

# STM Preparation

## Trainings

Please attend all trainings, being aware that the spiritual battle has already started and building up spiritual and physical strength in preparation of being sent out. Training is also an important time for our team to grow closer together as one unit and prepare the materials needed for our STM.

## Immunizations

Everyone must go to their doctor or health office to get the needed vaccines before leaving for missions. Some may require taking one shot first then another shot several weeks later, so please ask your doctor **now** about which shots are needed according to your travel destinations and personal health history.

(<http://www.cdc.gov/travel/>)

- Routine shots, Hepatitis A & B, Japanese Encephalitis, Typhoid, Rabies, Malaria pills (optional)

Visas: Fill out all the needed documents to apply for the necessary visa. For Nepal, we only need an application form and two passport photos.

## Documents

- Visa and Passport, as well as copies of both
- Support letter (should be sent out, through email, mail, or in person a.s.a.p.)
- Testimony (prepare a written or typed copy)
- Travel Insurance (optional)
- Check for living expenses (\$30/day, first and last day count as 1 day)
- Tickets and copies of Itinerary

## Spiritual

Daily Devotions/Quiet Times

- Time: Take the time to do daily devotions every day, giving each day to God, opening your heart to the cultivation of your spirit as you draw nearer to Him.

*“O God, you are my God, earnestly I see you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water” (Psalm 63:1)*

- Word: Spend time getting more familiar with God’s Word, so that you are able to discern His truth and get a deeper understanding of God’s desires and instructions for us as His children.

*“Your word is a lamp to my feet and a light for my path” (Psalm 119:105)*

- Prayer: As you familiarize yourself with God’s teachings, also develop the practice of communicating with God, whether it be joys, sorrows, worries, praises, as well as training our minds and hearts to be still and ready to listen for God’s guidance.

*“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6)*

- Journal: Jot down a few notes on what you read and your reflection on God’s Word. Or, write down prayers as a reminder to pray for them and as a testament when God answers them.

Support Team

- Pray & Prayer Team

*“I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them” (Matthew 18:19-20)*

## Physical

Factors such as weather and long schedules should be taken into account and a good way to prepare for these physical challenges is to exercise consistently before departure because we will be walking a lot.

# Writing Your Testimony

## Purpose of Preparation

- ✚ To be prepared to share with other believers and encourage them in their walks.
- ✚ As an example of what Christ has done in the transformation of your life for nonbelievers.
- ✚ Be able to organize your thoughts clearly (add verses, edit, be concise and clear) and to be ready for sharing. Praying over your testimony, will prepare you for any opportunity by the Spirit's guidance.

## Purpose of Sharing

- ✚ Serve as a verbal witness and testament of God's glory and mercy.
- ✚ Overcome any fears or burdens of the past.
- ✚ Since Jesus Christ has done something so amazing in your life, isn't it natural to want to share it?

## Before & After

In your testimony, you should share how your life was before you received Jesus into your life and what difference that decision made inwardly and outwardly. Don't be afraid what others may think of your life before, because we were all saved from our sins by the power of our Lord, not by our strength. Express how certain events or beliefs affected your decision and how you finally came to that decision.

**Practice.** The more we share, the more familiar we become with verbally communicating our story with God.

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## Support Letter

- 1) **Pray.** Ask God to prepare your heart and the hearts of those who will support you on this STM. Create a list of recipients for your support letter.
- 2) **Brainstorm** what your personal *reasons* are for going on STM and your personal *needs*, as well as the *prayer requests* for the team and destination (spiritual, emotional, physical).
- 3) **Organize** your letter in a way that communicates some important points:
  - a. Purpose of missions in general. Broaden to where you are going, how long the STM will be, why you decided to go and the general purpose of the STM.
  - b. State the specific goals and events that will be taking place during the trip.
  - c. Inform them of the financial needs if you need that support. Also share some of the main prayer requests that you and the team have.
  - d. Thank them for their support. You can share a verse that spoke to you regarding your decision or missions. Remember to provide the address that your supporters can send their support to.

