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# WELCOME *to the team!*

You are joining thousands of Christians spreading across the globe to change lives and transform communities with the Gospel. It's going to be an amazing adventure that redefines "normal" in your life.

e3 Partners equips God's people to evangelize his world and establish his Church. Every e3 expedition is designed to enhance the ministry of local believers and launch new churches among unreached communities. As we spread the Gospel, we also address critical issues that plague various parts of the world. From human trafficking prevention to medical care, we demonstrate Christ's rescuing work in tangible ways that change lives.

While it may feel like just one week, your expedition has the capacity to transform entire nations. Each church we establish is designed to multiply into new communities as it grows. If your team establishes four new churches, they could become 16 within a year or less!

After you return home, local believers will help the new Christians grow while ensuring these young churches multiply across the region. Your expedition could be the spark that ignites a new Gospel movement and changes a nation.

This booklet will help you prepare for your trip, offering guidance on everything from packing to sharing Christ in a new culture. Please read it carefully and discuss any questions you may have with your trip leaders.

**Are you ready for the adventure to begin?**





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While you may not realize it yet, you're beginning a life-changing journey. As you prepare, expect God to do something incredible! Stay focused on your mission and the reason you're going - to share the story of Jesus and establish his Church among those who have never heard it.

William Carey, the father of modern missions once said, "Attempt great things for God; expect great things from God."

The journey begins now. Expect to see God move powerfully in your life as you step out in faith.

**Are you ready? Let's go!**

# *expect great things!*







*“God uses men who  
are weak and  
feeble enough to  
lean on Him.”*

HUDSON TAYLOR, MISSIONARY TO CHINA

## THE SPIRITUAL PREPARATION

Packing. Finding a house-sitter. Getting a ride to the airport. There are so many things to consider as you leave for your expedition. In the midst of it all, it's easy to forget about the most critical aspect of your trip - the spiritual preparation.

The key to a powerful expedition doesn't hinge on your packing list or anything else. It's all about getting spiritually ready. Intimacy with Christ is your most important asset.

So how can you develop this intimacy?

### Begin with Prayer

As you prepare, seek the Lord's will and guidance in your life. You may not feel ready but he promises strength as you spend time in His presence and bring your requests to him. Prayer is the simple acknowledgement that we depend on God for all things. We can't do anything of eternal significance on our own.

### As you pray, ask that...

- God will raise up a full team of people to go.
- He will raise the funds for you and your team members.
- The Lord will prepare the hearts of the people your team will encounter.
- New churches will be established as a result of the expedition.

### Ask Others to Pray

As the apostle Paul went from city to city, he constantly asked others to pray for his work along the way. We should do the same and now is the time to build your prayer team.

**Establish a network of people to pray for you.** Ask them to begin now and continue while you're on the expedition. This network can include friends, family, and even your pastor or small group leader. In

the weeks before you leave, we will provide a prayer calendar that you can share with them. It serves as a daily reminder to pray for specific aspects of your trip.

**Establish an email distribution list.** Often, trip leaders send regular email updates from the field that include testimonies and specific prayer requests. Consider giving your prayer team's email addresses to your trip leaders. This allows your team to stay connected while you're overseas.

### Spend Time in God's Word

If you aren't already doing so, begin saturating yourself in Scripture. Meditate on what you read and look for encouraging verses along the way. Ask the Holy Spirit to give you understanding and strength to obey what he is calling you to do. God desires immediate, radical, and costly obedience from us. Let his Word guide you in this endeavor.

### Prepare for Spiritual Battle

Don't kid yourself. This is spiritual war and you are making a bold advancement on the enemy. You're going to the ends of the Earth to make Christ known. Expect moments of discouragement, fear, worry, and feelings of inadequacy. Continue in prayer and remain in God's Word. Ask for protection and hold onto God's promises to us.

*Greater is He who is in us than  
He who is in the world.*

*We are more than conquerors  
in Christ Jesus.*

*We have the victory!*





## A TYPICAL DAY

A typical day? The only thing we can guarantee about your day is that it will be a far cry from typical. Your activities and schedule will vary depending on the country where you work. However, most expeditions follow a similar format.

- Early breakfast and devotional time with your team.
- Meet with local partners and depart for ministry location(s).
- Evangelism and discipleship throughout the day while looking for the "Person of Peace."
- Training new believers along the way.
- Second group meetings.
- Lunch in the field.
- More evangelism and discipleship appointments in the afternoon.

Depending on the country, your team may finish up in the late afternoon and head to the hotel for dinner. Others will continue their ministry after dinner.





## CROSS-CULTURAL MINISTRY 101

**Doing ministry in another culture can feel daunting at times. There are many nuances to other cultures of which you may not always be aware. While your trip leaders will provide training for the culture you're serving, there are some general rules to keep in mind as you go.**

### **Be flexible.**

As Americans, we tend to be very individualistic. When you go on an expedition, you are part of a larger team. Your decisions have the potential to impact everyone else traveling with you.

It's important to foster a spirit of love and unity. Do everything you can to cooperate and show grace in your relationships with team members and local partners. Avoid criticism and submit to the decisions made by your trip leaders. We encourage

you to respect their authority without complaining. Likewise, get to know your team and take advantage of the opportunity to build lasting friendships.

