



**TEAM MEMBER  
MANUAL**



# TEAMS



## *I Just Returned Home*

- Debriefing
- Culture Shock
- Engaging with OneHope



# I Just Returned Home

When you get home, people will want to hear about your experience! We encourage you to reflect on your trip and think through different types of answers to people who will ask about your trip. Some people are being polite, and others truly want to know more about your experience. Preparing answers can help you feel less alienated as you return home. Remember that you have an opportunity to minister to those at home by sharing how you experienced God.

## 30-second answer

- Example: The trip was great! I learned a lot about the local church and a few Spanish words. I miss the amazing people already.

## 3-minute answer

*May include:*

- Your feelings about the experience
- Something you will implement in your life now
- How you saw God move through you or your team

## 10-minute answer

*May include:*

- Your feelings about the experience
- Something you will implement in your life now
- A story of ministry or a child you met that you will remember forever
- An experience that pushed you out of your comfort zone and empowered you to do something new

## Extended answer

- Everything you would want to share with the people invested in your life and your experiences

## Things to think through as you return home:

- **Know your identity.** Your identity is in Christ, not in what you do or have done for Christ. (1 John 3:1)
- **Know your home.** This world is not your home—in either place. We are all away from the Lord, from our true home and our citizenship is in heaven. (2 Corinthians 5:8-9; Philippians 3:20)
- **Fight romanticism.** Your trip was not all a bed of roses. Remember the hard times. You may be tempted to romanticize missions and minimize the difficulties you encountered. It is in the hard times that our character is revealed, and we are prepared for what comes in the future.



- **Fight pride.** You did not gain standing with God because you went on a missions trip. We can only stand before God because of the death and resurrection of Christ, not because of what we do for Christ. (Romans 8:3; 1 Peter 3:18)
- **Fight laziness.** As you re-acclimate to life at home, fight against the temptation to be lazy by neglecting the Word of God and your relationship with Christ. (1 Corinthians 9:24-27; Philippians 4:8)
- **Remember to pray.** In most cases, you will never see the men and women and the ministry again with whom you spent so much time. Pray for them. (Philippians 1:3; 1 Thessalonians 1:3)
- **Live differently.** The only thing that will keep your experience from becoming just “another experience” is you. Only you can determine if you will take what you learned and what the Lord showed you and continue on His journey. (Romans 12:1-2)
- **Take risks.** Stay out of your comfort zone and decide that you are not at the end of your short term missions trip, but at the beginning of a new ministry. Plan to live in a way that will continue to stretch you and your faith. Seek to hear His voice, to obey, and put into practice all that you have learned. Radical living encourages radical faith! (Philippians 3:8-14)
- **Stay off balance.** Do you realize that walking actually requires that you set yourself off balance? As you put one foot in front of the other, you are literally tipping forward—off balance. If you never took the risk of being off balance, you’d be stuck in one place. The act of “stepping out” and getting a little off balance is the very act that allows you to move forward spiritually. Think about the big steps you took in deciding to go on this short-term trip and look how you’ve grown. So live differently, keep taking risks, follow God’s wild imagination, and be in the place where you will only succeed if you trust in Him and Him alone.





## Post-Trip Reflection could include:

- How will you maintain contact as a team after the trip is over?
- How can you ensure that you don't put your experiences on a shelf, but rather use them to deepen your personal and professional life?
- How can you extend this experience into your everyday life?
- How can you make sure you implement your experiences to create lasting change in your life?
- Did the trip meet your expectations? Evaluate how your perceptions and expectations changed after your trip.

## Ways to Continue Engaging with OneHope

### Learn

- Follow OneHope on social media to stay up to date with our ministry efforts taking place around the world. You may even see your team featured!



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- Visit [onehope.net/newsletter](https://onehope.net/newsletter) to sign up to receive the OneHope monthly e-newsletter with testimonies and stories of God's Word changing lives.

### Pray

- Pray for the country you visited, the ministry you served with, and the children you shared the Gospel with.
- Visit [onehope.net/contact/text-to-pray/](https://onehope.net/contact/text-to-pray/) to sign up to receive a monthly text update with the latest news and prayer needs from OneHope partners around the world.

### Advocate

- Share your experiences and the OneHope mission with friends, family, and others in your community.
- Encourage others to explore the idea of going on a OneHope Teams Trip.

### Give

- Consider continuing to impact the destinies of children by partnering with OneHope financially.
- Visit [onehope.net/donate](https://onehope.net/donate) to learn more.

