

**A Mission Journey**  
**Guide and Devotional for Short-Term Mission Trips**  
**Project 82 Kenya**

## Welcome

Thank you so much for coming to Kenya and serving alongside the Project 82 team. We pray your week here will be filled with worship, service, and life changing experiences. We hope that you take away the memory of just how amazing it feels to partner with God in “defending the weak and fatherless.”

As you spend your week with our Project 82 family, remember not to get caught up in the “doing” of God’s work, but rather in becoming Jesus to those around you. Our staff will have plenty for you to accomplish this week, but I encourage you to make time to enjoy the bright smiles of the children, the distinct sounds of this amazing country, and the way God is moving in the hearts of the people. Be in-tune to how God wants to speak into your life and what He is teaching you through the people around you. Yes, you are here to serve in Kenya, but be aware and open to what the Kenyan people need to teach you as well.

During your stay, I ask you to bless and encourage our American missionaries, our Kenyan staff members, and our incredible guardians. The team of people hosting you this week has sacrificed so much to serve the children of Kenya. Lift them up in prayer and love on them as much as possible. Project 82 Kenya exists in response to God’s call to love and care for orphans and vulnerable children by nurturing them holistically to achieve sustainable family solutions. You being on this trip helps us achieve this calling.

The need is great. The amount of orphans can be overwhelming. But we believe every child matters and so helping the one in front of us is eternally important. The task is great, but our God is greater. Please pray for how God can use you to help the one. Please pray for God’s direction as to how you can help Project 82 care for children and vulnerable families.

Thank you for serving,

Brandon Dasinger  
Executive Director  
Project 82 Kenya

## About Project 82

### Who We Are

In 2009, we were a group of ordinary people united by our common heart for orphans in Kenya. Together, we'd experienced firsthand the abject poverty and lack of family stability that plagues so many children of Kenya, and we could not turn away. After witnessing the stunningly beautiful people and the amazing promise that lives inside each child, we knew we were called to act, and Project 82 was born.

God makes it clear in Psalm 82:3 that we are to *"defend the weak and fatherless."* Kenya is home to 2.5 million orphans, and a child is orphaned there every two minutes. A whole generation of caregivers has been wiped out by HIV/AIDS, tribal conflict and poverty-driven diseases, and communities are struggling to care for the orphans among them.

Project 82 Kenya exists in response to God's call to love and care for orphans and vulnerable children by nurturing them holistically to achieve sustainable family solutions.

### What We Believe

WE BELIEVE that all are created in the image of God and that orphans and widows, many of whom suffer from poverty-related diseases, are precious to our Lord. We boldly seek to love, protect and care for them, strengthening their family units and assisting them to become self-sustaining.

WE BELIEVE that effective and sustainable orphan ministry should be done in partnership with Kenyans, who are best able to understand the family, community and cultural dynamics.

WE BELIEVE that all children should be raised within a family, whether it is their birth family, an adopted family or a family specifically designed to serve orphans. These settings provide children with family members who love and care for them and will always be part of their lives. A child never ages out of his or her family. A family is forever.

WE BELIEVE that in the midst of the great tragedy that is playing out in the lives of millions of orphans, God's perfect grace and provision are also evident in the abundant blessings and resources of the United States. We pray for hearts to be transformed and for an obedient response to the expectation: "To whom much is given, much is expected."

WE BELIEVE we are accountable to God and to our financial supporters to be faithful stewards, transparent and fully accountable for all resources of the ministry, and we will:

- Maintain the highest standards of organizational governance and strict adherence to our Conflict of Interest policy.
- Annually, conduct fully independent audits of our financial statements.
- Maintain our standing as an accredited member of ECFA (Evangelical Council of Financial Accountability).

WE BELIEVE and rely upon God's generous and self-giving character and therefore commit ourselves to beginning, sustaining and ending all of our efforts in humble prayer to Him. In response to the fruit of the ministry, we will always—and only—praise God and proclaim **Soli deo Gloria**.