### **You are there to serve the local believers, not fix them.**

You will work closely with indigenous churches. Inevitably, they will have habits and customs that you haven't experienced before. You may even disagree with them, whether it's a choice in music or their attitude towards spiritual gifts. Your purpose is to serve them, not fix their perceived problems. If you do have concerns, we encourage you to speak with your trip leaders.

### **Don't make promises or monetary gifts.**

You will fall in love with the local partners with which you serve. At times, you may be tempted to make promises of gifts or support.

Please do not make any promises and do not give any gift, especially money, without clearing it with your trip leaders first. They have a much better understanding of their needs and what is appropriate.

Even when given with the best intention, gifts can cause problems and create jealousy. If people know that Americans are offering gifts, it could appear that we are paying people to convert to Christianity. While this isn't the case, we must stay above reproach. We also want to avoid creating problems that our local partners must solve after we return home.

We also don't want to create a relationship of dependency between us and the locals. If the ministry multiplies, they must be able to reproduce the model without outside funds. Any dependence on external sources limits its growing potential.

It is so critical that you submit to your trip leaders on these matters and trust their judgement. In every country we serve, e3 Partners has a long-term strategy that is bigger than any individual. A gift given to the wrong person at the wrong time could hinder that strategy.

### **Be sensitive to the local partners.**

There will likely be a stark contrast between your lifestyle and theirs. While on the expedition, observe the following rules:

- **Avoid talking about money.**

It can be a major distraction. If people ask you questions about finances, tactfully shift the conversation to another topic.



- **Be discreet when pulling out money.** Half of the world lives on less than \$2 a day. You might be holding more money than they've seen in a lifetime. Be very considerate of this.
- **Don't discuss politics.** We are there to spread the Gospel, not the "American way." If people ask you political questions, tactfully change the subject.
- **Be mindful of what you say in front of our local partners about their country.** Discussing things like poverty and your opinion of the food may cause offense. They may like their food and they haven't ever known a different standard of living.

### Help out your translator.

During the week, you will be partnered with local believers who speak both English and the native language. You may find yourself working with mature local Christians and experienced translators. But for others, it

is likely that this is their first time sharing their faith.

Remember, this can be a great discipleship opportunity. Throughout the week, spend time encouraging your local partners. Help them take the lead by the end of the week. After all, they are the ones continuing the ministry when you leave!

### Tips for working through a translator:

- Talk with your translator before getting started. Get to know each other and practice the EvangeCube together. You should both be familiar with the format and strategy.
- When speaking, try to position the translator between you and the person you're speaking with. Keep your eyes on your audience, not your translator.

- Speak in complete phrases and ideas. Don't speak in one or two words at a time. Concepts are often expressed differently in other languages and your translator will need the entire idea before conveying your thought.
- Avoid jokes. Have fun but be aware that humor doesn't often translate in other languages. You could even shock or outrage your audience.
- Avoid slang. Your translator may not speak English very often. Using common American phrases don't make sense in another culture, even to an English-speaker.
- Avoid contractions.
- Speak slowly.
- Avoid references to American contemporary culture. Most people won't be familiar with the latest technological advances, TV shows, or movies.

- If the translator doesn't understand, simply repeat what you said. If that doesn't help, consider rephrasing your thought. Talking louder won't help and Christian jargon will likely just confuse them further. Keep it very simple!
- Don't overuse your translators. They are speaking all day long. Give them a break whenever you can.

### Just remember...

- Smile, even though you might be nervous.
- Be gracious.
- Feel free to ask questions of the people you meet.
- Learn a few words in the local dialect. Even if you mess up, people love it when you try to speak their language!
- Avoid looking like a "rich American." Be mindful of your clothes, jewelry, and bags. Remember that their idea of "rich" is different than yours.
- Be mindful of body language. For example, giving a "thumbs up" in some cultures can be obscene. In other places, letting people see the bottom of your shoe is insulting. Your leaders will brief you on gestures that should be avoided.

While this may seem like a lot to remember, your trip leaders and local partners will guide you through it all. If you mess up, they can cover for you and get you back on the right path. Just be loving and gracious as this covers a multitude of mistakes!





*The harvest is plentiful, but  
the workers are few.  
Ask the Lord of the harvest,  
therefore, to send out workers  
into his harvest field.*

LUKE 10:02

## SHARING GOD'S STORY IN YOUR LIFE

**While on the field, you will have many opportunities to talk with people and share your story. Before you get started, spend a little time getting to know the people you meet. They will appreciate your interest and will listen to what you share.**

### Your Experience

Your story is unique and powerful. You will share it often with people you meet. It is the perfect bridge that moves someone to a point where they can hear the Gospel. A great place to start is by reading the example Paul sets in Acts 26. Paul tells the story of Jesus in his life by sharing three components of his journey. As you share your story, make sure you answer the following questions:

- What was your life like before following Jesus?
- How did you become a follower of Jesus?
- What has your life been like after following Jesus?

