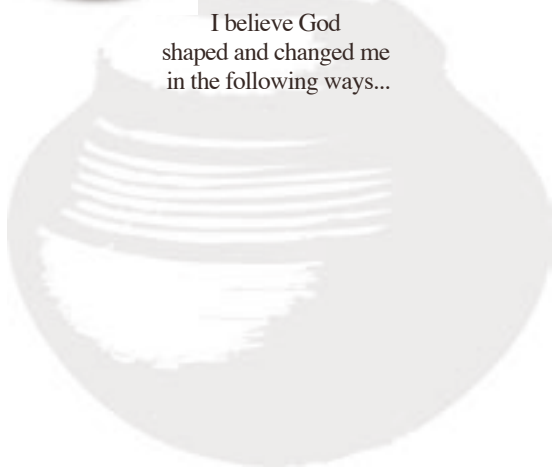
Some things
I learned about myself...



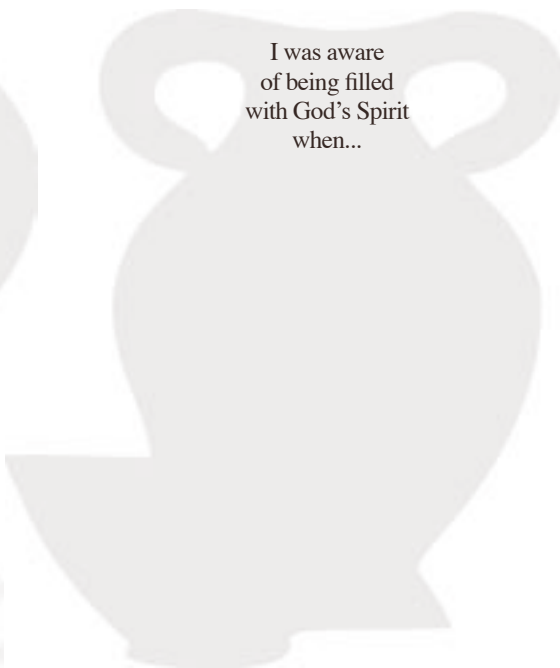


the story of my mission trip

I believe God shaped and changed me in the following ways...



I was aware of being filled with God's Spirit when...



I believe God used me when I...



Here's what I think it means to be a "servant" of God:



I realize the need to grow in the following areas of my spiritual life...

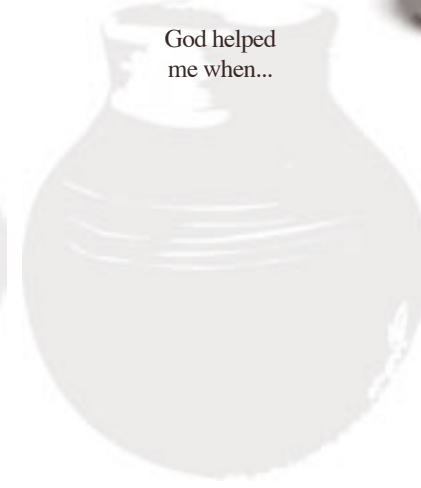


the story of my mission trip

Other people helped me when...



God helped me when...



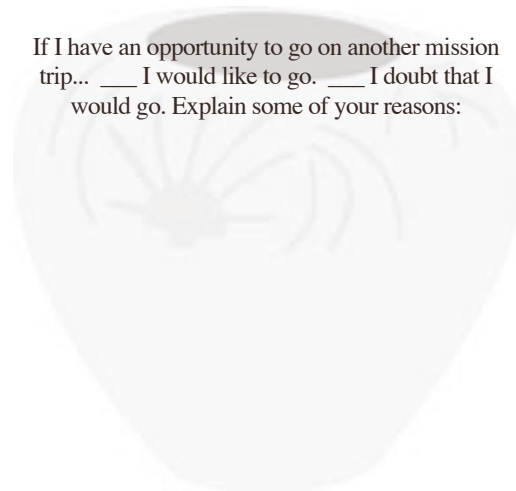
List the names of some of the people you will want to remember...



I would encourage others to be a part of a mission trip because...



If I have an opportunity to go on another mission trip... I would like to go. I doubt that I would go. Explain some of your reasons:



I want to make the following promises and commitments to God:





back home: day 1

Today's Date: _____

Everyday People GIVE THANKS

C Center me...

Breathe, relax, and center your thoughts by giving thanks to God for the experiences of the mission trip. Repeat this prayer over and over, *I am full of thanks, Lord, and I praise Your Holy Name...I'm full of thanks, Lord, and I praise Your Holy Name.*

S Shape me...