## THINGS TO KNOW

### Health Guidelines

1. Drink water that you know is safe. This usually means drinking bottled water. We provide as much water as you can drink. Bring a water bottle to have refilled and keep with you. Drink water early in the day and often throughout the day.
2. Wash your hands or use anti-bacterial gel frequently but discreetly before every meal. Only eat and drink items approved by your leader.
3. Bring all customary medications with you in their original bottles and take them as directed.
4. Keep your passport and medical cards with you at all times.
5. Be aware of the intensity of the sun and temperature. Apply sun block frequently and dress at all times to avoid sunburn and heatstroke.
6. Do not take unnecessary physical risks and be conservative with physical limitations. Nobody should be a hero. Do not push yourself too hard. Take frequent water breaks, get enough sleep, wear shoes at all times, and wear work gloves when necessary.
7. Always take a partner with you when you are away from the group and communicate where you will be with the team leader. Be aware of your location and the people around you at all times.
8. Bandage up your cuts and don't touch anyone's cuts that are bleeding. We have First Aid kits available for your use.
9. Notify the team leader or seek professional help if you experience physical problems. These could include diarrhea lasting more than 48 hours, persistent cramps or vomiting, severe chills, or any other symptoms that are of medical concern.
10. Please stay away from and do not pet or touch any local animals including insects, lizards, dogs, cats and other pets. Animals are not vaccinated like our pets are in North America and they could carry rabies.

### **Mission Trip Checklist**

As you begin to plan for your mission trip, use the following checklist to make sure you are prepared for a trip of a lifetime:

#### **Team**

- Attend ALL team meetings
- Pray with your team

#### **Individual**

- Pray for your trip
- Write out your testimony or life story
- Recruit 5 or more prayer partners to pray daily for your trip
- Raise the necessary funds
- Write and send out your support letter to family and friends
- Apply for and receive your passport
- Visit a Travel Clinic or doctor to acquire the necessary vaccinations and medications
- Purchase needed supplies and clothing
- Pack appropriately by using the list in this packet
- Make 3 copies of your passport (One for your group leader, One for a family member staying home, One to keep with you on the trip)

## Travel Suggestions

### Packing

- Plan on bringing one suitcase and one carry-on for your own clothing and personal items.
- Pack lightly and efficiently
- Don't bring unnecessary items in your wallet or purse
- Stuff your shoes with socks or underwear
- Roll your clothes to save space
- Bring travel-sized containers of shampoo and other toiletries
- Your luggage may get damaged or lost during travel, so be sure to use older or sturdy luggage.
- Pack one change of clothes and necessary items in your carry-on so if your luggage gets lost or delayed you will have something with you.
- Do NOT bring knives, scissors, or other objects that could be used as weapons in your carry-on luggage.
- Leave enough room in your suitcase for items you may purchase to bring home.

### General Travel

- Mark your suitcase with a unique tag or ribbon for easy identification at the baggage claim.
- Stick with a partner at the airport and have all flight information and contact information with you in case you get separated.
- Don't wear brand-new shoes in the airport or bring them on the trip. Break them in before you leave to avoid blisters.
- Leave a copy of your itinerary and emergency contact information with a family member or close friend at home.
- You will need a converter in order to charge your phone and you will need to contact your cell phone provider if you would like use data while in Kenya.

**10 Ways to Ruin Your Mission Trip (AKA What Not To Do)**

1. Be a loner. Go off by yourself or with one or two others and don't get to know the other team members or nationals.
2. Expect things will be done in the same way things are done at home and make suggestions as to how to do things better.
3. Be inflexible. Complain and whine when things don't go as expected.
4. Stay up late talking and don't get enough sleep.
5. Look for ways in which this trip will benefit you instead of how you can serve.
6. Point out the negative side of people on your team and those you are visiting.
7. Come unprepared for ministry. Just stand around while everyone else puts forth effort.
8. Don't try anything new. Stay in your comfort zone.
9. Don't find Prayer Partners. Don't pray for your upcoming trip. Don't pray for the trip preparations and logistics. And DON'T pray during your trip.
10. Don't take the sun seriously. Rarely drink water and never apply sun block.