As you share, keep the focus on your life since knowing Christ. Tell them about how Jesus changed your life. Tell of the joy, peace, and forgiveness Jesus gave you.

### A Story of Victory

You can share about your salvation or a story of something God has done in your life. Did he help you through a time of difficulty? With a physical ailment? A troubled relationship? When sharing a story of victory, answer the following:

- What was the problem?
- How did God change it?
- What has victory looked like for you since then?

### Some Practical Tips

- Before you leave for your expedition, write down your story.
- Be prepared to share it in three minutes or less.
- Avoid Christian jargon.
- Avoid references to age.

- Practice your story so that it comes out naturally.
- Share it with several people and invite feedback on how to share it better.

### God's Story

Eventually, your story should lead into God's story. It's the Good News! You will have many opportunities to convey it throughout your expedition. However, you can't share it well if it's not clear in your own mind.

Your expedition leaders will train you to share the Gospel in a manner that is appropriate for the culture you're visiting. Regardless of where you go, the essence of the salvation message remains the same. Make sure you include the following points:

- Creation
- The fall of man
- Our separation from God
- Our inability to come back to God and the need for a sacrifice

- Jesus coming to earth
- Jesus' death as the perfect sacrifice
- His resurrection
- How to receive his sacrifice
- The assurance of salvation

### Some Practical Tips

- Before you leave for the expedition, write down how you wish to communicate God's story.
- Avoid religious jargon that non-Christians won't understand.
- Practice sharing God's story so that it comes out naturally.
- Share it with several people and invite feedback on how to share it better.

*Learn more about  
sharing God's story, from  
Creation to Christ.*

[ezpartners.org/c2cstory](http://ezpartners.org/c2cstory)



## YOUR TOOLKIT

When it comes to sharing the Gospel, we have provided many powerful resources to help you out. The following are a few tools you may use on the expedition:

### Your Bible

Your Bible is your most critical resource. Read it daily while overseas for encouragement and strength. You might also consider memorizing a few key verses: John 3:16, Romans 3:23, Ephesians 2:8-9.

### The EvangeCube

The EvangeCube illustrates the truths of the Gospel through pictures. Since it is wordless, it's applicable in any language. It is a great visual aid for sharing Jesus with others and will guide you through the process as well.

### EvangeCards & EvangeFolds

These are compact versions of the EvangeCube. When leading someone to the Lord, you can give these away to help them share their faith with others.

### Other Cubes

You may also be supplied with other educational cubes on specific expeditions.

**The HIV HopeCube** provides information regarding the prevention, symptoms, and treatment of HIV and AIDS.

**The MalariaCube** educates the public about the prevention, symptoms, and treatment of Malaria.

**The PricelessCube** raises awareness about the dangers of human trafficking and how to prevent it on the local level.







*Whatever house you enter, first say, 'Peace be to this house.' If a man of peace is there, your peace will rest on him... Stay in that house, eating and drinking what they give you... Whatever city you enter and they receive you...say to them, 'The kingdom of God has come near to you.'*

LUKE 10:5-9

## THE "PERSON OF PEACE"

While on the field, one of the most important things to do is pray for a "person of peace."

When Jesus sent out his disciples, he encouraged them, "whatever house you enter, first say, 'Peace be to this house.' If a person of peace is there, your peace will rest on him; but if not, it will return to you. Stay in that house, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house."

While Jesus doesn't explain the reasoning behind this command, we see many examples of "persons of peace" throughout the New Testament - people like Zacchaeus, Cornelius, Lydia, and the Samaritan woman at the well. These are people God prepared in advance to both receive the missionaries and their message.

A "person of peace" will do three things:

- **Accept the messenger.** He or she will welcome you, often providing hospitality and interacting with you.
- **Accept the message.** He or she is an unbeliever who has been prepared by the Holy Spirit, always open to the Gospel.
- **Advocate on behalf of the Gospel.** He or she will introduce his or her family, friends, neighbors, and coworkers to Christ. This person will testify to what Jesus has done for him as well. As others watch the person of peace transform, they are drawn to the reason for the change.

Finding your person of peace is key to establishing your work in that particular area. When churches are established on natural friendships and family lines, the community grows more quickly and often makes a greater impact.

## FINDING THE PERSON OF PEACE

**When we find people that God has prepared in advance, they will believe – usually sooner rather than later. There are several ways to find your person of peace.**

- **Travel from home to home,** sharing Christ until you find him or her.
- **Ask questions.** You might enter a village or place of ministry by asking questions. "Do you know anyone who is seeking God?" "Do you know anyone who is sick and in need of healing?" "Do you know anyone who has problems and really needs God?" These are often the people that become persons of peace.
- **Look for influential people.** This could be the village chief or a shop owner. If they're open, their influence could be very helpful.

- **Pray for miracles.** You could enter villages by offering to pray for them. You might ask the question, "If God could meet any need in your life or do a miracle, what would it be?" For people who are open, pray over them and invite God to work in that situation, avoiding Christian jargon. When God answers, they will know it was him. This is a great segway into spiritual conversations.

### Prayer is Key

Begin praying for your persons of peace now and continue throughout the expedition. We suggest prayer walking the area each morning, asking the Holy Spirit to go before you and lead you to the people he has prepared in advance.