## ✓ Support Letter Checklist

- \_\_\_ Personal
- \_\_\_ Spiritual
- \_\_\_ Financial
- \_\_\_ Purpose
- \_\_\_ Time (due date for support to be turned in)
- \_\_\_ Return address
- \_\_\_ Grammar, spelling, punctuation
- \_\_\_ Well-organized and clear

## Packing

### Checklist

- ≈ 3-4 pairs of long pants/dresses
  - Pants must be  $\frac{3}{4}$  long at least and dresses must reach also reach mid-calf
  - Please respect this cultural distinction, as we represent Christ in all we do.
- ≈ 4-6 shirts (bring light clothing that you can get dirty and sweaty in)
- 1 week's worth of socks and underwear
- Walking shoes, a pair of sandals/shower shoes
- Hat Sunscreen, deodorant, insect repellent, etc.
- Small shower towel, shampoo and soap (and any other toiletries you need/feminine toiletries)
- Toothbrush and toothpaste
- Water bottle
- Umbrella, Raincoat (it may rain)
- Other: Personal medication, sunglasses

~ try to pack as lightly as possible. We can wash our clothes, so bring just enough.

~ 2 Checked in luggage and 1 carry-on allowed: 1 suitcase will have your personal items inside, 2<sup>nd</sup> suitcase will have items to give to those in Nepal (23 kg/ 50 lb limit for each piece of luggage)

\*Note: Baggage regulations vary with location of departure\*

### Important Documents

- Passport (should be at least 6 months valid after date of entry into Nepal)
- Copy of passport in case
- Passport photos (at least 2, 2x2")
- Visa Application Form *completed*
- Bible (journal, pens, etc.)
- Binder/Manila envelope with songs, lesson plans, and schedule inside

### Miscellaneous

- \$25 visa fee (cash only)
- \$200 for tour (cash only)
- Crafts supplies
- Small instruments or materials needed for any individual talents/skills
- Gifts or souvenirs for the people there

Temporary address in Nepal: Hotel Silver Home, Thamel Kathmandu, 44600 Nepal

## English to Nepali Basic Phrases

Hello	Namaste
Thank you	Dhannyabadh
Goodbye	Bida
How are you?	Topailai kasto cha
I'm fine, and you?	Ma thik chu, aani tapailai ne
My name is _____	Mero naam _____ ho
What's your name?	Tapai ko naam ke ho
Nice to meet you	Tapailai vhetara khushi lagyo
See you tomorrow.	Puli pedonla
Jesus loves you and I love you too	Jesuslae tapailai maya garnuhuncha ra ma pani
God bless you and your family	Prabhulae tapai ra tapai ko paribar lai aasirbad dinuhuncha
May I pray for you	K ma tapai ko lagi prathana garna sakchu
Can you help me?	Tapai malai sahayog garna sakchu
It's very delicious	Yo mitho cha
Where is the toilet?	Toilet kaha cha
I'm sorry	Maph(f) garnus
Good, Very good, bad	Raamro(eo), dh(t)era raamro, naraamro
Yes, No	Ho, hoina
I don't understand.	Maile buzhi(chi)na

## Team Guidelines

- Be prepared to group up and listen to instructions closely. Stay alert and attentive to what's going on.
  - o Follow the team leader
- Stay with the team always, do not leave without permission from the team leader.
  - o Do not wander around by yourself
- Please do not complain easily about the food, environment, etc.
  - o Be careful about what you say in public settings, especially to locals.
  - o Whatever we have to eat, eat without expressing discontent. Pray for God to cleanse the food and eat with faith. We would not have you eat anything harmful to your body.
- Do not distribute gifts directly to local co-workers or people, but direct them to your team leader. They will then direct it to the local leader to take care of as is appropriate.
- If you have any issues, let the team leader know. Good communication is very important.

## Our Response to Hinduism

1. Treat Hindus with respect by asking and patiently listening as they explain their religion. (Acts 17:22-31)
2. Have a humble spirit.  
"Now about food sacrificed to idols: We know that "We all possess knowledge." But knowledge puffs up while love builds up. Those who think they know something do not yet know as they ought to know" (1 Corinthians 8:1-2)
3. Use stories to explain Jesus' forgiveness.
4. Keep the personhood of God in mind.
5. Carefully emphasize the exclusivity of Jesus
6. Be patient.