**My Prayer Partners**

Each group member is expected to find at least five people who will pray for them, other group members, ministries, safety, the nationals, etc. each day of the trip. Your Group Leader may ask you to turn in a copy of this page of him/her prior to your trip. You are also encouraged to invite these vital members of the team—these prayer warriors—to your reunion after the trip as a celebration and to say “thank you” for all God has done through them and you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Who did I Meet this Week?**

As you go through your week of ministering to the people of this particular community, we encourage you to remember these people who have found themselves in your heart. When you go home, continue to pray for them and think of them often. As you meet them, remember to write down their names and what you know about them.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Why Me?

### READ

The question on your mind may be: —Why should I go on a mission trip? Many people have wondered the very same thing and have been able to find many good reasons to participate on a short-term mission trip. The following list may help you as you prayerfully join your short-term mission team.

#### Be a Blessing

- Fulfill the Great Commission (Read Matthew 28:18-20)
- Invest in the lives of others (Read Philippians 2:1-4)
- Care for people in need (Read Matthew 10:42)
- Encourage the Christians and churches in the country you are serving (Read Ephesians 6:9-10)
- Use the gifts God has given you for His purposes (Read 1 Peter 4:10)

#### Be Blessed

- Deepen your walk with Jesus Christ
- Build lifelong relationships with your team members
- Learn to rely on God for all your needs
- See God's power and might in a new way
- Be available for God to use you in new ways
- Take the opportunity to find gifts and abilities that you may have not known you had
- Experience the worldwide body of Christ
- Step out of your comfort zone and away from your day-to-day distractions
- Travel to a new country and learn about another culture
- View the world from a whole new perspective

### THINK

Which "reason" stood out to you? What scripture spoke to during this time? Memorize one of these verses.

**PRAY**

Spend some time about praying for your trip. Pray that God would use you to bless and encourage others. Pray that God would stretch your faith and work in your life in ways you've never experience.

**LIVE**

During your trip, spend some time writing encouraging notes to your teammates.

**God's Indwelling Love**

**READ**

1 John 4:7-17

**THINK**

While the command to love one another can be difficult, consider also the things that empower people to love one another:

Love comes from God.

We experience God through loving others.

We receive love from God and pass it on to other people.

God gives us life and Spirit.

God lives in us and we live in God.

God's love removes fear, which often keeps us from loving others.

Which of the above statements stood out to you? Why?

Write down the verse that stood out to you from the scripture reading.

**PRAY**

Write a short prayer thanking God for all he has done for you. List the blessings he has given you. Express your desire to be saturated with God's love so it overflows in you and pours out to others.

**LIVE**

As you do your service during the mission trip, remind yourself constantly "God is love." God loves you and he wants you to show that love to others.

**Proof that We Love God**

**READ**

1 John 5:1-5

**THINK**

What do you think of this connection between loving God and loving others? Does one or the other feel more difficult for you? What about it is difficult?

Write down the verse that stood out to you the most.

**PRAY**

Write a prayer to God expressing your struggle to love like he does. Ask him for strength and thank him for his grace for when you fall short.

**LIVE**

As you come across “God’s children” during your mission trip, look for small ways to love them (i.e. listen, smile, pray, serve, be patient, forgive).

**Spirit Flow**

**READ**

John 15: 1-8 and Galatians 5:22-23

**THINK**

“Remaining in” Jesus means depending on him. What are some ways you can remain in or depend on Jesus during your justice work this week?

What kind of fruit do you think Jesus is talking about?

What type of fruit have you already seen in the midst of your justice work?

Take some time to think about how these fruits appear in your own life. Use a scale of 1 to 4 to rate the presence of the following fruits in your own life, with

1 = absent, 2= barely present, 3= present, 4= very present.

\_\_ Love: You show sincere love, appreciation, and respect for others. Your love is unconditional, not based on what others do for you.

\_\_ Joy: You have an inner sense of happiness, whether circumstances are good or not.

\_\_ Peace: You are free from anxiety or worry. You experience peace in your relationships with others.

\_\_ Patience: You can be calm even when things don't go as planned. You don't complain and you're not easily irritated, even when you're tired.

\_\_ Kindness: You try to be caring toward others. You think about how you can help others or make things easier for them.

\_\_ Goodness: You're generous. You're not selfish.

\_\_ Faithfulness: You are confident because you trust in the Lord. You live out your faith commitments consistently in your relationships with others.

\_\_ Gentleness: You are humble and considerate of others and not harsh or reactive. Your words are kind and uplifting.

\_\_ Self-Control: You thoughtfully choose your words and actions, making sound judgments.

As you look at this list, what fruit do you most wish to see growing more in your life?

### **PRAY**

Spend some time asking God to fill you with the fruits of his Spirit.

### **LIVE**

Set apart a regular time and place to meet with Christ. Remember, you can only share what you first have received. Make your own fellowship with Christ as a main priority in your life.

#### **Jesus Said:**

*"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

**The Face of Christ**

**READ**

Matthew 25: 34-40

**THINK**

How would you describe the faces you saw in the past 24 hours? What words would you use to describe their appearances...their emotions...their expressions...their reactions?

Now think about yourself. What do you think others learned about you through your face?

Now think about that a different way: What do you think others learned about Christ through your face in the past day? How should Matthew 25 impact our view of missions?

Why do you think Jesus was so emphatic that serving people in need is the same thing as serving him?

**PRAY**

“Jesus, please help my face show you to others during my mission trip and help me see your face in others’...”

**LIVE**

Serve others in the same way you would serve Christ. Serving others allows you to encounter Christ in those you serve, in your teammates, and even yourself.

**Your Kingdom Come**

**READ**

Matthew 6: 6-13

**THINK**

In Matthew 6: 9-13 Jesus gives a model for prayer that is often call the “Lord’s Prayer.” While you have likely heard this prayer before, you might not know that....

“Bring the kingdom...” is our primary request in this prayer, which has a sidekick: “Your will be done” (meaning “We want what you want”). Both have to do with orienting ourselves toward the kingdom of God and submitting ourselves to the reign and desires of God in our midst.

These two requests are the context for the rest of the prayer, as we ask God to:

Provide enough for today

Forgive us, and shape us to be people that forgive

Deliver us (set us free) from all that is not-the-kingdom around us.

What kinds of action might this prayer lend itself to?

**PRAY**

What phrase in the prayer is most meaningful to you right now? Write the phrase below and spend some time reflecting on that prayer and all it means for your life as well as the people in the community you’re serving.

**LIVE**

As you go throughout your day, think about doing the Lord’s will. How would this change the way spend your time and how you use your resources?

**If You're Happy and You Know It....Smile!**

**READ: 1 Timothy 6: 6-10**

**THINK**

Short-term mission experiences often bring people into contact with situations of extreme poverty, sometimes for the first time. Consider this common statement that's been made by members of short-term mission teams who encounter poverty:

*"These people are so happy despite the horrid conditions in which they live. They sing with joy, they serve us better meals than they eat themselves, and they have an overall spirit of contentment."*

How does this statement relate to your own thoughts and experiences?

What kind of gain comes from the combination of godliness and contentment?

**PRAY**

When you encounter poverty, you're faced with the challenging task of thinking about the connection between money and happiness. Pray about your own contentment and where you find happiness.

**LIVE**

Seek ways to live a generous life.

**Seeing with New Eyes**

**READ**

Ephesians 1:18-19, 3:17-19 and Philippians 4:8

**THINK**

Many times, when we see others, the first thing we think is, “How do I compare to them? Am I better looking or smarter or more talented? We tend to compare ourselves to others and then judge people to make ourselves feel better. We must ask God to help us look beyond faults and issues that cloud our judgment and see ourselves and others the way God does—as valuable beyond comprehension.