## A BELIEVER'S FIRST STEPS

It is such a joy to see someone come to Christ! But what comes next? In Matthew 28, Jesus' commands are very clear, "... *[teach] them to obey everything I have commanded you...*"

The next step after receiving Christ is cultivating a lifestyle of obedience. If you've just led someone to the Lord, there are several ways to begin that process.

### Take time to invest in him or her.

Discipleship is an investment of time. Go deep in that person's life. Luke 10 advises us to "*stay in that house, eating and drinking whatever they give you.*" Enjoy the person's hospitality and use it as a chance to share more with them about Christ.

### Teach the new believer how to share his or her story.

Walk the person through the very exercises you went through before your expedition. Ask him or her questions about life before Jesus. Help the person articulate the change that has taken place and what Christ has done.

### Teach the new believer how to share God's story.

Using an EvangeFold or your EvangeCube, practice walking through the Gospel with the person, keeping it as simple as possible. Leave behind an EvangeFold so he or she has some helpful tools.

### Keep practicing with the person.

Practice not only makes perfect, it also builds confidence. While it will take time, it is a significant and worthy investment. This person may be his or her village's only connection to Jesus after you leave.

### Invite him or her to make a list of people who need to know Jesus.

Encourage him or her to pray and make a list of 10 people who need to hear the Gospel.

### Help the person share with others.

If possible, have the new believer invite over friends or family from his list. Help him share the Gospel with them with your guidance and direction.

### Keep it going!

Instruct the person to continue through the same steps with anyone else who receives Christ. This is how the church begins to multiply!





*For wherever two  
or more are gathered  
in my name,  
there am I with them.*

MATTHEW 18:20

## INTRODUCTION TO SECOND GROUPS

### What are Second Groups?

Once several people in a town or village have received Christ, you will rally the new believers into small groups, often in someone's home. We call these "Second" groups because Jesus is now first in their lives. These groups are likely different than what you've experienced in your local church. They are small, led by everyday people, and are not located in a church building. Ultimately, they are designed to be discovery groups for new believers that are the foundation for a new Church.

These groups are designed to help new believers discover God's Word together, apply it to their lives, and begin sharing it with others. They are simple to organize, inexpensive to run, and able to multiply quickly without much training.

In contrast to traditional Bible studies in North America, Second groups don't have designated teachers, only a facilitator. Each meeting is spent encouraging one another,

discussing a specific passage of Scripture, and committing to live out the lessons.

### What does a Second group meeting look like?

In each meeting, a group member will read a passage out loud and ask a series of basic questions to stimulate discussion. When leading a meeting, the facilitator will not talk any more than others in the group. The interactive discussions will be the platform by which everyone grows.

Simply put, the group reads the passage and discovers its meaning together. Each person makes an individual commitment to obey the lesson in the passage. As a means of accountability, everyone will give a report on how well they are keeping their commitments in the next meeting.

As you form these groups, you will only facilitate the first session as an example. Someone else will lead the next meeting. Before you leave, the local believers should be capable of leading

### The DNA of a Second Group

Second groups are marked by several key characteristics. You can remember them by thinking "SECOND."

**S Small.** Keep the groups small by building them around a circle of friendships. The meetings should take place where the people already gather – in a home, cafe, or even under a tree.

**E Everyone learns to grow on their own.** In the group, everyone learns by following several key steps – telling others about Jesus, learning from Scripture, praying, encouraging other believers, and boldly facing persecution.

**C Consider everyone a potential trainer.** Anyone has the potential to be the next trainer in a group, both before and after they receive Christ. Leaders are typically unpaid and not formally educated.

**O Obey and train.** These groups are about obedience, not knowledge. Teach them to follow Jesus by learning and obeying the Bible through the guidance of the Holy Spirit.

**N New groups through mentoring and multiplication.** Focus on starting new groups rather than making existing groups larger. Meet with new leaders and start new groups. Train them to do the same for others. Keep everyone connected for ongoing training and accountability.

**D Discuss and discover.** Focus on the Bible. Trust the Holy Spirit to help each person discover the meaning of Scripture. Lead by asking questions rather than lecturing or preaching. Make sure everyone participates.



## SECOND GROUP MEETINGS

Each Second group meeting is separated into three parts – looking back, looking up, and looking forward. Each one takes up an equal amount of time. This general format will guide the discussion each meeting.

### Look Back

#### Care & Prayer

Talk with each other about how life has been since the previous meeting. Pray for specific needs.

#### Worship

Sing songs or read Psalms.

#### Check

“Do” and “share” commitments from last meeting.

#### Multiplication Vision\*

Brief story, testimony, or Bible story to impart vision for multiplication.

### Look Up

#### Tell

Tell the Bible story.

#### Discuss:

- What did you learn about God?
- What did you learn about people?

### Have someone read the story aloud.

- Is there a sin to avoid?
- Promise or claim?
- Example to follow?
- Command to obey?
- (Look for sins, promises, examples, or commands that are plainly in the story. Don't expect to find all of them in every story.)

