

# Questions for reflection

The questions below are designed to help you think over your overseas mission experience and come to terms with some of your feelings. Don't try to answer them all at once, but take your time over them and see which ones jump out at you. Walk away and come back to them over a period of days, even weeks. Pray into what you understand about how you feel.

The thing I liked best was...

I knew I was in (wherever) when...

The difficulties I encountered were...

The most significant lesson God taught me was...

The area of my life where I saw the greatest change was...

One story that sums up what God did in/through me...

The biggest challenge I face in returning home is...

The thing I am most thankful to God for is...

I felt guilty that...

Now I am back home, I feel misunderstood when...

I learnt about myself that...

When I returned, my family responded to me by...

In the week I returned, my most powerful emotion was...

My key relationship was...

I could have been better prepared by...

Two things I would change about my experience would be...

Two things I thought were good about my experience were...