



Debrief Session

[Welcome back!]

The goal of this session is to help your group to process and transition from your week among the nations.

Here are things to cover:

- Watch video: “Returning Home and Being on Mission”
- Discuss thoughts from Debrief Questions
- Tips for a healthy return home

Video: Returning Home and Being on Mission

If you have the means to watch this video as a group, watch together and then spend time discussing. The video can be found at www.vimeo.com/album/3342235 or go to www.servantlife.com/videos and select the “Returning Home and Being on Mission” video.

Debrief Discussion Questions

1. What did you learn during your time on the trip?
2. How did God stretch and use you?
3. List names of people you don't want to forget and why.
4. How will you share your experience with those back home?
5. How did your team work together as the body of Christ during your trip?
6. Describe at least one experience in which you felt or saw the power of the Holy Spirit as He worked among the people.
7. Explain at least one situation in which your prayers were answered.
8. What were you most thankful for?
9. How have you been changed?
10. How were the people you ministered to changed from you being there?
11. How will people at home be changed by you and the experiences you share with them?
12. How will you ask others to continue to pray for the people you ministered to during your trip?

Tips for a healthy return home



- Beware of coming home with pictures of things you built. Remember the Great Commission is about people; a successful mission keeps that focus.
- Don't return talking about "what you did." As you return and share stories, let your words focus more on what He did than what you did. When we answer the call of Christ to make disciples, it is by His authority and power that we work.
- Watch out for the trap of checking a good deed off your list. We often feel that our good deed is finished when we return from a mission trip and can then go back to the our lives and our control. Check out what Matthew 6:1-4 says about that.
- Take steps to re-engage in a healthy way. Don't disconnect from your life at home because you would rather still be on your mission trip. Sometimes returning can be frustrating because you want everyone else to "get it" even though they didn't see or experience the way you did. Don't just dream about going on a mission trip again; step into the reality that as Christ-followers, you and I were called to live a life on mission regardless of where we are.
- Prepare to share your experience with those around you. Take note of a couple impactful stories of your time away and prepare them in a way that elevates Christ work during the trip. Plan longer and shorter version for the people who want the deep and detailed stories and for those that you quickly run into while grocery shopping.
- Lock in the lessons you learned. Remind yourself of the good and hard moments from the trip and think about what the Lord taught you through them. Think of ways you can apply those lessons each day in your own context.