### Look Forward

Read or tell the story again.

#### Practice

Have others pair up and practice telling the story. If there is an activity in the lesson, train and practice that activity together.

### Commitments

Pray individually before making commitments. Make specific commitments. Write them down to check at the next meeting.

1. Do: What does God want you to obey from this story?
2. Share: With whom does God want you to share this story, your testimony, or the Gospel?

### Commissioning Prayer

Pray for every member individually. Ask God to give the strength to fulfill the commitments they've made.

\*Do not skip these steps.



*Invest in new believers and begin to teach them what it means to be a follower of Christ.*

## BIBLE STORIES FOR “LOOK UP” PART OF GATHERING

### START Stories (Green Light)

Use the START stories when a person decides to follow Jesus. The underlined face stories are the main stories for each session.

#### Repent & Believe

Luke 7:36-50

Romans 3:23, 6:23, 10:9-10

#### Be Baptized

Matthew 28:19

Acts 8:26-39

Romans 6:3-4

Matthew 3:13-16

Acts 2:38

#### Make Disciples

Matthew 28:18-20

Mark 1:17

John 4:4-19, 25-26, 28-30, 39-42

#### Talk with God

Matthew 6:5-15

#### Persevere Through Hard Times

John 15:18-19

Acts 5:27-42

#### Love Loud

Luke 10:25-37

#### Become a Healthy Group/Church

Hebrews 10:25

Acts 2:37-47

#### Commemorate Jesus' Death

Luke 22:7-20

I Corinthians 11:23-29

#### Give

Mark 12:41-44

### HOPE Stories (Yellow Light)

Use the HOPE stories when a person is interested but wants more time to decide whether to follow Jesus. As soon as they decide to follow Jesus, move to the START stories.

#### Hope for Rejected

Luke 7:36-50

#### Hope for Non-Religious

Luke 18:9-17

#### Hope Changes Things

Luke 18:18-30, 19:1-10

#### Hope Forgives

Matthew 18:21-35

#### Hope Through Death

Luke 22:66, 23:25, 23:32-43

#### Hope Rose From Dead

Luke 24:1-20

#### Hope is Waiting For You

Luke 15:11-32



Getting  
**READY**



# ‘How beautiful are the feet of those who bring good news!’

ROMANS 10:15



## WHAT YOU’LL NEED TO DO

**There are plenty of things to get done before you head overseas. Here are some practical tips to help you get ready.**

### Get a Passport

You can’t leave without one! Applications are available on the U.S. Department of State website - [travel.state.gov](https://travel.state.gov). Apply as soon as possible. New passports can take up to eight weeks for processing.

If you already have a passport, it should still be valid for at least six months after your scheduled return date. Many countries will not allow entrance if it is too close to expiration date. If your passport expires in less than six months, get it renewed right away.

*NOTE: The cost of a passport is not included in the price of your expedition.*

### Obtain a Visa

Some countries require visitors to obtain a visa prior to arrival. A visa is usually a stamp placed on your passport by the embassy or consulate of the country you plan to visit. Your trip leader will let you know if this is required for your expedition - and how to obtain it.

### Get Your Shots

Some countries require specific immunizations while others merely recommend them. You can find what is needed on the Center for Disease Control and Prevention (CDC) website at [cdc.gov](https://www.cdc.gov). Click on “traveler’s health” and then “destinations.”

You should also consult your doctor or a travel clinic about any immunizations they might recommend. e3 Partners staff cannot advise you on the necessary vaccines.

*NOTE: The cost of vaccinations is not included in the price of your expedition.*

### Dress Properly

It’s important to dress appropriately for the culture you are entering. For men, a pair of khaki pants or nice jeans is usually appropriate, coupled with a collared shirt or a nice t-shirt. Shorts are usually not appropriate for ministry days, though this isn’t always the case.

Dress for women varies a bit more. In some places, pants are appropriate. In others, skirts will be required. Women should also be mindful of their skirt length. In some countries, a knee-length skirt would be considered scandalous. Nice t-shirts or button-down shirts are generally acceptable. Sleeveless shirts are often not appropriate.

When in doubt, err on the conservative side. Sunday church services may require you to dress up more than you do during the week. Your trip leaders will provide specific guidelines for your location.

### Bring Some Gifts

In many cultures, it’s customary to give small tokens of appreciation to the local partners at the end of the week. When appropriate, gifts are usually given to translators and others who participate in ministry with you. Your trip leaders will provide details for your trip and offer gift suggestions.

### Get Packing

Your trip leaders will provide the baggage weight and size allowances for your airline. In general, pack light. For a full list of packing suggestions, flip to page 30. For a full list of packing suggestions, flip to page 32-33.



## FUNDRAISING

Foreign travel can be expensive. It's tempting to let this get in the way of your expedition but e3 makes it easy to raise support and embark on your trip fully funded. We provide the resources, tips, and infrastructure needed to make it happen. All you have to do is take the first steps.

We recommend you start the fundraising process by filling out your personal online fundraising page. You should have received information and instructions for personalizing this page when you completed your application. Customize it with your story, add videos, and post photos that share your passion with the world. When you're done, you can even share it with your friends and family on social media.

We also suggest that you send out letters to family and friends, asking them for their prayer and financial support. Through this act, you are inviting them to become directly involved with God's work in your life. You will be surprised by how many are willing to share their material possessions so others can know Christ through you.

Don't be shy about who you select to receive your support letters. Consider sending them to family, friends, and anyone else who might be interested in your expedition.

You may even consider discussing your trip with your church leaders. Share your call with your pastor or ministry staff and ask for their advice or assistance. Some churches even have missions committees that welcome funding requests. With permission, you may be invited to approach small groups about your plans and financial needs. In doing so, someone else could be encouraged to go with you.

In the coming weeks, you will receive important resources to help you get started on your fundraising.



## PACKING LIST

Baggage allowances vary from airline to airline. Regardless, you'll want to pack light. You will be responsible for carrying your own baggage, sometimes for quite a distance.

We recommend that you bring one big suitcase to check and one small suitcase as your carry-on. You should also save space for team materials and any souvenirs you may want to bring home. It's also a good idea to pack a few extra changes of clothes, toiletries, and medications in the event your luggage doesn't arrive when you do.

As you get closer to departure, your trip leaders will provide specific weight and size allowances for your airline. You are responsible for any excess weight charges. As you pack, here is a suggested list to follow.

### Men & Women

- ☐ Changes of clothes to last through the trip. Take articles you can mix and match. Try to make an outfit last for 2 (or more) days.
- ☐ Nice outfit for church on Sunday. Men may need to bring a tie, dress shirt, and nice shoes.
- ☐ Slacks/jeans and sometimes shorts are fine for free days and travel days.
- ☐ Walking shoes. Make sure they're comfortable! Athletic shoes are great.
- ☐ Sleepwear
- ☐ Socks
- ☐ Underwear
- ☐ Flip-flops/sandals
- ☐ Sunglasses
- ☐ Money belt or pouch
- ☐ Hat

### Toiletries

- ☐ Shampoo, Conditioner
- ☐ Soap
- ☐ Deodorant
- ☐ Toothpaste & Toothbrush
- ☐ Hairbrush
- ☐ Washcloth
- ☐ Kleenex
- ☐ Sunscreen
- ☐ Moistened hand wipes
- ☐ Hand sanitizer
- ☐ Band-aids and antibiotic ointment
- ☐ Toilet paper
- ☐ Shaving cream
- ☐ Razor
- ☐ Makeup
- ☐ Glasses
- ☐ Contact lenses/solutions
- ☐ Insect repellent

### Medicines

- ☐ Aspirin/pain/cold medications
- ☐ Stomach medications
- ☐ Cough Drops
- ☐ Antihistamines (for allergies)
- ☐ Eye drops and nose drops
- ☐ Ginger candy (helps with nausea)
- ☐ Antidiarrheal
- ☐ Laxative
- ☐ Antacid tablets
- ☐ Lip balm and sunscreen
- ☐ Sleep medication
- ☐ Your Prescription Medications (Take some extra and pack it in another suitcase.)

### Snacks

- ☐ Gum/candy
- ☐ Trail mix
- ☐ Peanut butter/cheese crackers
- ☐ Granola bars/Power bars
- ☐ Sweet-n-low (if desired instead of sugar)
- ☐ Gatorade mix
- ☐ Juice boxes

### Documents

- ☐ Passport
- ☐ Visa (if required)
- ☐ Immunization record (if required)
- ☐ Airline tickets
- ☐ Emergency contact information
- ☐ Credit card (for emergencies)
- ☐ Spending money

### Other Items

- ☐ Bible
- ☐ Bilingual Bible or New Testament (if available)
- ☐ e3 Partners tracts (if available)
- ☐ e3 Partners discipleship materials (if available)
- ☐ EvangeCubes
- ☐ Journal
- ☐ Pens and pencils
- ☐ Backpack or tote bag
- ☐ Family photos
- ☐ U.S. map to show where you live
- ☐ Flashlight (small)
- ☐ Earplugs/eye mask/neck pillow
- ☐ Reading materials
- ☐ Alarm clock
- ☐ Power adapter and converter (if needed for electrical supplies)
- ☐ Sewing kit
- ☐ Camera and film/memory card
- ☐ Zip-lock bags and plastic grocery bags
- ☐ Extra batteries
- ☐ Umbrella/raincoat (if needed)
- ☐ Gifts and gift bags (if needed)

### Before Leaving (as they apply)

- ☐ Be commissioned by your local church
- ☐ Stop newspapers
- ☐ Stop mail
- ☐ All appliances off
- ☐ Turn in e3 Medical Release Forms
- ☐ Itinerary and emergency information to others
- ☐ Send/email expedition prayer calendar to prayer team.
- ☐ Send email addresses of friends/family who will pray for your team to e3 trip leaders.



## TRAVEL BASICS

### Where will I exchange my money?

Every expedition leader handles this differently. Often, you will have the opportunity to exchange your money at the airport when you arrive in the country. Carry plenty of cash to exchange and a credit card for use in the event of an emergency.