Underline a word or phrase that stands out to you...

Give thanks to the LORD, for he is good; his love endures forever. You are my God, and I will give you thanks; you are my God, and I will exalt you. (PSALM 118:1,28 NIV)

Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

(1 THESSALONIANS 5:16-18 NIV)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (PHILIPPIANS 4:6-7 NIV)

Why do you think God thinks it's important for you to be "thankful?"

What is the one thing you feel most thankful for today?

More from God's Word: Psalm 118; Philippians 4:4-9; Colossians 3:12-17

F Fill me...

Dear Lord, like a glass overflowing, teach me to be so full of Your love and joy that good things overflow from my life into the lives of others. Help me to be thankful, especially, in the following situations and relationships of my life...

U Use me...

Write a thank-you note (or email) to a friend or family member listing some of the things that you appreciate about them. If possible, give the note or send the email today.

weather / mood
(circle one each)



back home: day 2

Today's Date: _____

Everyday People ARE RICH

C Center me...

Relax, focus and breathe deeply. Think about the "wealth" of things God has given you. Add to the list the treasure of spiritual blessings you have been given by God. Repeat this centering prayer: *Thank You, Lord, for the treasure of Your love...Thank You, Lord, for the treasure of Your love.*

S Shape me...

Underline a word or phrase that stands out to you...

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life.

(1 TIMOTHY 6:17-19 NIV)

For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that you through his poverty might become rich.

(2 CORINTHIANS 8:9 NIV)

How was Jesus poor? Rich?

What is the greatest "treasure" of your life - "life that is truly life?"

More from God's Word: Matthew 19:16-22; Luke 12:27-34; Luke 19:1-9

F Fill me...

Lord, sometimes my life is full of lots of stuff—material things that I could live without. Teach me to be satisfied with the treasure that I have found in Your forgiveness and love. Guide me to be more generous with my money and wealth. I want to make this commitment to You (Write a promise to God.)...

U Use me...

Describe in a few sentences your purpose or mission in life. Do this on a separate piece of paper or a doodle page in this book. Answer these questions: "Why did God give me my life? What does God want me to do with my life?" Display your "purpose statement" in a place where you will see it often. Make whatever changes are needed in the months and years ahead.

weather / mood
(circle one each)





back home: day 5

Today's Date: _____

Everyday People HOPE

C Center me...

Relax, focus your attention on God, and take a few deep breaths. Let God center your life with this prayer: *My hope is in You, Lord, You are my hope...My hope is in You, Lord, You are my hope.*

S Shape me...

Underline a word or phrase that stands out to you...

He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (ISAIAH 40:29-31 NIV)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.. (ROMANS 15:13 NIV)

Now faith is being sure of what we hope for and certain of what we do not see. (HEBREWS 11:1 NIV)

Complete these sentences...

- I'm hoping for...
- I'm hoping to be able to...
- I'm hoping that...
- For me to have hope means that I...
- For me to hope in the Lord means that I...

More from God's Word: Psalm 33:20-23; Romans 5:1-5; 8:24-27; 12:9-13

F Fill me...

Dear God, I sometimes hope for things that satisfy me only part-time, like a good meal, a good game, a good movie, a good grade, a good job, a good time. Teach me to hope for the things that are eternal, like Your purpose, Your love, Your goodness, Your peace, Your forgiveness. Thank You for the experiences of the past few days that have taught me some important lessons about hope. (Write some of the things you've learned about hope)...

U Use me...

You might be aware of a person who is discouraged or feeling hopeless. If so, contact them by phone, email or in person to express a word of hope and encouragement.

weather / mood
(circle one each)



back home: day 6

Today's Date: _____

Everyday People FOCUS

C Center me...

As you relax, focus your attention on God. Take a few deep breaths. Look at your hands and think about some of the ways God has used your hands to serve others. Here is a centering prayer that you can repeat: *In each moment of life, Lord, give me the focus I need...In each moment of life, Lord, give me the focus I need."*

S Shape me...

Underline a word or phrase that stands out to you...

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. So then, death is at work in us, but life is at work in you...So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

(2 CORINTHIANS 4:7-9,18 NIV)

If you drive a car and have ever lost focus, you know how dangerous it can be. What are some of the things that can distract you from God's will and purpose for your life?

What are some of the consequences of taking your eyes and your focus away from the road God has for you?

More from God's Word: Matthew 6:25-34; Philippians 3:12-16; Matthew 14:29-33

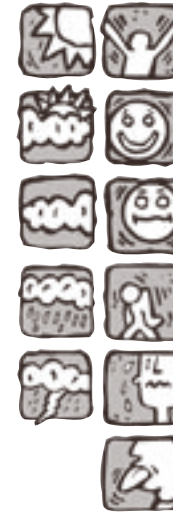
F Fill me...

Dear God, I confess that sometimes I get out of focus and lose sight of Your great purpose for my life. Give me a clarity of sight so that I can see beyond the unimportant things of life. Help me concentrate my time and attention on You. I want to focus on the things that will bring the greatest meaning to my life and to the lives of those around me. I want to see You more clearly, day by day. Amen.

U Use me...

During the next 24 hours tell someone you know about your mission experience. Especially, let others know about how the trip has helped you to focus on the things of God. (Review "The Story of My Mission Trip" on pages 45 – 47).

weather / mood
(circle one each)





back home: day 7

Today's Date: _____

Everyday People are ORDINARY PEOPLE

C Center me...

Relax, focus your attention on God and take some deep breaths. Repeat this centering prayer over and over again, *Lord God, center me, shape me, fill me, use me...Lord God, center me, shape me, fill me, use me.*

S Shape me...

Underline a word or phrase that stands out to you...

Then they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.

(ACTS 4:13 NIV)

So here's what I want you to do, God helping you: Take your everyday, ordinary life--you're sleeping, eating, going-to-work and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

(ROMANS 12:1 THE MESSAGE)

In a large house there are utensils not only of gold and silver but also of wood and clay, some for special use, some for ordinary.

(2 TIMOTHY 2:20 NIV)

More from God's Word: 2 Timothy 2:20-26, Romans 12

F Fill me...

Dear God, thank you for helping me to become more centered in Your will. You have taken my everyday, ordinary life and shaped me. You have filled me so often with Your presence and love. You have used my ordinary life for Your purposes. Like a lump of clay in the hands of a potter, I now place my ordinary life in Your hands for You to continue to center, shape, fill and use me for Your purposes in the months and years ahead, Amen.

U Use me...

Review the commitments you wrote on pages 55-57. (If you have not completed the pages, take time now.) Plan to let God use your life as you continue to live this prayer: "*Lord, center me, shape me, fill me, and use me. Amen.*"

weather / mood
(circle one each)



what now???



Listed below are some things you can do to continue to grow as a Christian. Write your own plan below each idea.

R Daily Bible Reading...

Begin by reading the books of Mark, Matthew, Luke, John, Philippians and James. Look for a guide to help you read through the Bible in a year. Check out your church, local Christian bookstore or internet for some helps.

My plan...

J Daily Journaling...

If you have found that writing in this journal has helped you to focus and grow, why not get a notebook or journal and continue to write down insights that come to you as you read scripture and experience the Christian life. You can actually continue to use some of the questions and reflection ideas from this journal to help guide you.

My plan...

W Worship...

This is essential to Christian growth! Plan to worship regularly at church, but also, plan to worship God daily with a reflection and prayer time. And remember that you have many opportunities every day to think about God and give praise and thanks in gratitude for all that God does every day to bless and guide your life.

My plan...



what next???

C Christian Friendship...

Christian friends are an essential part of the Christian life, too. If some of your friends have been holding you back from your desire to follow Christ, you may need to say good-bye. Surround yourself with people who can build you up and encourage you to live the Christian life. Make a commitment to be a part of a small group or Bible study, and if you don't know of a small group, organize one.

My plan...

S Serving Others...

You've just had an experience of intense service to others. Why stop now? The best way to practice your faith is to serve others – your family, friends, the church, the school, your next-door-neighbor, the poor, the one nobody else wants to sit next to. In the days, months and years ahead, let God lead you to become more and more of a servant.

My plan...

W Witness...

A sure way to grow in your faith is to talk about it with others who need to know how great it is to be a Christian. Start by telling others about your mission experience. Let the subject come up naturally in your conversations. Write down the names of at least 5 people who are not involved in a church, and ask God to give you the courage to invite them to come with you in the near future.

My plan...

what next???



G Giving Your Money/Time...

God expects us to be generous with our time, talent and money. Whenever you earn money, set aside at least 10% (a tithe) to give back to the Lord's work in the church and world. Make tithing a part of your life now, and hopefully, as your income increases in the future, so will the blessing you can be to the Lord and others.

My plan...

M Mission...

God wants you to be involved in the "Great Commission." (Matthew 28:19-20) God wants everyone to be a disciple of Jesus Christ and to live the Christian life. Begin to look for opportunities in the future to be a part of another short-term mission trip.

My plan...

C Additional Commitments: