**Am I Prepared?**

**AM I PREPARED EMOTIONALLY?**

* Do I have any unresolved issues in my relationships?
* Am I dealing with depression, doubt, or deep discouragement that I need to figure out prior to departure?
* Would it be wise to talk anything out with a pastor, counselor or friend?
* By participating in this trip, am I ‘escaping’ from personal problems or difficult situations?

**AM I PREPARED SPIRITUALLY?**

* Where am I in my journey with God? Am I cultivating some spiritual disciplines (prayer, meditation, fasting, Bible study, silence, worship and solitude) on a regular basis?
* Am I listening to God’s Spirit and his promptings?
* Am I downshifting my life enough so that there is quiet in my day to reflect on what God is teaching me?
* Am I spending time reading and digesting God’s word? How consistent am I?
* Am I striving to be obedient in the little things? Applying what God is teaching me?
* Do I have a heart that is enlarging with God’s love and grace? Is it getting softer or harder?

**AM I PREPARED MENTALLY?**

* Is my thought life honoring to God? Am I dealing with inappropriate thoughts?
* Am I harboring sinful thoughts that need to be confessed to God or another person?
* Are there racist thoughts about people from other cultures or different skin colors lingering in my mind?
* Do I consider myself superior to other nationalities?
* Is the magnitude of God’s grace permeating my thinking more and more?

**AM I PREPARED EMOTIONALLY?**

* Have I thought through my responsibilities and relationships at home in reference to this trip?
* I will be spending lots of time with a team. How do I relate to others? How do I respond to authority?
* Am I prone to any types of interpersonal conflict that might hinder my ability to work with others?
* Do I consider myself a good listener? How can I improve on this before going with the team?
* Am I comfortable being transparent and sharing my failures with others? What obstacles do I have when it comes to being open and vulnerable?
* Do group discussions or decisions frustrate me?
* Am I open to receiving honest feedback about how other team members perceive me?