

MANY HANDS

IMPACT

A MANY HANDS RESOURCE

**COME
AS
YOU
ARE.**

*Go forth
Changed*

**PRE-
TRIP**



Pre-Trip

As you prepare for your upcoming trip, take some time to reflect and be in prayer. This week is more than just a mission trip. It's an invitation—an invitation to be transformed by God as you step into a new culture, meet new people, and encounter stories that may look very different from your own.

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Pre-Trip

ORIENTATION REFLECTIONS

God Has Called You:

Reflect on your own "call" or motivation for joining this mission trip.

What were your thoughts, feelings, or motivations that brought you to say "yes" to this experience?

What are you most excited about for this trip? What are you most fearful about for this mission trip?

Safety & Accommodations:

Reflecting on information about safety and accommodations.

What information about the accommodations helps calm anxieties about the trip?

Transforming together:

We serve, learn and grow best in community, but this requires coming together with all our strengths and weaknesses.

What unique strengths do you believe you bring to this team?

Where do you anticipate needing the support and encouragement of your team members?

Please prayerfully consider the following leadership roles for the team.

- _____ **Logistics Leader** - assist with communicating travel updates to and from the travel destination and possibly organizing travel to the departing U.S. airport
- _____ **Hospitality Leader** - ensure the team has snacks, stays hydrated and cleans common areas as needed
- _____ **Spiritual Leader** - lead devotions or assign team members to lead devotions
- _____ **Socials Captain** - capture a few photos each day and assign team members to write daily reflections

Homework to be completed by next orientation:

Turn to page 34 behind the My Impact Story tab and complete the questions under **Who I Was Before**.

Pre-Trip

ORIENTATION REFLECTIONS

How God Opened Doors:

Reflect on your own level of openness to God's direction in your life. When in your life have you felt the most open to listening and obeying God's leading? What did that feel like?

What does the idea of being open to God's leading, even in unexpected places or ways, bring up for you? (You can circle any words that apply or add your own)

Hope Peace Confusion Curiosity Fear Comfort Skepticism Desire

Others

Personal Conduct:

Circle the protocols that may be the most challenging to follow.

Time-Management Disconnection from Technology Not Sharing Personal Info
Being Versus Doing Managing Relationships Not Being in Charge Shared Living Space Listening

Others



Challenges in different communities:

As you prepare to serve in a community facing complex layers of brokenness, how might this understanding shape your interactions and tasks?

Building Reciprocal Relationships:

As you prepare to travel, what are you hoping to learn from the people of there? In turn, how do you hope to humbly share your own gifts and skills in a way that is truly helpful and builds lasting relationships?

Homework to be completed by next orientation:

Turn to page 35 behind the My Impact Story tab and complete the section **My Verse/Theme**.

Pre-Trip

ORIENTATION REFLECTIONS

Impactful Mindset:

Be Patient, Be Flexible, Be Present, Be Prayerful

Which one of these mindsets will be most challenging for you? Identify some tools to help you boldly step into this mindset. (e.g. prayer, accountability partner, reflection, etc.)

God demonstrated His immense love for the world by sending His Son. How does reflecting on this profound love inspire you to engage with people from different cultures and backgrounds?

What does it mean to you that God has a "global heart"? How might this trip help you connect with that aspect of His character?

Cultivating Humility Through Questions: Best Practices

It is important to ask questions of the people you meet, of God, and of your community leaders. Here are some guidelines to improve your approach:

1. Adopt a Learner's Posture
 - Your primary goal is to learn, not to teach or fix. You are a guest in their home and community.
 - Listen more than you speak. Aim for listening 80% of the time, and speaking just 20%.
 - Be comfortable with silence. Don't rush to fill a pause. It often gives the other person space to think and share more deeply.
2. Ask Permission
 - Don't assume someone has the time or emotional energy to speak with you. Start with, "Is this a good time to chat for a few minutes?" or "I'd love to hear a bit about your experience, if you're comfortable with sharing."
3. Ask Open-Ended Questions
 - Avoid "yes/no" questions. Start questions with "What," "How," "Tell me about," or "Describe." This invites stories, not just a quick reply.
4. Practice Active Listening
 - When someone finishes sharing, instead of immediately sharing your own story, try one of these follow-ups:
 - Wow, thank you for sharing that. Could you tell me more about...?
 - How did that feel for you?
 - What did that experience teach you?

Follow these guidelines and you are well on your way for a truly transformative and genuinely engaging trip.

Homework to be completed before the trip:

Practice active listening with friends and family before going on your trip. This will better prepare you for listening well and asking great questions.

Think through the types of questions you are curious about with the people you will be serving. Take some time to write them out to be prepared for when you meet people.

This trip is designed to challenge you to see your story in a different light by witnessing God working in a different culture. What aspects of your own story or worldview do you anticipate might be challenged or broadened through this experience during your mission trip?

Our *deepest fear* is not that we are inadequate
Our deepest fear is that we are *powerful beyond measure*
It is our *light*, not our darkness that most frightens us
We ask ourselves,
who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a *child of God*.
Your playing small does not serve the world.
There is nothing enlightened about *shrinking*
so other people won't feel insecure around you.
We are born to manifest the *glory of God* that is within us.
It is not just in some of us; it is in *everyone*.
And as we let our own light shine,
we unconsciously give other people permission to do the same.
As we are *liberated* from our own *fear*,
our presence automatically liberates others.



DAILY REFLEC- TIONS



▶ Daily Reflections

True transformation only happens with thoughtful reflection. How might God be using this time during your Impact trip to change your heart, mind, and soul?

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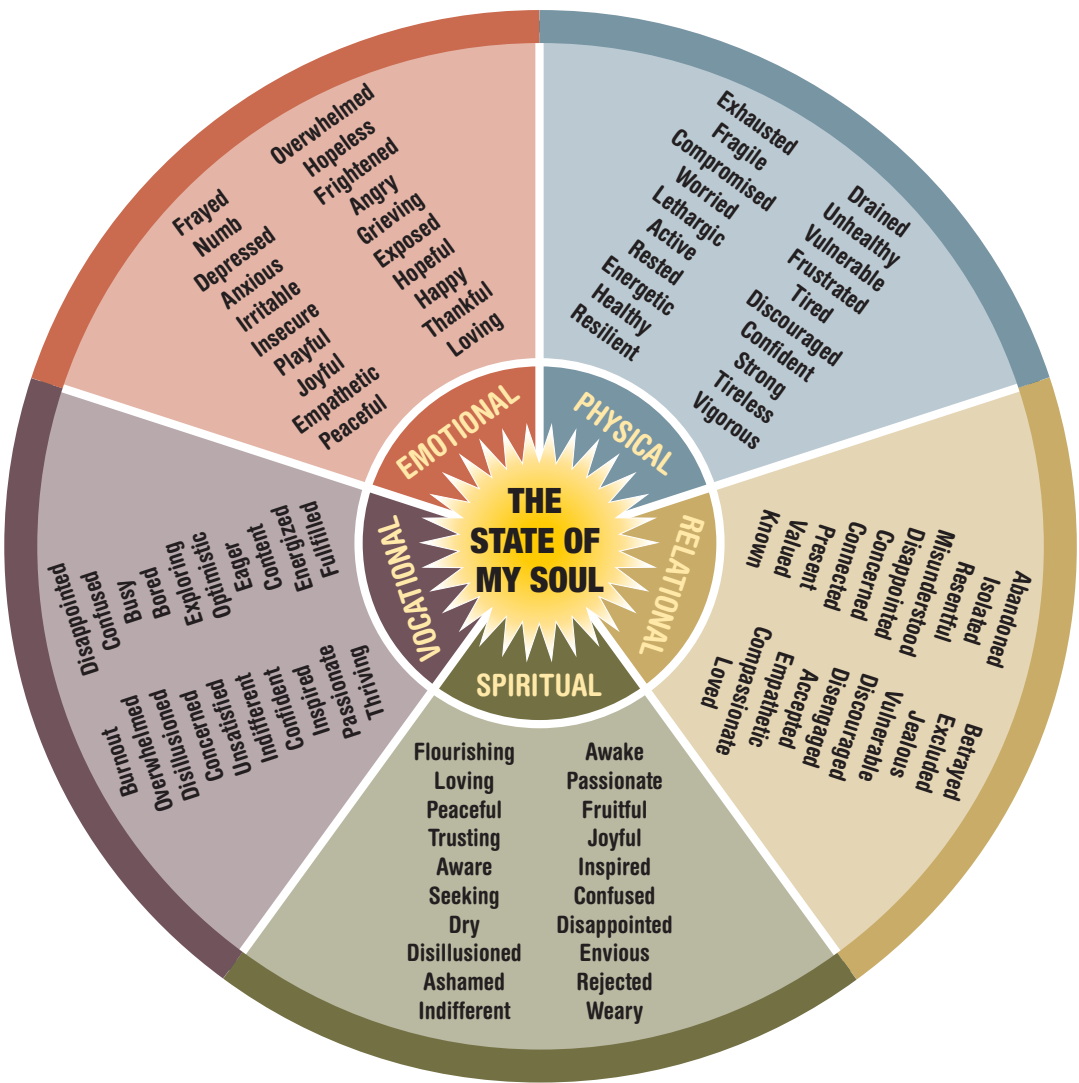
THE STATE OF MY SOUL IMPACT TRIP REVIEW

The **State of My Soul Annual Review** is a tool designed to help you gain a clear picture of the movements of your soul over time and how God might be working in and around you. Each day, as you use this **State of My Soul Wheel**, record the words that resonate with you for each dimension of the soul in the chart below and compare.

	VOCATIONAL	SPIRITUAL	RELATIONAL	PHYSICAL	EMOTIONAL
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					

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2022, Adapted by Many Hands from The State of My Soul Wheel for the sole use of IMPACT trips.

THE STATE OF MY SOUL



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► Understanding Your **IMPACT** Story

I - Immerse: To be all in. (*Romans 12:1*)

M - Mission: Understanding your unique purpose. (*Romans 12:2*)

P - Personal: Identifying how you are uniquely made & connected to others. (*Romans 12:4-8*)

A - Action: Sustainably living out your calling.

C - Challenge: Healing your hurts to propel you toward good. (*Romans 12:17-21*)

T - Transformation: Claiming your story for positive change (*Romans 12:2*)

When you *discover* your life's work, set out to do it so well that the living, the dead or the unborn *couldn't do it better.*

And no matter what it is,

never consider it *insignificant*

because if it is for the upbuilding of humanity,

it has cosmic *significance.*

And so if it falls your lot to be a street sweeper,

sweep streets like *Raphael* painted pictures.

Sweep streets like *Michelangelo* carved marble.

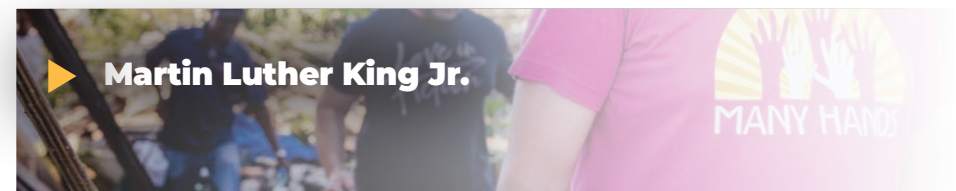
Sweep streets like *Beethoven* composed music.

Sweep streets like *Shakespeare* wrote poetry.

Sweep streets so well that *all the hosts of heaven and earth*

will have to pause and say,

"Here lived a great street sweeper, who did his job *well.*"



▶ On The Ground

Start with one word or phrase to describe today. Then, identify a specific moment or interaction that is the reason you chose that word or phrase.

Name two emotions you're feeling right now - one that is life-giving and one that is challenging. What seems to be the source of each?

Before this trip, you had certain expectations or hopes. How has the reality of being here today met, challenged, or changed them? In that gap between your expectations and reality, what is God inviting you to let go of or lean into?

▶ Be Where Your Feet Are

What is different about being on a mission trip that has helped you gain a new perspective on being fully present.

Think of one person you served with or served today (a teammate or a local community member). What is one thing you learned or observed about them by simply being present and watching or listening? How did this interaction shape your perspective of what you were doing?

When was it hardest to stay present today? Was there a moment your mind drifted to your own comfort, your insecurities, a problem back home, or what was coming next? What was the trigger for that mental drift?

How did God use the simple act of serving to speak to you today? Perhaps it was an invitation into deep focus, a nudge to pray for someone, a moment of profound gratitude, or something else entirely. Describe that moment.

▶ Seeing God in the Midst of Tragedy

Today, you stepped into situations where darkness - in the form of sorrow, injustice, or loss - was present. Without trying to fix it or find a silver lining, what was one story, image, or feeling that represented darkness for you? Take a moment to sit with that reality, seeing it clearly.

Now, in the midst of that same darkness or another point in the day, where did you see a single ray of light breaking through? This could be a small moment of resilience, dignity, unexpected laughter, human connection, abiding faith, or profound kindness. Describe that glimmer.

The Bible says, "The light shines in the darkness, and the darkness has not overcome it." Reflecting on the darkness you saw and the ray of light you witnessed, what characteristic of God became more real to you? Did you see His faithfulness, His compassion, His justice, or His presence as the Light itself? How did today's experience deepen your belief in that truth?

▶ The Story Beneath the Surface

Think of one specific person you interacted with today - a child, a homeowner, a teammate. Describe the interaction, but go beyond what was just said or done. What did you notice in their eyes, their tone of voice, or their posture that told you a deeper story about who they are or what they are feeling?

By now, the reality on the ground has likely collided with the expectations you brought. What is one assumption you held about the people, the culture, or the nature of poverty/rebuilding that has been most directly challenged this week? How did an experience today add another layer to that challenge?



PREPARING YOUR STORY

► *Navigating the Journey Back to Everyday Life*

Returning to everyday life after a significant, transformative experience can be challenging and involve several distinct stages. Here are some common stages of reentry:

1. Exhaustion

- You may feel physically and mentally drained upon returning. The excitement and energy of the experience might have depleted your reserves, and you may need time to rest and recover. You may also feel a sense of confusion as you adjust to your familiar surroundings and interactions.

2. Reliving

- This stage involves reflecting on and processing the experience, often through looking at photos, videos, or journaling. You may also connect with others who shared the experience to relive moments and discuss insights.

3. Longing

- As the initial excitement of being home fades, a sense of longing for the transformative experience and the connections made during that time may emerge. You might miss the feeling of community, personal growth, or escape from daily responsibilities.

4. Acceptance

- Gradually, you begin to accept your return to normal life and find aspects of it that you missed and appreciate. You start to re-engage with your routine and reconnect with friends and family.

5. Integration

- In this crucial stage, you integrate the lessons and insights gained from the transformative experience into your daily life. This might involve setting new goals, adopting new habits, or incorporating new perspectives into your interactions and decisions. Integration is an ongoing process of weaving the profound experience into the fabric of your everyday existence.

TIPS FOR A SMOOTHER RE-ENTRY

- Be patient with yourself: Re-entry is a process, and it takes time to adjust.
- Prioritize rest and self-care: Allow yourself time to recover physically and emotionally.
- Connect with others: Share your experience with people who understand and support you.
- Journal or reflect: Writing down your thoughts and feelings can help you process the experience.
- Set small, attainable goals: Focus on integrating one new thing at a time.
- Practice mindfulness: Engaging in mindfulness can help you stay present and grounded.
- Embrace challenges as opportunities: View difficulties as chances for growth and learning.
- Create a supportive routine: Establish habits that nurture your well-being.
- Be open to change: Your transformative experience may have shifted your perspective and desires.
- Seek professional support if needed: A coach or therapist can provide guidance and support during this transition.

Re-entry is a natural and important part of the journey after a transformative experience. By understanding the stages and implementing self-care strategies, you can navigate this transition with greater ease and integrate your newfound wisdom to live a more impactful life.

MY IMPACT STORY

▶ My Impact Story

Crafting a personal narrative starts with understanding who you are and where you're going. Identifying the impact that you want to have and reflecting on your experiences also help to shape your story.

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My **IMPACT** Story

4. My Commitment

After this journey, I am committed to being *Love in Action* by....

3. My Transformation

In that moment, the lie I let go of was...

In that moment, the truth I embraced was...

Theme / Verse

1. Who I Was Before

My hopes and emotions before this trip were...

2. My Impact Moment

My impact moment on this trip was....

Time:

Place:

Event:

My emotions around this moment are:

▶ Who I Was Before

Goal: To establish the starting point of your story.

What are your hopes and expectations for this trip? What do you think you are going to do or see?

What is one emotion you are feeling as you prepare to leave on this trip? (e.g. excitement, anxiety, curiosity, fear, anticipation, etc.)

In one sentence, what do you think "love in action" means at this moment?

▶ My Verse/Theme

Goal: To develop an active lens to ground, guide, and help you see your experience through His eyes. This isn't about finding a "magic" verse, but about intentionally preparing your heart to listen.

Prayerfully ask God for a verse or theme to anchor you on this trip. As you think about this trip, what words, ideas, or desires keep surfacing in your mind? (e.g., "patience," "listening," "true service," "letting go of control").

Spend some time reading a portion of Scripture. You can read about the life of Jesus, a Psalm, or a letter from Paul. As you read, what single verse or short passage seems to stand out to you? Don't overthink it; just notice what catches your heart.

My Verse/Theme:

Why this verse, for you, in this season? What truth about God or yourself does it highlight? How will you use this anchor on the trip? What will you ask God to help you see through this lens?

▶ My Impact Moment

Goal: To identify the single most impactful event of the week. This is the heart of your story.

Close your eyes and think back over the week. What is the one moment you know you will never forget? It could be a conversation, something you saw, a feeling during serving, a moment of laughter, or a moment of struggle.

Describe the scene:

Time: When did this happen? (e.g., Day 3, serving on the work site)

Place: Where were you? (e.g., painting in the house you were repairing)

Event: What was happening? Describe it with sensory (sight, sound, smell, taste, touch) Details. What did you hear? Who was there?

▶ My Transformation - The Aha Moment

Goal: To explain the internal change "My Impact Moment" caused.

In that specific moment, how did your perspective shift? What assumption or belief that you held was challenged?

What specific lie about God, yourself, or the world did you let go of in that moment?

What profound Truth took its place?

How did this moment draw you closer to God and give you a new way of seeing life?

▶ *My Commitment - Living the Story Forward*

Goal: To show how the story continues in your life back home.

Because of this transformation, what does "love in action" mean to you now?

How will you specifically practice this new understanding of love in my daily life (at home, at school, at work, with friends)? Give one concrete example.

This is your commitment to God and to yourself as you return home.

MAP YOUR JOURNEY



▶ Map Your Journey

You've just completed a life-changing experience. Your time on this mission was more than a trip—it was a powerful experience of transformation, both for you and the people you served. As you return home, this section will help you reflect, process, and apply what you've learned, so the impact continues.

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▶ Immerse Yourself into Life at Home

Week 1

And **let us run with perseverance** the race marked out for us, **fixing our eyes on Jesus**, the pioneer and perfecter of faith.

▶ Hebrews 12:2

What emotions are you feeling as you navigate back to everyday life?

Now that you are home, reflect on the impactful moments from the trip that changed your perspective or deepened your faith. Have some of these moments become stronger while others have faded in importance?

What insights from the mission trip are speaking loudly to you as you integrate back into life at home?

Reflection Exercise:

List three things that have shifted in priority or have changed in value. Why?

▶ Mission Continues

Week 2

Therefore, **go and make disciples of all nations**, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely **I am with you always** to the very end of the age.

▶ Matthew 28:19-20

Your mission doesn't end—it shifts. How will you continue serving God and others at home?

As you think about how your mission continues, what unique gifts, passions, or burdens has God placed on your heart that might be helpful in understanding the purpose God has called you to. (Think beyond your current roles.)

What fear or worry might be holding you back from fully embracing and acting on what you sense are your next steps?

Action Planning:

1. Identify one way you can serve your local community.
2. Set a goal for sharing your experience with others (e.g., presentation, blog, social media).
You will likely have an opportunity to share as part of your team during a post trip recap.
3. Register for the next Many Hands People for Impact Monthly Connection Call.

Week 3

Write down specific examples, feelings and observations comparing life in the U.S. to life on a mission trip

	U.S. Life	Life on Mission
What brings contentment/satisfaction?		
How do people interact with one another?		
What creates a sense of security or belonging?		
What creates a sense of security or belonging?		

In what ways does our U.S. culture often push us towards individualism and what are the effects?

Where do you find genuine contentment in your U.S. life and how does it compare to what you observed during your mission trip?

Week 3

Exercise:

Write a letter to your “pre-trip self”. What would you say now that you’ve experienced a mission trip?

Do not store up for yourselves treasure on earth, where moths and vermin destroy, and where thieves break in and steal. **But store up for yourselves treasures in heaven**, where moths and vermin do not destroy, and where thieves do not break in and steal. **For where your treasure is, there your heart will be also.**

▶ Matthew 6:19-21

▶ Action, Advocate, and Educate

Week 4

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, **let your light shine before others**, so that they may see your good deeds and **glorify your Father in heaven.**

▶ Matthew 5:14-16

Toolkit for Storytelling:

High cost of living, high unemployment, food insecurity and lack of affordable, safe housing are critical daily challenges for many in the area you are serving in. These struggles are most effectively communicated through stories. Sharing a story gives even the most diverse people a sense of community and belonging. God created us to be in community with one another, weaving us together as part of His story.

When telling a story, use this simple 4-part method.

1. **REFLECT** on what has happened in the past. What is surfacing from your past that you believe needs to be told?
2. Then move to **EXPECT**, which means understanding your emotions around this story, your expectations in telling it, and your desires for others receiving the story. The clearer you can be in this section, the better you can frame your story.
3. Next, nail down the **CONNECT** section, which is truly the heart of the story. Understanding what has happened and having a clear picture of your desires for telling this story, you now can connect these two parts into something tangible for others. Target a 5 minute story, and remember, this is a gift to another person to be sensitive to their ability to stay focused. Don't try to say everything, but focus on the one thing you want them to walk away with.
4. Lastly, be firm to **COMMIT**. Where will you tell this story? Which medium do you think is best to properly communicate the story to others (written, video, pictures, in-person)? Whatever you commit to, stick to it. People need to hear your authentic voice.¹

Challenge:

Using the framework from the storytelling toolkit, craft an impactful story from your life or from your mission trip, focusing on the message you want to convey. Remember, a well told story carries the power to help others on their faith journey.

▶ Challenge to Make Christ the Center

Week 5

I am the vine; you are the branches. **If you remain in me and I in you, you will bear much fruit**; apart from me you can do nothing.

▶ John 15:5

Devotional:

Spend 10 minutes daily for the next several days in prayer and Scripture centered around service, justice, and humility.

SERVICE

Just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.
-Matthew 20:28

Sitting down, Jesus called the Twelve and said, "Anyone who wants to be first must be the very last, and the servant of all."
-Mark 9:35

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.
-Galatians 5:13

In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'
-Acts 20:35

Dear children, let us not love with words or speech but with actions and in truth.
-1 John 3:18

Other passages on service: Philippians 2:3-4, 1 Peter 4:10, Acts 20:35, Matthew 25:35-40

As you read and reflect on the scriptures centered around service, what insights are revealed to you?

Reflecting on your time during your mission trip, how did you see Jesus in the people you served? In your teammates? In your own heart?

▶ Challenge to Make Christ the Center

Week 5

JUSTICE

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.
-Micah 6:8

Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.
-Isaiah 1:17

To do what is right and just is more acceptable to the Lord than sacrifice.
-Proverbs 21:3

Other passages on justice: Amos 5:24, Psalm 82: 3-4, Deuteronomy 16:20; Jeremiah 22:3

In your daily life, where do you see opportunities to "act justly"?

What does this practically look like in your relationships, work, or community?

How can you learn more about specific injustices in your local community or globally that God might be calling you to engage with?

▶ Challenge to Make Christ the Center

Week 5

HUMILITY

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
-1 Peter 5:6

When pride comes, then comes disgrace, but with humility comes wisdom. -Proverbs 11:2

For those who exalt themselves will be humbled, and those who humble themselves will be exalted.
-Matthew 23:12

Other passages on humility: Matthew 11:29, Philippians 2: 3-8, James 4:10

Where are you most likely to struggle with pride (e.g. achievements, opinions, abilities, appearance, status)?

Who in your life exemplifies true humility, and what can you learn from observing them?

How can you cultivate a more humble heart in your thoughts, words, and actions consistently?

▶ Transformation in Motion

Week 6

Reflective Questions:

Turn to your commitment to be Love in Action that you wrote on page 32 or 38. Rewrite it here.

How are you doing at making lasting adjustments to your routine, priorities, and mindset?

What practical steps can you take to ensure that these changes are not just temporary but permanent and become incorporated into your daily life?

Your Commitment:

- I commit to praying for _____ once a week.
- I will give _____ (time, resources, voice) by _____.
- I will return or engage in another mission trip by _____.
- I will stay connected to Many Hands by _____.

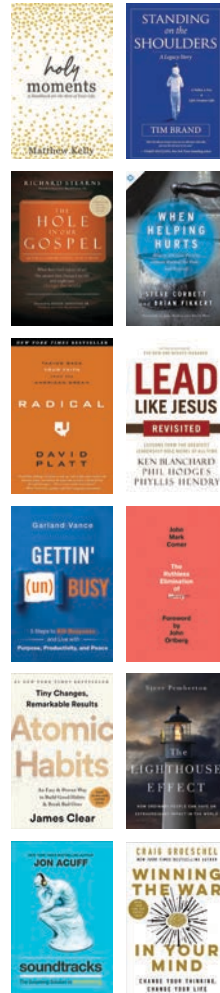
Final Thoughts:

Transformation takes time, and your journey is just beginning. Let this Impact Workbook be a tool to keep your heart, mind, and mission focused on Christ—and on what matters most. “Never be the same” isn’t just a feeling—it’s a call to action.



Impactful Books:

- *Holy Moments* by Matthew Kelly
- *Standing on the Shoulders: A Legacy Story of a Father, a Son, and Life's Greatest Gifts* by Tim Brand
- *The Hole in Our Gospel: What Does God Expect of Us? The Answer That Changed My Life and Might Just Change the World* by Richard Sterns
- *When Helping Hurts: How to Alleviate Poverty Without Hurting the Poor...and Yourself* by Brian Fikkert and Steve Corbett
- *Radical: Taking Back Your Faith from the American Dream* by David Platt
- *Lead Like Jesus Revisited: Lessons from the Greatest Leadership Role Model of All Time* by Ken Blanchard, Phil Hodges, & Phyllis Hendry
- *Gettin' (un)Busy: 5 Steps to Kill Busyness and Live with Purpose, Productivity, and Peace* by Dr. Garland Vance
- *The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World* by John Mark Comer
- *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* by James Clear
- *The Lighthouse Effect: How Ordinary People Can Have an Extraordinary Impact in the World* by Steve Pemberton
- *Soundtracks: The Surprising Solution to Overthinking (Overcome Toxic Thought Patterns and Take Control of Your Mindset)* by Jon Acuff
- *Winning the War in Your Mind: Change Your Thinking, Change Your Life* by Craig Groeschel



Additional Resources:



The Bible Project



The Chosen



YouVersion Bible App

JOURNAL



"The purpose of a storyteller is not to tell you how to think, but to give you questions to think upon."

▶ *Brandon Sanderson, writer*

"Stories create community, enable us to see through the eyes of other people, and open us to the claims of others."

▶ *Peter Forbes, photographer & author*

“A well-told story is a gift to the reader/
listener/viewer because it teaches them
how to confront their own discomforts.”

► Shawn Coyne, *The Story Grid*

"Inside each of us is a natural-born storyteller, waiting to be released."

▶ *Robin Moore, author*



IMPACT

THAT ROYAL Impact

Our Mission
Transforming together, to be love in action, in a broken world.

I commit to being *Love in Action* by...