### How much money should I bring?

Typically, \$100-200 will do the trick. You will not need to spend money on ministry days. Most of your expenses will be covered. You are only responsible for meals on travel and tourist days, and for any shopping you wish to do. We suggest purchasing small thank you gifts for some of your supporters.

### How should I carry my passport, airline tickets, and cash?

We recommend keeping your passport, airline tickets, and cash with you at all times. It's best to carry these items in a

money belt that's concealed under your clothes. We do not recommend keeping them in your purse or backpack. Money belts are available in travel stores or online.

### Will I be able to call or email home?

If your phone is able to make international calls, you may be able to call home. However, these calls can be expensive. Contact your wireless carrier to learn more about international coverage and plans.

You may also consider using an online service like Skype or Viber if you're at a location with Wifi availability. Your hotel may also have a landline available. Again, check into the rates before you make a call so you're not surprised by a monstrous bill!

Depending on your location, email may (or may not) be available at your hotel or a nearby internet cafe. Your trip leaders can help you with this.

## STAYING HEALTHY & SAFE

While you can't prepare for every eventuality, there are several critical things you can do to stay healthy while overseas.

- Drink plenty of water! You will be surprised by how quickly you can dehydrate. Bottled water will be provided for you when you arrive.
- Do not drink the tap water. In most places, the water supply is not purified to the same level as in the United States. The increased pathogens can cause many North Americans to become ill.
- Use bottled water to brush your teeth.
- Avoid ice and fruit juice, which are often made with tap water.
- Follow the eating recommendations from your trip leaders. They will know which foods you should or should not eat. Generally, you should only eat meat that is thoroughly cooked. Avoid dairy products, fruits, and vegetables.
- Do not eat food purchased from street vendors.
- Avoid eating food offered in the villages. Pre-packaged food (like chips or cookies) are often safe. The same goes for hot tea or coffee that has been boiled. You should stay away from everything else. In declining offers for food, be as gracious as possible. Let your host know that you'd love to accept their offer but that your American stomach is very weak and "reacts" differently to foods.
- Rest. Resist the temptation to stay up late each night. Sleep is critical!
- Sanitize your hands often by using hand sanitizers and antiseptic wipes.
- Keep your feet clean and dry. Do not go barefoot.
- Don't pet, touch, or handle any animals, especially dogs and cats.

Your trip leaders and local ministry partners have worked diligently to ensure your safety while overseas. However, it is still important to take appropriate measures.

- Be aware of your surroundings, just as a good defensive driver is aware of everything going on around him.
- Follow your gut. If something feels wrong, take immediate action to correct it.
- Stay with your team. Travel in groups of two or more during free times.
- Be cautious in crowded places like train stations, urban centers, or markets. These are prime spots for pick-pocketing. Watch your purse, wallet, and passport. In these areas, it's a good idea to carry your backpack in a front-facing position.
- Always carry a business card or envelope from your hotel. If you get separated from your group, you can use the address and phone number.
- Keep your hotel door locked. Do not open it for anyone unless you know them.
- Hide and secure all valuables. We cannot guarantee that anything is absolutely safe, even if it's left in your suitcase.

### Security in "Closed" Countries

We work in a number of regions that are considered "closed" to the Gospel. Additional security protocols are implemented in these areas. These could relate to how you speak about your work in the country, social media use, phone calls, and use of email. Your trip leaders will provide details for you. Please abide by these protocols diligently. Your safety and that of our local partners is extremely important.



# NOTES



*Coming*  
**HOME**



# I AM SECOND®



SCOTT HAMILTON



BETHANY HAMILTON



REMI ADELEKE

## NOW WHAT?

One of the hardest parts on an expedition is the re-entry into "normal" life. You just spent a week or more in a foreign country. You witnessed people receiving Christ for the first time. You experienced new churches develop right in front of you! That's to say nothing of the poverty you may have encountered.

You'll discover that a part of your heart never returned home. It's still lost in some village or neighborhood halfway across

the globe. The expedition was really just training for a new kind of living.

There are a number of ways to stay connected to what God is accomplishing through e3 Partners. Go with us again, and next time bring a friend! You can also donate to our ministry abroad. Our best encouragement is to make your new experience an ongoing lifestyle.

## I AM SECOND

I am Second is a movement meant to inspire people of all kinds to live for God and for others. Actors. Athletes. Musicians. Business leaders. Drug addicts. Your next-door neighbor. People like you.

The authentic stories on [iamsecond.com](http://iamsecond.com) provide insight into dealing with typical struggles of everyday living. These are stories that give hope to the lonely and the hurting, help from destructive lifestyles, and inspiration to the unfulfilled.

Just like when you were overseas, you can start I am Second groups in your own home, breakroom at work, or a local coffee shop. Visit [iamsecond.com/getinvolved](http://iamsecond.com/getinvolved), click "Small Groups," and download "How to Start a Second Group" to find the materials you need. The process is similar to what you experienced on your expedition, just reformatted for our culture here at home!

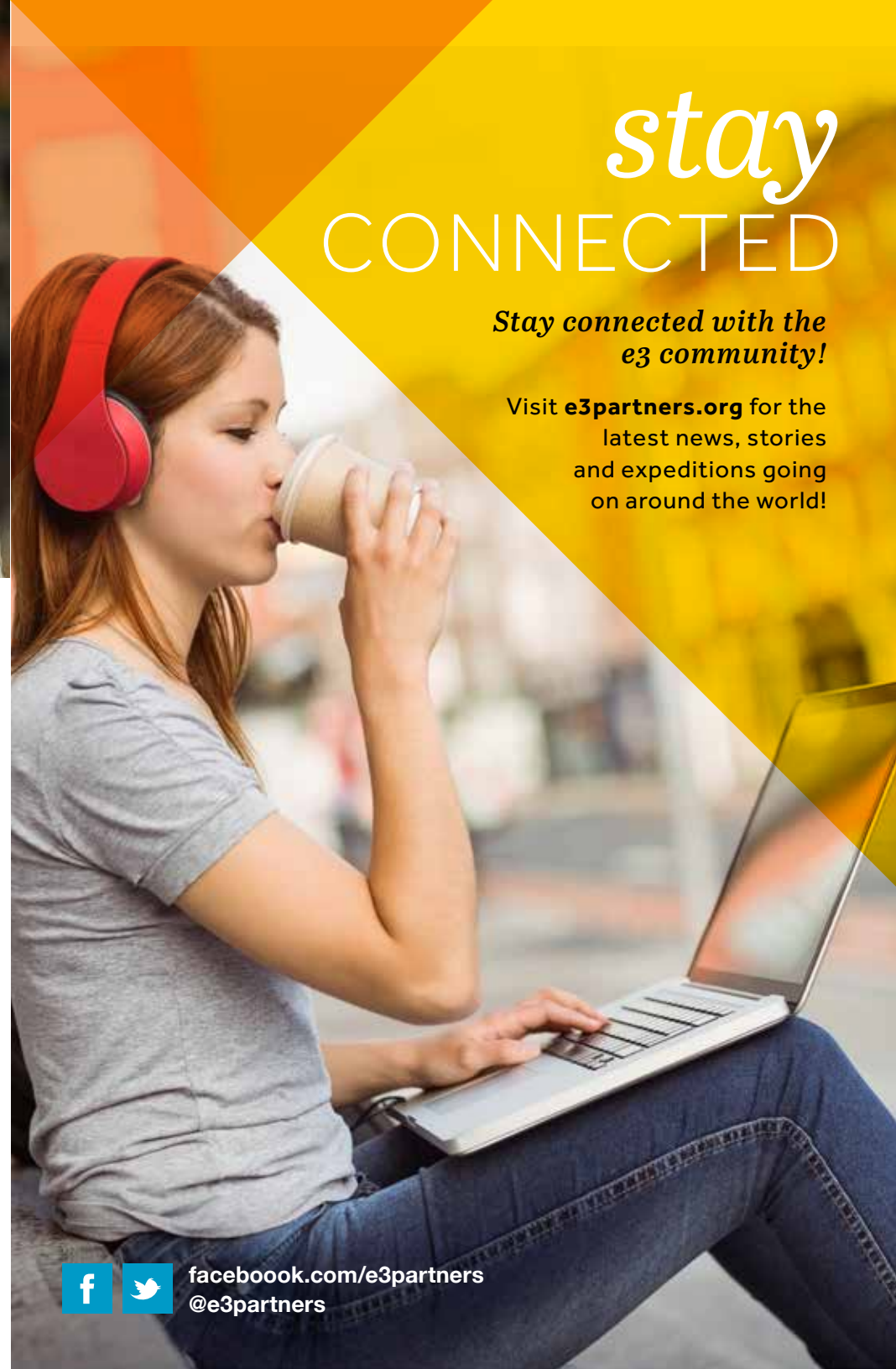




# stay CONNECTED

*Stay connected with the  
e3 community!*

Visit **e3partners.org** for the  
latest news, stories  
and expeditions going  
on around the world!



## A NEW TENSION

After you step off the plane, you may notice something strange happening to you. As much as you've missed your family and friends, you'll find that a part of your life is still in another part of the world. You will feel a tension between the life you've always known and the transformation you just experienced. But there are things you can continue doing now that you're home.

### Thank your contributors.

Once you've settled in, take some time to thank your prayer team and contributors. Write some notes by hand or share a story with them about what God has done. Cultivate those relationships. They may be willing to give to your next expedition if you choose to go again!

### Create an elevator speech.

When you return to work, church, and back to your community, people will ask you the same question over and over - "So? How was it?!" At the moment, it will feel as if

you have two answers, one that takes 15 seconds to answer and another that takes 15 minutes.

Begin thinking through what you want to tell people about your trip. Pick 1-2 stories that represent your overall experience and share those when people ask you.

### Recruit your friends.

As you prayerfully consider returning, invite your friends and family to come with you next time. Offer them the opportunity to join you on such a life-changing experience.

### Continue sharing your story.

Take the lessons you learned on the field and apply them to your relationships here at home. Consider launching Second groups in your neighborhood. Share your story with friends. Pray for those in your life who need to hear the Gospel. The mission doesn't end when you step off the plane!



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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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