

# Session 5

When will you practice prayer walking?

Who is your prayer base?

Do you have any more packing ideas or questions?

What are your travel plans? (Getting trip/ministry supplies into your bags, travel to and from the airport...)

Note: If it works for your team, you can do the content of class 4 & 5 together, and then for class 5 meet up to go over packing things together. Whatever works best for your team!

# Prayer Walking & Base

What is prayer walking? Have you ever prayer walked before? It is as simple as it sounds: intentionally walking and praying. While you may not have the opportunities to share Jesus with your words because of the language barrier, that doesn't mean you cannot do many other important things: namely, praying. Here are some tips:

- Join with other believers and be prepared spiritually
- Meet at an assigned time and start with group prayers, wearing comfortable shoes
- Walk in groups of 2s or 3s
- Through the different teams cover as much as possible of the neighborhood
- Focus on God. Pray Scripture
- Pray aloud in a quiet, conversational voice
- Don't call attention to yourself
- If anyone asks what you are doing be prepared to respond, "We are praying God's blessing on this neighborhood"
- Be open to interact with people as opportunity arises
- Find a place to pause, gather up as a team, and pray together (if in an open community)
- Be observant to what you see as you walk and pray, use all your senses
- Be open to anything God impresses you about as you walk
- Afterwards gather to share your prayers, observations and experiences
- Encourage people to continue to pray for the neighborhood during the week

***Prayer is talking with God through Jesus by the power of the Holy Spirit. Listening by the power of the Holy Spirit and asking through Jesus for the will of God to be done.***

It important for you to develop a prayer base: these are people who you know are committed to praying for you daily while you are on your trip. If you have fundraised well, then you already have a list of people who want to support you in different ways. Sometimes the people who support you financially will be the same as who support you in prayer--sometimes they will be different people. It is important to ask clearly and directly for what you need. I would suggest something like "Thank you so much for your support! Would you be willing to commit to praying for me daily? I will make sure to keep you up to date on what to pray for by\_\_\_\_\_."

Name:                      How they will support me:      How I will keep them updated:      Present/card I will give them:


# Packing Ideas

Please think about packing as a blessing: what can you bring to bless those that are there?

**Remember: You need to find out how many suitcases you can bring and the cost. Depending on the airline, you may have to pay even for one suitcase. If you are given two suitcases with your ticket, we ask that you let World Renewal use your second suitcase for supplies. If you have one suitcase, we ask that you let World Renewal use your carry on suitcase for supplies (or, if you are able: use your carry on for your personal clothes/items, and the suitcase for missionary supplies)**

- You may want to bring toiletries in your carry-on, as you might need them. TSA reminds you to follow: “**3-1-1 for carry-ons**. Liquids, gels, aerosols, creams and pastes must be 3 ounces (100ml) or less per container; must be in 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. The bag limits the total liquid volume each traveler can bring.”
- Be cautious in carrying any expensive items and be sure to put fragile items in your carry-on.
- Sometimes the plane is cold, so you may want to bring a light jacket or sweater.
- Remember that you are a tourist! If asked by authorities while traveling, you let them know you are a tourist. We have a specific day planned just for tourism, and this avoids possible complications.
- Make sure to have some emergency money, a copy of your ticket, travel health insurance, passport, vaccination card or valid negative Covid test, and emergency contacts somewhere easy to access at all times

Basic list:

- **Two+ outfits for church with appropriate dress shoes or sandals** (ie. dresses, skirts, dress pants or capris, very nice jeans, simple jewelry, dress shoes or sandals) *not appropriate for church*: short skirts, shorts (for men or women), t-shirts, flip-flops, or “sloppy” clothing
- **Casual Shorts, Pants, Dresses, Shirts, Skirts, etc. for the number of days you will be staying** *avoid*: short shorts/dress/skirts that are shorter than your fingertips when held at your side, skimpy swimwear (we probably won't have time to go swimming), sweatpants, cut-off jeans or cut-off muscle shirts, clothing that marks you as a “tourist”
- **Underwear and socks as needed**
- **One pair of dress shoes and a pair of casual shoes or sandals** (be sure one pair is appropriate for work/sports).
- **Toiletries as needed** (*Items often not found easily abroad*: stick deodorant, tampons, washcloths, body spray). In Brazil, the place you are staying provides towels, sheets, pillows, toilet paper, and soap, but bring your own if you have specific ones you need
- Things people often want: Pillow (if you have a favorite one), eye glasses/contacts and solution (if needed), sunglasses and a hat, specific snacks you can't get when traveling
- **Any medication you need** (again this may be difficult to replace abroad if you have a specific medication you need - vitamins, airborne type meds, allergy meds, epi pens, special favored medicine for when you are ill, diarrhea or constipation meds [even if you don't often suffer from this], heartburn meds, etc. - be sure to take the time to think over medicine you often take when ill)
- **Mosquito repellent and sunscreen** (especially if you are closer to the equator)
- **A light jacket or sweater** (for cool nights, air conditioning, or on the plane)
- **Water bottle**
- **Travel size hand sanitizer**
- **Day bag** Often you will be gone all day, and it is good to have a lightweight bag you can put your things in for the whole day
- **Ziploc and collapsible bags** are useful for everything
- **Presents and cards for those you are serving** This is something that is fun and special for everyone, especially the missionary families you will meet.
- **Whatever items you need to fulfill your ministry role for the trip**
- **NOTES FOR BRAZIL**: The voltage in Brazil is 220, and the plugs are two round holes, so to plug in you will need adaptors to fit, and many electronics also will need a converter (big heavy box thing) for the voltage change as well. Be cautious with Apple Products as the electricity in Brazil seems to have an especially negative effect on their battery life. **Remember to be cautious plugging in electronics and always check with your trip leader before you bring an electronic item.**
- Latin Americans generally dress very nice. You will want to bring more than just “travel” clothes to fit into the culture. It is ok to bring relaxing clothes to lounge in, just keep in mind that when you go out you might want to dress like you would for a casual church in the US.

Please think about packing as a blessing: what can you bring to bless those that are there? In the past, we've had teams that left almost everything they brought--for the missionaries to wash and give to those who have less. If you know any of the missionaries personally, ask them what you can bring to be a blessing to their family and ministry. Make sure to connect with World Renewal to make sure to bring down anything they are storing for the missionaries. You must pack your own bags (because they will ask you about it while traveling).

As a team, think of some special ways you can bless those you are visiting! Cards that the team can sign with some general presents (lotion, nice chocolate-individually wrapped, jewelry...) are always nice! You will meet a lot of people, and it is nice to bring a picture of yourself/your family to give to your new friends to remember you by.

We suggest that you have most of your bags packed a week before your trip so you can make sure you have everything at the right amount of weight. That way you have time buy items that are missing, or fill up extra space with thoughtful presents.

## CLASS 5 HOMEWORK

1. Practice going on a prayer walk in your own neighborhood. It helps to do things where you are before doing them some place new.

2. Proper closure and re-entry is facilitated by **reflection** BEFORE you actually leave on your trip. What is your plan? Journal? Draw? Audio note? Lists? Other? Commit to doing it before, during, and after your trip.

3. Journal (or other) your thoughts on going well, being there well, and returning well. Make sure to keep this to look at after you return home.

4. The **Assimilator** slides back into home culture, putting all they learned in a box in a back closet. The **Alienator** is critical of the home culture and comparing everything to their trip, often imposing their new ideas on those around them. The **Integrator** understands there are differences, realizes how they themselves have changed, and works to incorporate their new learning into their everyday life. How will you be an integrator before, during, and after this trip?

# Letter to Myself, Before I leave: