

Personal Disciplines

This module is designed to help your mentee plan how to maintain their spiritual health and growth while adjusting to life in another culture. This exercise is designed to help the new missionary think broadly about spiritual health and growth. While it emphasizes “traditional” means of spiritual growth, it also encourages the new missionary to think about how physical health, relationships, and cultural adaptation affect spiritual growth.

Step 1 Ask the new mentee to think about a time when he or she experienced real spiritual growth. Have the mentee jot down some observations about what was going on during this time of growth. Use the following categories as a framework to think about factors which affect spiritual growth.

- Bible reading and study
- Prayer
- Relationships
- Accountability
- Dealing with sin
- Ministry

Step 2 Identify three or four things that the new missionary could do to maintain a healthy spiritual life. (Note: it is important that the new missionary have appropriate expectations about spiritual disciplines, ministry duties, relationships, and other factors which affect spiritual health.)

Step 3 With the new missionary identify some ways to measure steps that the new missionary can take to maintain spiritual health. Develop some measurable goals for involvement in these areas. For example,

- I will have a regular time of Bible reading for 10 minutes 5 days a week.
- I will attend the weekly prayer meeting at church and pray regularly for the requests shared during the meeting.
- I will spend at least two hours a week in activities which focus on developing friendships with people in the church or community.

Debrief

Three or four weeks after developing goals and activities designed to maintain spiritual health, review the goals the new missionary developed and ask what is going well and what is not going well. If something is not going well, discuss why things are not going well and develop steps to address roadblocks.