Why do you think we are so quick to judge one another?

What do you think it means to be “rooted in God’s love?”

How would life be different if it was completely rooted in God’s love?

How does your thought life affect the way you see the world and people?

What are some ways we can focus on good things?

**PRAY**

Today, ask God to give you eyes of compassion instead of eyes of comparison and fear. Ask God to renew your thoughts and eyes...to see the world as he sees it. Try to go one day without being mean or negative.

**LIVE**

God can give each of us a new way of seeing. God can reframe our perspective, giving us eyes of compassion, hope, and love. This week work hard at trying to see people as God sees them.

## POST-TRIP REFLECTION

### Highlights For Home

**BIG IDEA:** Sharing your experience helps you process what you've learned and lets others know what God has done and is doing.

**READ THIS:** Flip back through some of your earlier lessons and journal entries during your justice work to help you remember some of your most vivid experiences and insights.

Did anything surprise you or stand out as you recalled the significant people, places, moments, events and feelings from your service work?

**THE 30 SECOND HIGHLIGHT:** When people ask the quick question, "How was your trip?" in passing, don't just settle for typical quick responses like "good" or "it was fun." Think of a two or three sentence response that would tell them about something significant you learned or someone significant you met. Your 30 second response might even pique their interest and cause them to ask more questions!

**WRITE THIS:** As you think about this trip, how would you describe one highlight in 30 seconds? Jot a few thoughts below....

**PRAY THIS:** "God, when I have chances to share about my mission trip, please help me to..."

## POST-TRIP REFLECTION

### Dear God...

When you get home take some time to write a letter of thanks to God for all the things He has done in, through, and sometimes in spite of you this week.

### Sharing Your Experience

You may find upon returning home, that some people want to hear every single detail about your trip and will sit down with you for hours as you share about what you saw, who you met, and how God worked on your trip. More often, though, you will find people who will only want to hear one two-minute story about your trip. Make it a good one! The following questions and suggestions will help you prepare to share your mission experience effectively in any situation.

Think of one “God” story that you witnessed while on the trip.

Think of one person you met that had an impact on you.

Think of one funny thing that happened on the trip that may still point people to God.

What did you learn about God on the trip?

What did you learn about yourself on the trip?

What was one thing that surprised you on the trip?

What is one thing that you will NEVER forget?

## POST-TRIP REFLECTION

### Bringing Missions Home

It is vitally important that you continue thinking about what God has revealed to you on this mission trip and continue serving once you return home. Please prayerfully consider the following.

What things will you do differently upon returning home?

What are some lessons you learned on this mission trip that you will never want to forget and which you can apply to your life back home?

What are some goals for the rest of your life that God has revealed to you on this trip?

In what ways have you grown in your faith?

How You Can Help:

Visit our website [project82kenya.com](http://project82kenya.com) and pray about the following ways you can serve:

1. Sponsor a child or financially support the rescue infant house.

PROJECT 82 donors ensure that these children receive:

- Food and shelter
- Healthcare, medications, physical and developmental therapy
- Spiritual and emotional love and support
- Support and training for families who desire to reunite with their child
- Education that extends from kindergarten through college/trade school

The impact of your life-giving donation:

- \$38 per month sponsors the infant rescue home
- \$100 – provides food and formula for one baby for a month
- \$200 – provides diapers, food, formula for one baby for a month
- \$250 – provides diapers, food, formula, healthcare for one baby for a month

2. Raise Awareness.

Share your story and the story of Project 82 Kenya through social media and your own personal relationships.

3. Start a fundraiser. Go to our website and look at some ways that you raise support.

4. Pray. Keep praying for God's blessing and provision for the vulnerable families in Kenya and keep praying for wisdom and strength for our staff and volunteers.